October 2013

President’s Message
I was in Italy in September. This month therefore I thought that we should go with a set of bicycling jokes.

A New Bike
A cyclist shows up at the local race on a new bike.
His friends all ask, “Where did you get a new bike?”
The cyclist replies, “Well, yesterday I was out running when this absolutely beautiful woman rode up to me on this bike. She threw the bike to the ground, took off all her clothes and said, “Take what you want!”

Heaven for Cyclists
A dedicated cyclist dies and goes to heaven. Waiting for him at the gate is St. Peter. The first thing the cyclist asks is if there are bikes in heaven. “Of course,” says St. Peter, “Come with me and I’ll show you.” He leads the cyclist into the most beautifully exquisite velodrome you could possibly imagine.
“This is amazing,” the cyclist says.
“It certainly is,” says St. Peter. “You will have a custom bike and the best cycling clothes anyone could hope for, and your personal masseuse will always available.”
As they are talking, they hear an amazing roar and are nearly swept off their feet by a huge gust of wind as something just sped by them on the boards riding a gold plated bike.
“Wow!” the cyclist exclaims. “That guy was amazingly fast, it must have been Lance Armstrong!”
“No,” says St. Peter, “that was God on the bike, he only thinks he’s Lance.”

Pig!
I was speeding down a narrow, twisting, mountain road. The woman was driving very slowly uphill, honking her horn and shouting at me: “PIG! PIG!!”. I flipped her the finger and shouted back “BITCH! COW!!”…Then I collided with the pig!

The Loonies
Two loonies are riding along on a tandem.
Suddenly, the one on the front slams on the brakes, gets off and lets the tyres down.
The one on the back says: “Why did you do that?”
The one on the front replies: “My saddle's too high”
The one on the back gets off, loosens his saddle with a spanner and turns it around.
The one on the front says: “What are you doing?”
The one on the back replies: “Look mate, if you're going to muck about, I'm going home!!”

Speeding
A tired cyclist stuck his thumb out for a lift: After 3 hours, hadn't got anyone to stop. Finally, a guy in a sports car pulled over and offered him a ride. But the bike wouldn't fit in the car. The driver got some rope out of the trunk and tied it to his bumper. He tied the other end to the bike and told the rider: “If I go too fast, ring your bell and I'll slow down.”
Everything went well until another sports car blew past them. The driver forgot all about the cyclist and put his foot down. A short distance down the road, they hammered through a speed trap.
The cop with the radar gun radioed ahead that he had 2 sports cars heading his way at over 150 mph. He then relayed, "and you're not going to believe this, but there's a cyclist behind them ringing his bell to pass!"

The dog
"I've really had it with my dog… he'll chase anyone on a bicycle."
"Really? What will you do about it?"
"I think I'll have to confiscate his bike!"
YOU KNOW YOU'RE ADDICTED TO CYCLING IF...
You hear someone had a crash and your first question is "How's the bike?"
You have stopped even trying to explain to your other half why you need more than one bike...you just go buy another one and figure it will all work out in the divorce settlement.
You buy your crutches instead of renting.
You see nothing wrong with discussing the connection between hydration and urine color.
You find your Shimano touring shoes to be more comfortable and stylish than your new trainers.
You refuse to buy a settee because that patch of wall space is taken up by the bike.
You have more money invested in your bike clothes than in the rest of your combined wardrobe.
Biker chick means black lycra, not leather, and a Marinoni, not a Harley.
You see a fit, tanned, Lycra-clad young thing ride by, and the first thing you check out is his or her bicycle.
You empathize with the roadkill.
Despite all that winter weight you put on, you'll take off weight by buying titanium components.
You use wax on your chain, but not on your legs (girls).
You use wax on your chain, AND on your legs (boys).
Your current bike is older than your grown-up children.
Your first course when you eat out is a large banana split.
You yell "Carl!" when passing another car, and "Bump!" when you see a pothole - while driving your car.
Your bike has more miles on its computer than your car's odometer.
You wear your bike shorts swimming.
You wear Voodoo T-shirts all the time, including under dress shirts.
Your bikes are worth more than your car.
You buy a people-carrier and immediately remove the rear seats to allow your bike(s) to fit.
When you move to a new area the first thing you look for is a bike shop.
You have more bike jerseys than low-cut tops.
You take your bike along when you shop for a car - just to make sure the bike will fit inside.
You view crashes as an opportunity to upgrade components.
You clean your bike(s) more often than your house.
You spend weeks during the summer spraying arrows on the sides of roads.
You and your significant other have and wear identical riding clothes.
You put your bike in your car and the value of the total package increases by a factor of 4 (or better).
You can't seem to get to work by 8:30 AM, even for important meetings, but you don't have any problems at all meeting your mates at 5:30 AM for a hundred-miler.
You regard inter-gender discussion of your genital pain/size/shape/utility as normal.
Your New Year's resolution is to put more miles on your bike than your car, and you do it.
You can tell your other half, with a straight face, that it's too hot to mow the lawn and then bike off for a century.
You know your cadence, but you have no idea what your speed is.
When driving your car you lean over the steering wheel, just like an aerobar.
Your kids bring a rear derailleur to "Show & Tell".
Your car sits outside your garage because your garage is full of bikes and cycling gear.
Your surgeon tells you you need a heart valve replacement and you ask if you have a choice between Presta and Schrader.
A measurement of 44-36-40 doesn't refer to the latest Playboy centerfold, but that new gear ratio you were considering.
You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.
You experience an unreasonable envy over someone who has bar end extenders longer than yours.
You're too tired for hanky-panky on a Friday night but pump out a five-hour century on Saturday.
There is no time like the present, for postponing what you ought to be doing, and go bicycling instead...
You no longer require a hankie to blow your nose.
You smile at your evening date, and she politely points out that you seem to have bugs in your teeth.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty. TERRAIN:
1) EASY: Mostly 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, occasional 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 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/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.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
RECURRING RIDES 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. Bring Lights.
The Tuesday and Thursday evening rides have been terminated until March 2014.

Wednesday Livermore WAW (Wednesday After Work) ride series.

Odd Friday morning ride from Central Park. Beginner Friendly. See website for start times.

October 2013 Ride Schedule

TUE. 10/1/13 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. 10/2/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farms 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 (click on 'More details' to make this a clickable link). Be sure to check for the ride listed with the correct date.

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

Wed. 10/02/13 2.5-M 30 miles 9:00 a.m. Leaving from Shannon Center we’ll head down to Sunol and then continue down Niles Canyon to Palomares for a scenic climb past vineyards, peacocks, and a monastery. After descending the north side we’ll have our final climb past Dublin grade before returning to Shannon Center. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring food and fluids.

Ride Host: Alaine Nadeau, 925-216-0801, l8trees@aol.com.

Sat. 10/5/13 3-M 38 miles 9:00 a.m. Meet at the Pleasanton Ridge staging area parking lot located on Foothill Road between Pleasanton and Sunol and we'll ride to the Calaveras Reservoir. Take I-680 to Castlewood, turn west on Castlewood Drive to Foothill Road, then left on Foothill. The entrance to the Pleasanton Ridge parking lot is about 1.5 miles from Castlewood on Foothill Road.

Ride Host: Steve Kowalewski, 510-246-2815.

Sun. 10/6/13 3-L/M 35 miles 9:00 a.m. Starting at the Bollinger Canyon Park&Ride we’ll head south to Sunol and then down Niles Canyon to Palomares. After climbing the hill we’ll drop down to Dublin Canyon and return via Schafer Ranch. Take I-680 to the Bollinger Canyon exit. The Park&Ride lot is at the southwest corner of the intersection behind the Chevron station. Bring water and snacks.

Ride Host: Peter Rathmann, 925-336-0973.

Sun. 10/6/13 Mt. Diablo Challenge. While not a club ride, the Valley Spokesmen club has long supported this event with volunteers and other assistance. PLEASE CONSIDER VOLUNTEERING TO HELP WITH THIS RACE TO THE TOP OF MT. DIABLO.

Contact Bonnie Powers if you can help out. 925-828-5299.

Mon. 10/7/13 2-L/M 25-50 miles 9:00 a.m. Heath Farm ride - see 10/2/13 for details.

Mon. 10/7/13 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. 10/8/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 10/1/13 for details.

Wed. 10/9/13 2-L/M 25-50 miles 9:00 a.m. Heath Farm ride - see 10/2/13 for details.

Wed. 10/9/13 3-M 25-40 miles 9:30 a.m. Leave from San Ramon Central Park. Ride will be heading up to the Diablo Junction and down to Walnut Creek with a stop at the bakery or Peet's and "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 have gone too far).
http://ridewithgps.com/routes/2267409
Ride Host: Jim Conger, 925 876 4949,
james.conger@gmail.com

Wed. 10/9/13 Executive Board Meeting at the home of 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.

Fri. 10/11/13 2-L/M No Drop 25-35 miles 9:00 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, gvblanco@aol.com, 925-872-1001.

Sat. 10/12/13 3-M 31 miles 9:00 a.m. We will start at the Shannon Park located at the corner or San Ramon Road and Shannon Avenue in Dublin. The ride will travel to Castro Valley and to the end of Cull Canyon Road and return. On the return leg there is a planned coffee stop at Bodli’s Java, located in the I-580 Market Place shopping center.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
SUN. 10/13/13 2.5-L/M 40 miles 9:00 a.m. Starting at Alamo Plaza we’ll explore some of Danville’s hills before heading out to the country side north of Livermore. Then back through Dublin and San Ramon with a refreshment stop at The Marketplace on our way back to Alamo. Take I-680 to the Stone Valley exit and go west across Danville Blvd.; turn right into the Alamo Plaza shopping center.
Ride Host: Karin Poe, karin.poe9@gmail.com, 925.216.4781.

MON. 10/14/13 2-L/M 25-50 miles 9:00 a.m.  Heathier Farm ride - see 10/2/13 for details.

TUE. 10/15/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.  Lake Chabot Loop - Mountain bike trails. See 10/1/13 for details.

WED. 10/16/13 3-M 39 miles 9:30 a.m.  Starting at the Livermore airport parking lot, we’ll ride to Lake Del Valle and regroup at the Marina. We return though Livermore back to the start. There will be a rest stop at the lake and a coffee break at Starbucks on N. Vasco at mile 30. Livermore airport is located off of Airway Blvd. Exit I-580 at Airway Blvd and go south about 1/4 mile. Turn right on Terminal Circle. There is parking on the street.
Ride host, Steve Kowalewski, 510-246-2815, skowalewski@aol.com

SAT. 10/19/13 Kathy’s B-Day ride – Details TBD
Ride Host: Kathy Strain, 925-785-4355 kathystrain@comcast.net

SUN. 10/20/13 3-L/M ~50 miles 9:00 a.m. Starting at the Cull Canyon parking lot we’ll ride over the Palomares summit and descend into Niles Canyon. Then we’ll head through Sunol and continue on Calaveras to the first summit. We’ll return over Dublin grade and anyone who wants bonus miles can do an out-and-back to the end of Cull Canyon.
Ride Host: Nora Crans, 510-913-0638.

MON. 10/21/13 2-L/M 25-50 miles 9:00 a.m.  Heathier Farm ride - see 10/2/13 for details.

TUE. 10/22/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.  Lake Chabot Loop - Mountain bike trails. See 10/1/13 for details.

WED. 10/23/13 3-M 35 miles 9:30 a.m.  Leave from San Ramon Central Park.  Ride will be heading up to the Diablo Junction and down to Walnut Creek with a stop at the bakery or Peet’s and "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 have gone too far).
http://ridewithgps.com/routes/2267409
Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 10/23/13 2-L/M 25-50 miles 9:00 a.m.  Heathier Farm ride - see 10/2/13 for details.

FRI. 10/25/13 2-L/M No Drop 25-35 miles  9:00 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, gvblanco@aol.com, 925-872-1001.

SAT. 10/26/13 2-L/M 65 miles (100 km) / 1,585 ft. of elevation gain.  9:00 a.m.  Martinez to Davis via Pleasant Valley.  It’s time for the 3rd Annual Halloween ride to Davis! Please join us for a romp through the beautiful fall countryside. Starting in Martinez we will cross the Benicia Bridge, ride up through Cordelia and around Fairfield, follow rural Pleasant Valley Rd. to Winters, and end in Davis. Lunch is optional in Winters or Davis. A relaxing ride on the Capitol Corridor Amtrak train will take us back to Martinez. Bring water, food, money and a PHOTO ID (mandatory to purchase an Amtrak ticket). No services between Fairfield and Winters so please plan accordingly at the rest stops. Rain cancels; look for an email the morning of the ride. It is HIGHLY ENCOURAGED to take the first train back when you arrive in Davis to spread out the amount of bikes on the trains. Trains leave at 2:30 pm, 3:50 pm, 4:55 pm, 5:55 pm and 7:25 pm; fare is $16 ($13.60 for age 62+). Please note: Amtrak did away with the group discount earlier this summer. Everyone MUST have a PHOTO ID otherwise you will not be allowed on the train. The return trip home is 43 minutes.
Please show your Halloween spirit and dress in costume to add to the fun. Nearly everyone dressed up last year and we were a ghoulish sight to be seen!! Meet at the first parking lot on the left inside the Martinez Waterfront Park, off Joe DiMaggio Drive, across the railroad tracks, near the Martinez Amtrak Station.
URL: http://ridewithgps.com/routes/1850419
Ride Host: Kevin Thieben, kthieben@yahoo.com
SAG support: Emma Olenberger live2map@yahoo.com

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
Valley Spokesmen  www.valleyspokesmen.org  October 2013

SUN. 10/27/13 2-L/M ~60 miles 10:00 a.m.

PROGRESSIVE DINNER

WHERE: Meet at the home of Pam and Steve Gifford
BRING: Salad----OR----Dessert----OR----2 loaves of sliced, buttered French bread.

DRINKS: Will be provided.

MUST SIGN UP BY THURSDAY, 10/24/12
RSVP Bonnie!

Suggested Carpool: Park&Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.

Valley Spokesmen Club members, families, and friends are invited to this year’s Progressive dinner ride at Pam and Steve Gifford’s circa 1854 farm home in the almond and walnut orchards, cornfields, and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don’t despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it’s off to the east on the day’s long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Giffords’ for dessert and socializing.

Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca. Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero and stay right. Turn right on McHenry Avenue, and proceed thru town into the country for three miles to the flashing red light at River Road. You’re close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Burwood Road at the sharp 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome!

The day’s activities will begin at 10:00 AM at Giffords’-22549 Burwood Road, Escalon, CA, 95320.

Ride Hosts: The Giffords, 925.487.9150.

MON. 10/28/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 10/2/13 for details.

TUE. 10/29/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.  Lake Chabot Loop - Mountain bike trails. See 10/1/13 for details.

WED. 10/30/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 10/2/13 for details.

WED. 10/30/13 3-M 38 miles 9:00 a.m.  This ride is an out & back on Calaveras for the most part.  Feel free to ride to the first summit, top of the wall or to Ed Levin Park.  No water or food en route, bring plenty of hydration and fuel.  Meet at the Pleasanton Ridge staging area parking lot located on Foothill Road between Pleasanton and Sunol. Take I-680 to Castlewood, turn west on Castlewood Drive to Foothill Road, then left on Foothill. The entrance to the Pleasanton Ridge parking lot is about 1.5 miles south of Castlewood on Foothill Road.

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

NOVEMBER 2013

FRL. 11/1/13 2-L/M No Drop 25-35 miles 9:00 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, gvblanco@aol.com, 925-872-1001.

SAT. 11/2/13 3-M 8:30 a.m.  Starting at San Ramon’s Central Park we’ll head out Camino Tassajara and Highland to north Livermore and continue over Altamont Pass to Midway. We’ll return over Patterson Pass and Cross roads to Tesla and then take Vineyard Ave. into Pleasanton before returning to San Ramon. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place shopping center.

Ride Host: Brahim Satoutah, 925-462-7390, bsatoutah@comcast.net

SUN. 11/3/13 SUN 11/03/13 3M+B 45-62 miles 9:30 a.m.

REMEMBER THIS IS THE END OF DAYLIGHT SAVINGS TIME!
Please check the VS web calendar for updates. Rain cancels.

This is a beautiful ride in the Sebastopol, Valley Ford, and Tomales area and returns around Two Rocks, Bloomfield, and Cotati. Bakeries will include Wild Flour/Freestone Bakery (mile 11), Tomales Bakery (mile 23) and a Starbucks stop at mile 52 for those doing the full metric ride. We will meet just in front of Ragle Regional Park in Sebastopol. Take I-580 West / I-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 along 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 Hosts:  Gail Blanco, gvblanco@aol.com, 925-872-1001, and Alberto Lanzas, ajlr75@yahoo.com, 510-825-9581, and Julie Hampton will lead a moderately paced group.

REMEMBER THIS IS THE END OF DAYLIGHT SAVINGS TIME!

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
MON. 11/4/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 10/2/13 for details.

MON.11/9/13  Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! Call Ted Vidovic, 925-337-2803 or vidnovic@yahoo.com, for further information.

TUE. 11/5/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.  Lake Chabot Loop - Mountain bike trails. See 10/1/13 for details.

WED. 11/6/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 10/2/13 for details.

WED. 11/6/13 3-M 35 miles 9:30 a.m.. Leave from San Ramon Central Park. Ride will be heading up to the Diablo Junction and down to Walnut Creek with a stop at the bakery or Peet's and "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 have gone too far).

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

SAT/ 11/9/13 3-M 60 miles or 4-M 105 miles 8:30 a.m.  We’ll start at the old Nob Hill in south Livermore and ride out Mines Rd. to the San Antonio Junction.  There we’ll have the option of returning the same way or continuing up the east side of Mt. Hamilton and returning through San Jose, Milpitas, and Pleasanton.  Take I-580 to the N. Livermore Ave. exit and go south through town.  Park in the shopping center at S. Livermore and Pacific.

Ride Host: Brahim Satoutah, 925-462-7390, bsatoutah@comcast.net

SUN 11/10/2013  2 routes being offered: L-20 miles and 3-B 35 miles. Meet at Les Knott Park located at 655 N. Mines Rd., Livermore CA 94551 for a 10:30 a.m. ride start. Everyone is invited to watch the 49er game afterwards at our house.

Ride Hosts: Doug and Janet Ondricek, dondricek@formfactor.com, (925) 980-2490.

WED. 11/13/13 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

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

DAILY LUNCHTIME TRAINING RIDES:  Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course details, 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 Neil Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a “no-drop” ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

**************************************************************************

UPCOMING EVENTS

October
5  Konocit Challenge – Lakeport, CA
5  Grizzly Century – North Fork, CA
5  Levi King Ridge Granfondo, Santa Rosa, CA
6  Mt. Diablo Challenge – Danville, CA
6  Princess Promenade – Sacramento, CA
6  Tour de Poway – Poway, CA
12  Veterans Victory Velo Devil Mountain Challenge – San Ramon, CA
12  Coyote Creek Cycling Classic – Morgan Hill, CA
12  SLO Granfondo – San Luis Obispo, CA
12  Tour de Rocklin – Rocklin, CA
12  Fruit Yard Century – Modesto, CA
19  Tour de Foothills – Upland, CA
19  Foxy’s Fall Century – Davis, CA
19  Spooktacular – Bakersfield, CA
19  Cycle for Life – Sacramento, CA
19  Santa Barbara Century – Santa Barbara, CA
19  Five County Century – Los Angeles, CA
26  Death Valley Fall Century, Ultra and Double – Death Valley, CA

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
November
2 Soldon Prelude – Buellton, CA
9 Palm Desert Century – Palm Desert, CA
9 Health Trust HIKE & BIKE – Santa Clara, CA

VALLEY SPOKESMEN AFFILIATIONS
Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bicycle Trail Council of the East Bay - www.btecb.org
C.B.C. - California Bicycle Coalition - www.callebike.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.pci.org
Rails to Trails – www.railstotrails.org
Yosemite Conservancy – www.yosemiteconservancy.org

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

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Contact Jim Duncan: hey-you@comcast.com or 925-209-1369

WHAT'S HAPPENING IN PLEASANTON

It's been a while since I have posted any news from Pleasanton's Bicycle Pedestrian and Trails Advisory Committee. April and May had only a couple of bicycle related items and the June and July meetings were canceled. So I will try to give up dates on a number of things from the Aug. meeting. And I just got an e-mail that the September meeting has been canceled. So on to the latest and greatest news such as it is.

- First of all this may be the last report from the committee that I will be making. As of September I am terming out and Pleasanton is looking for a replacement. If any VS member is a Pleasanton resident and would like to serve on the committee he/she should fill out an application at the City Clerk’s Office, 123n Main St. or on the City’s website at http://www.ci.pleasanton.ca.us/pdf/newcommapp.pdf.
- Do it soon. For additional information contact the office of the City Clerk at (925)931-5027. I will probably still attend the meetings but will not have advance access to staff reports and other information. If no VS member gets selected for the committee I can still act as the VS rep. to the city given the VS president is willing.

- Detailed design plans are being prepared to convert Old Vineyard Avenue into a bike/pedestrian/horse trail. The trail development will consist of three sections or phases stretching from Vineyard Avenue/Clara Lane to the east side of Machado Place. The trail will consist of a 12' paved trail and a parallel and 8' gravel equestrian trail. Completion of Phase 1 is expected to be complete in June of 2014. The BPTAC will have two more chances to review and comment on the design plans before construction begins.

- Arroyo Mocho Trail/Staples Ranch: Zone 7 has agreed to allow public access along the north side Arroyo Mocho maintenance road to the park.

- Pleasanton and Livermore staff are coordinating trail connections from the Staples Ranch Community Park to Jack London Blvd.

- Completion and opening of the bridge over the Arroyo Mocho is expected in Oct.

Design activities are underway to pave (asphalt) the Arroyo Mocho Trail east of Santa Rita Road. Innovative pavings sections are to be tested on the trail west of Santa Rita Road.

- Downtown Trail/Southern Pacific Right of Way: City has purchased a portion of the transportation corridor.

Construction of the first segment from spring street to Firehouse Arts Center is complete.

- Garms Property Staging Area:

Proposed staging area providing northern access to Pleasanton Ridge.

Unfunded but is included in EBRPD Pleasanton Ridge Land Use Plan Amendment.

- Iron Horse Trail (Santa Rita to Bart):

Construction is underway (50% complete) and is expected to be complete in Dec. 2013.

I think that’s the short of it. Details are probably lost in the fog.

Bill Rose

3-FOOT RULE PASSED

SACRAMENTO, Calif. (AP) — Gov. Jerry Brown announced Monday he has signed legislation requiring California drivers to stay at least 3 feet away when passing bicyclists.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
The proposal from Assemblyman Steven Bradford, D-Gardena, is intended to better protect cyclists from aggressive drivers. It states that if drivers cannot leave 3 feet of space, they must slow down and pass only when it would not endanger the cyclist's safety.

The law will go into effect Sept. 16, 2014. Current law requires a driver to keep a safe distance when passing a bicyclist but does not specify how far that is.

At least 22 states and the District of Columbia define a safe passing distance as a buffer of at least 3 feet, according to a legislative analysis of the bill.

Bradford's bill, AB1371, was sponsored by Los Angeles Mayor Antonio Villaraigosa, an avid cyclist who was injured in 2010 after a taxi driver abruptly pulled in front of him. It also drew support from several cyclist groups, such as the California Association of Bicycling Organizations.

"This gives clear information to drivers about passing at a safe distance," said Steve Finnegan, government affairs manager for the Automobile Club of Southern California, which supported the legislation. "Everyone using the road needs to follow the rules and watch out for everyone else."

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Valley Spokesmen Bicycle Touring Club
Club Business Meeting
September 4, 2013

Meeting called to order by Vice-President Bob Heady at 7:13 p.m.
Minutes from the August 14, 2013 Executive Board Meeting may be found in the current newsletter.
Treasurer Dan Carhart reported we are fiscally sound.

OLD BUSINESS:
1. Past month's rides – We have had some remarkable rides such as Santa Cruz and the Anniversary ride, all with good people and great weather.

   Attention ride hosts, we are missing 20 ride sheets. If you are curious to know if you have a missing sheet, go online or call Jim Paulos to find out which are missing.
2. V.S. web site – There was no report in Ken's absence.
3. Ride Library – No report due to the absence of Gail and Alberto.
4. Update on area bicycle issues – Big things are happening in Dublin on Saturday, September 7th at 10:00 a.m. EBBC will be proposing a 3 month pilot of bike lanes on Dublin Blvd. Join us at Heritage Park to speak up and voice our opinions.

NEW BUSINESS:
1. Ride schedule for September/October – Peter reported we have two holes in the October schedule, specifically October 13th and 20th. Call Peter or Emma if you can help out.
2. T.O.S.R.D. – lodging is sold out! People may register for the ride and find lodging elsewhere (call Bonnie for recommendations!), or hope for a cancellation (again call Bonnie).
3. Mid-winter party – The date has been confirmed and deposit made for Saturday, February 15, 2014.
4. Correspondence may be found in the current newsletter.

FURTHER BUSINESS:
1. The question was raised regarding the club finances. Any member is welcome to contact Dan Carhart for a report or attend an Executive Board Meeting to obtain the information.
2. Where are we in so far as online registration for club membership and the Cinderella? Discussion will continue at the Executive Board meeting.
3. Question rose regarding the club newsletter. Motion made, seconded and failed to transition from printing the ride schedule in the newsletter to having it strictly online. Motion made, seconded and passed to include the following statement at the bottom of each page of the ride schedule: "Due to changes or the cancellation of a ride, go to the online calendar to confirm accuracy."
4. Next Executive Board Meeting will be at the Powers' place, Wednesday, September 11, 2013.

There being no further business, the meeting was adjourned at 7:45 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

Valley Spokesmen Bicycle Touring Club
Executive Board Meeting
September 4, 2013

Meeting called to order by Vice-President Bob Heady at 7:02 p.m.
Minutes from the September 4, 2013 club Business Meeting were approved with one inclusion regarding touring in Nicaragua.
Treasurer Dan Carhart distributed a very extensive quarterly report for us to review. Discussion followed.
We have two large expenditures coming up in the future (T.O.S.R.D. and the Mid-winter party). He has discovered new information on non-profit organizations that he will send to the board members for us to review and discuss at a future meeting. Dan stressed our contributions from the Cinderella need to be more publicly noted.

OLD BUSINESS:
1. Past month's rides – no changes in the report from last week.
2. V.S. web site – status quo from last week.
3. Ride Library – also status quo from last week.
4. Missing sign-in sheets – The cages have been rattled, they are coming in!
5. V.S. By-laws to be updated have been tabled until next month.
6. Ride Host Guidelines – to be reviewed at the October meeting when the full board is present.
7. Cinderella donations have been sent to 23 organizations and 6 police departments – check the Correspondence for the list of recipients.
8. Online registration for Cinderella and TOSRD – this subject was and has been discussed. With the need of a wet signature the current procedure will remain.
9. Online membership discussed. Mark to create a schedule for implementing the online form.
10. Update on area bicycle matters – Bonnie reviewed the "mini critical mass" along Dublin Blvd. with local residents and Dave Campbell of the E.B.B.C. She felt it was a very
Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
August 27th
Today Bob H. led his conditioning ride from the Dublin location of Livermore Cyclery and we headed south on Foothill before returning through Pleasanton with a stop at Peet's Coffee. Peter

August 28th
Jim C. led his biweekly ride from San Ramon up to the junction and into Walnut Creek today and gave us some nice views in the clear air despite the fires still burning east of here. A few riders opted to go to the summit and rejoined the rest of us while we were having a relaxing lunch at Sweet Affair. Peter

August 30th
Julie and Dick led today's ride from the Sycamore Park & Ride to Livorna Park and continuing through Walnut Creek and up Pleasant Hill and Alhambra Rds. to Hidden Lakes Park in Martinez. On our return we enjoyed refreshments at La Boulange bakery in Danville. Peter

September 1st
Nice cool breezes coming across the hills today for our ride from San Ramon out to Livermore via Highland and Collier Canyon and returning on Stanley and the Iron Horse trail. Peter

September 2nd
Alberto led a little longer than usual 'Even Monday' ride today in celebration of Labor Day. After a start under cloudy skies and even a few sprinkles we broke out into sunshine as soon as we started heading west toward Orinda. We stopped there for refreshments at Starbucks and encountered the other VS ride of the day - Dick Skow's ride out of Heather Farm that had come up by way of Moraga which was our next destination. From Moraga we took Canyon, Pinehurst, and Redwood into Castro Valley for the ride's second Starbucks stop. The club ride continued from there over Dublin Grade and Schaefer Ranch but a couple of us opted to check out Crow Canyon instead and found that the road crews have been busy with a nice new and very smooth resurfacing from Castro Valley almost to the summit. Peter

September 11th
We had a couple of club rides today. Bob led his ‘conditioning’ ride from Livermore Cyclery in Dublin up the Iron Horse trail to Danville where we had refreshments from Peet's Coffee and La Boulange bakery before heading back. And then in the afternoon Dan hosted the TnT ride with an option for a slightly shorter and less hilly route. Peter

September 4th
Dick led today's ride from Heathen Farm up and over Canyon, Pinehurst, and Skyline and through Oakland to the new ‘bike path to nowhere’ on the new Bay Bridge. Eventually it will at least let us ride over to Yerba Buena/Treasure Islands but that'll have to wait for the removal of the old bridge. In the meantime it’s a nice recreational destination and sightseeing vista point. Peter

September 6th
Jim C. led us south on Foothill through Sunol and on to the first summit on Calaveras Rd. On the way back we made a stop at the Sunol Water Temple and then had refreshments at the Corner Bakery in Pleasanton. A construction closure of the Alamo Creek trail north of Dublin Blvd. had us detour around it on Village Pkwy. before we were able to continue north on the Iron Horse. Peter

September 7th
Nora hosted her first Valley Spokesmen ride today with a start at the Castro Valley BART station and heading up Redwood and Pinehurst Rds. to Moraga Commons. From there we headed down St. Mary's, Glenside, and Reliez Station to Olympic and then over Tice and Crest to the Blvd. and our refreshment stop at the Danville Peet's. The group split up a bit at that point since some of us had ridden from home, some opted to return via Norris Canyon, while others chose the Dublin Canyon route back. Peter

September 8th
Steve picked a nice shady road for the only significant climb on today’s warm weather ride. Following our out-and-back to the end of Kilkare we returned on Sunol-Pleasanton road and stopped for refreshments at Peet's Coffee on Hopyard, then took several bike trails back into Dublin. Peter

September 9th
A little on the warm side, but otherwise a nice day for Dick's ride from Heather Farm to Clyde and looping through Martinez. We had views of the smoke billowing up from Mt. Diablo from various angles. At least there appeared to be little wind and hopefully that'll help in getting it contained. Stopped at Panera in the Willows shopping center for refreshments on the way back. Peter

September 11th
Due to the recent fire on the mountain, Jim changed the route today to take us to Moraga instead of the usual Junction Ranger Station. Much cooler temperatures than we'd been having over the weekend and the cloud cover stayed with us for almost the whole ride. Peter

September 12th
Great turnout to honor Walt's 82nd birthday on this Fremont Freewheelers ride which was colisted with the Valley Spokesmen. We headed north from the Don Edwards Wildlife...
Refuge to the Coyote Hills where Walt successfully mounted his annual assault on Nike Hill. Some workers were even kind enough to have left the gate open at our usual stop so we could continue to the real summit. After regrouping we continued through the Coyote Hills Park to the visitor center and then headed north to Union City where we had our lunch and birthday cake at Anderson Bakery. Peter

September 13th
Thanks to Jim C. for filling in as ride host of the Odd Friday rides in Gail’s absence. Today we headed up to Blackhawk and then returned through Diablo on our way to our usual refreshment stop at la Boulange. Peter

September 15th
We had a great day at Angel Island today. 11 of us made the trip; 9 took the BART/ferry and Jim Conger and his wife, Claire, brought their sailboat over. Jim brought the food so that we could have a great picnic. Some chose to hike and some chose to ride around the island. The weather was picture perfect and other than a lot of flat tires on Jane’s bike, it was a fabulous day. Jane

September 17th
This morning Bob led his ‘conditioning’ ride from Livermore Cyclery in Dublin up to Danville and our usual Peet’s Coffee stop. A nice cruise on the Iron Horse on a beautiful day. I stopped off on the way back to pick up some groceries at Windmill and Safeway so the route shown on the link below doesn’t go all the way back to Dublin. Peter

September 17th
Then this afternoon Julie led the T’n’T ride from Shannon Center out Dougherty and Bollinger to the new development east of Stoneleaf. Peter

September 18th
Dick led the ride from Heather Farm up the north side of Mt. Diablo to the Junction Ranger Station and then descending the south side to Diablo and Alamo. Evidence of the fire was clearly visible when looking back toward the summit from Curry Pt., but fortunately it appeared to have mainly burned the underbrush while many of the trees survived. From our route we couldn’t see the extent of the fire damage on the east side of the mountain where the fire started and was most intense. Peter

September 21st
Got a little wet toward the end, but we still had an enjoyable ride out to the Calaveras Reservoir and back. Only light cloudiness at the ride start but the promised rain clouds did materialize later and caught us by the time we returned to Pleasanton. Peter

My husband Bruce and I rode out of the parking lot at 8:47 and out to the top of the Calaveras wall where we made our U-turn. We saw a few FP riders on our way back, and as we passed by Dean sitting in his car on the way past the little store at the 84/Pleasanton-Sunol Rd, it was just starting to sprinkle. By the time we were crossing the railroad tracks, we were totally soaked. For the most part, it was a nice ride, and we saved a beautiful little tarantula from getting squashed in the road. Hopefully folks were smarter than us and turned back earlier. Thanks to the ride leaders for planning the ride and getting us out of the house :-) Robin

UPCOMING DATES TO MARK ON YOUR CALENDAR

October 6th – Mountain Challenge – 12 volunteers needed to work Rock City; the Junction; Juniper; and the top of the mountain serving food.

October 12-13th – Tour of the Sacramento River Delta – registration is limited to 200 riders and is filling up quickly.

October 27th – Progressive Dinner at the Giffords’ home in Escalon. Multiple loops to ride are offered between each course.

December 4th – Club Business Meeting at Round Table Pizza in Dublin. The election of your 2014 Club Officers will take place at this meeting.

February 15th – Mid Winter Party

April 5, 2014 – Cinderella Classic and Challenge

April 6, 2014 – Bicycle Swap Meet

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
### MILEAGE REPORT of 9/25/2013

(This does not include the 15 ride sheets that have not been turned in to this date.)

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Total miles ridden by club member so far this year is 176,765. Impassive!

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

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 yours sign-in sheets as quickly as possible. Members enjoy keeping track of their mileages and are anxious to know what their total is each month. Several sheets (##) are 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 ($15.00 after June 30th). Make check payable to: Valley Spokesmen.

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

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

NAME - please print (_____) PHONE
ADDRESS _________________________________ CITY ______ STATE ZIP +4

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

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs, executives, 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: __________________
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
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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
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We appreciate receiving articles and photos to be printed in the newsletter and we are sorry if they cannot always be printed during the month of submission. We will give articles of a timely nature priority.

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

VALLEY SPOKESMEN
http://www.valleyspokesmen.org

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