President’s message for November 2013

I thought I would take a few minutes and describe what I think is fantastic about our club and why I am part of it. Writing this down became obvious to me as this month I have been so engrossed with my work that I have not been riding and I have not been keeping involved with the club...

Our club is made up of so many good people, many I am lucky to call my friends. Our rides are great chances to chat and catch up about what we have been doing with family, with work and in particular any new and exciting bicycle riding experiences.

The reason I joined in the first place was in an effort to find a way to get exercise that I could enjoy, that I would happily do on a regular basis. I tried two other ways to get exercise, that many of you will have tried also: (a) going to the gym either for classes or for machines; it was too easy to find something better to do, I never went, just spent the money. The problem I had was that it is a solitary endeavor. (b) Swimming was the next one; although it was good exercise, it had the same issues as the gym, plus I hated getting cold going to and from the pool. I know I am a wimp.

For me, with the club, bike riding is a group endeavor which is always fun and interesting. I have found that I enjoy pushing myself; so much so that I often go too fast early in a ride and without energy left I go much slower for the remainder of the ride. So each ride I have objectives to focus on from learning to go at a steady pace, to learning about how to sustain a high cadence (cadence is the number of times the pedals go around per minute) to learning how to lean my bike going around bends, going downhill, so that my descents are safer and more controlled.

Each week I enjoy looking to see what rides have been arranged for the weekend, hoping the ride will be one of the many rides we have not done for a while to one of the many lovely places we have locally. Hoping that it will be a good distance, with enough challenge to be fun but not so much as to wipe me out... I also, like everyone else, should offer to define and lead more rides myself. There are a few notable people who lead a large number of rides for us; the people who come first to mind are Gail Blanco, Alberto Lanzas, Jane Moorehead, Bob Heady, Jim Duncan and Peter Rathmann (please forgive me if I missed you). These rides are the very life blood of a Bike club, so thanks!

One of the amazing parts of our cycling is we get to see what rides have been arranged for the weekend, hoping the ride will be one of the many rides we have not done for a while to one of the many lovely places we have locally. Hoping that it will be a good distance, with enough challenge to be fun but not so much as to wipe me out...

I have been enjoying several bike adventures each year with my bike friends. The first one that I ever did was TORSD which happens each year. This is the one that is very easy and flat and is two days, through the Sacramento River Delta to Sacramento and back. The next one I have done is to Paso Robles that is a little more challenging; it lasts several days riding down to Paso Robles Bike Rally, but there is great varied scenery and then we stay at the Rally and go on a ride there. Also many club members go on trips to other parts of the USA each year, such as to Cycle Oregon which is in September. This year some 27 members, including my wife Laurie and me, went to Italy, to the Tuscan area for 10 days of cycling. It was fantastic! Italy is so beautiful and the people are friendly. This ride was organized by a group called BAC who did a fine job!

We get to help with two events that the club creates each year: they are the Cinderella Classic/Challenge for women each year in April that attracts about 2,500 women from all over the western USA; and the Wente bike race and criterion in Livermore.

I have this year been lucky enough to get to help a little in the tasks for the club as your club President. It has been and continues to be great fun and very rewarding. My tasks include getting to write this little piece each month, trying to exercise a skill I do not have, namely writing a short interesting piece for everybody to read. I would really really like to hear from people about what I have written. Currently I have had 3 or 4 people in total offer comments throughout the year but I need and want more please, please email or call me, tell me what you think. I am asking for any negative comments also! The other board members have been great helping me whenever I ask, to edit and improve my pieces. (Note the content, for good or bad, is mine) For me being President is great, it gets me away from thinking about my work, that I thoroughly enjoy, but need to not allow my work to consume me.

Whenever I talk about our club in the area, many people have heard of the club and all have good things to say. This fact reflects on those that have built and maintained the club’s reputation over the years, I just get to enjoy it. I continue to feel lucky and be amazed how much is organized for us that seems small and effortless but the more I see by looking “behind the curtain” I realize these things take vast amounts of work from a few dedicated souls.
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/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 RIDE OVERVIEW:
MONDAY and WEDNESDAY morning rides 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
TUESDAY and THURSDAY evening rides have been terminated until March 2014.
WEDNESDAY Livermore WAW (Wednesday After Work) ride series has been terminated until the spring.

ODD FRIDAY morning ride from Central Park.
Beginner Friendly. See listings herein or website for start times.

NOVEMBER 2013

FRI. 11/1/13 2-L/M No Drop 25-35 miles 9:00 a.m.
This Odd Fri-Day 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, gvbblanco@aol.com, 925-872-1001.

SAT. 11/2/13 3-M 63 miles 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 toTesla and then take Vineyard Ave. into Pleasanton before returning to San Ramon. Take I-680 to the Bollinger exit and go east; turn left on San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at:
http://ridewithgps.com/users/74695/routes at least 48 hours before the ride (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.

SUN. 11/3/13 3M+B 45-62 miles 9:30 a.m.
This is a beautiful ride in the Sebastopol, Valley Ford, and Tomales area and returning 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 / US101 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/I-680 intersection.
Ride Hosts: Gail Blanco, gvbblanco@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 SAVING TIME!
Please check the VS web calendar for updates. Rain cancels.

MON. 11/4/13 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at:
http://ridewithgps.com/users/74695/routes at least 48 hours before the ride (click on 'More details' to make this a clickable link). Be sure to check for the ride listed with the correct date.
Ride Host: Gail Blanco, gvbblanco@aol.com, 925-872-1001. Please check the VS web calendar for updates. Rain cancels.

TUE. 11/5/13 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. 11/6/13 2-L/M 25-50 miles 9:00 a.m. Heath Farm ride - see 11/4/13 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).
http://ridewithgps.com/routes/2267409
Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
SAT. 11/16/13 3.5-M 60 miles (96 km) 10:00 a.m. Join Alberto on a beautiful ride out to Point Reyes Lighthouse from Nicasio. Nice views of the ocean on our way to the lighthouse. Meet in Nicasio across the street from the store, at the ball field. Find parking along the roads near this area. Bring plenty of water and food. The last chance for food and water is about the halfway point in Inverness. There are water and restrooms at the lighthouse, so please plan accordingly. Check the VS web calendar for final details and weather conditions prior to the ride. Rain cancels. Suggested carpool location: Bollinger Park & Ride lot at I-680 for an 8:15 a.m. departure. Route: http://ridewithgps.com/routes/3471087. Pictures from a previous trip at: http://www.everytrail.com/view_trip.php?trip_id=423859. (Advanced Ride) Ride Host: Alberto Lanzas, 510-825-9581.

SAT. 11/17/13 2-L to 3-M 29-44 miles 9:30 a.m. Monthly Feather Pedals ride starting from the Garre winery, 7986 Tesla Rd., Livermore. We'll have two routes: a 'Classic' moderate route of about 29 miles and a 'Challenge' route that adds 15 miles and a few more hills. Take I-580 to Livermore and exit on Vasco Rd. to go south; turn left on Tesla and continue 1.2 miles to Garre winery (7986 Tesla) on the left; go through the iron gate and go toward the back; after the road becomes gravel turn left and park by the tents. Bring water, snacks and $ to buy. There will be an opportunity for lunch and wine tasting after the ride. Arrive at least 15 minutes early for pre-ride announcements. Ride Host: Rebecca Wood, 925-577-3842.

SUN. 11/17/13 2-L/M 31 miles 9:30 a.m. Shannon Park to Kilkare Road: We will meet at Shannon Park in Dublin, at the corner of San Ramon Road and Shannon Road. We will travel to the train station in Sunol, then climb to the end of Kilkare Road. Our return will go through Pleasanton, with a coffee stop on the return. Ride Host: Steve Kowalewski, 510-246-2815.

MON. 11/18/13 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 11/4/13 for details.

TUE. 11/19/13 Mtn 3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 11/5/13 for details.

WED. 11/20/13 3-M 40 miles 9:30 a.m. Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into Walnut Creek with “re-hydration” after the ride at the San Ramon Hayward (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

FRI. 11/15/13 2-L/M No Drop 25-35 miles 9:30 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, gvblanco@aol.com 925-872-1001.

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

MON. 11/11/13 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 11/4/13 for details.

FRI. 11/15/13 2-L/M Pre-49er Game Warm-up Ride. Meet at Les Knott Park, located at 655 N. Mines Rd. in Livermore. Everyone is invited to watch the 49er game afterwards at our house. Ride Host: Doug and Janet Ondricek, mailto:dondricek@formfactor.com, 925-980-2490.

SUN. 11/10/2013 2 routes being offered: L-20 mile and 3-B 35 mile Pre-49er Game Warm-up Ride. Meet at Les Knott Park, located at 655 N. Mines Rd. in Livermore. Everyone is invited to watch the 49er game afterwards at our house. Ride Hosts: Doug and Janet Ondricek, mailto:dondricek@formfactor.com, 925-980-2490.

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

WED. 11/6/13 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, December 4, 2013.
WED. 11/20/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 11/4/13 for details.

SAT. 11/23/13 3-M 53 miles 9:00 a.m.  Starting at Valle Vista Park in Pleasanton we’ll ride through Livermore and continue over the Altamont Pass to Midway.  Our return will take us over scenic Patterson Pass back into Livermore and then back to Pleasanton on Vineyard.  Starbucks stops at Vasco on the way out and on Vineyard on the way back.  Take I-680 to the Stoneridge Dr. exit and go east; turn right on Denker and follow to end; turn right on Payne and park on the street by the park.  Bring plenty of fluids and food and/or money to buy.  We’ll have Starbucks stops at Vasco Rd. on the way out and Vineyard on the way back.  

Ride Host:  Brahim Satoutah, 925 963 7024, mailto:bsatoutah@comcast.net

SUN. 11/24/13 2-3 LM/MB 35-50 miles 9:00 a.m.  Gail will lead a ride from Central Park to Cull Canyon.  The Challenge riders will have the opportunity to do the Inspiration Point Loop as well as climb to the end of Cull Canyon.  The EZ option will modify the route a bit to minimize the climbing and cut back on the distance.  Everyone is welcomed to do as much of the Cull Canyon climb as they wish.  We expect to have a wide level of riders, try to join up with someone who rides at your level early in the ride, or better yet, bring along a riding buddy.  We hope you’ll join us!

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

MON. 11/25/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 11/4/13 for details.

TUE. 11/26/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.  Lake Chabot Loop - Mountain bike trails.  See 11/5/13 for details.

WED. 11/27/13 4-M 45 miles 10:00 a.m.  We are riding from San Ramon central park to the summit of Mt. Diablo and returning via Walnut Creek.  Bring plenty of fluids and food, or money to buy at our stop in Walnut Creek.  Rain cancels, check VS web calendar for updates.

Ride Host: Alberto Lanzas 510-825-9581.

WED. 11/27/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 11/4/13 for details.

FRI. 11/29/13 2-L/M No Drop 25-35 miles 9:30 a.m.  This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show.  Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library.  ALL riders are welcomed!  We generally do a coffee shop stop near the end of the ride.  (Beginner Friendly)

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

SAT. 11/30/13 2-M/B 50 miles 9:00 a.m.  Brahim will lead a ride from Livermore to the central valley and Bethany Reservoir.  Start at the old PW Market Center on Vasco Rd. in Livermore just north of Scenic Dr. Park in front of the vacant market, near Vasco Rd., not near the Starbucks that VS rides stop at frequently.  Bring plenty of water & fuel.

Ride Host: Brahim Satoutah, bsatoutah@comcast.net

DECEMBER 2013

SUN. 12/1/13 3-M 43 miles 9:00 a.m.  A modification of our usual Moraga Loop ride with a start at San Ramon's Central Park and heading up Norris and Crow Canyon roads to Castro Valley and then over Redwood and Pinehurst into Moraga. After a Starbucks break we’ll continue on a flatter route back. Meet at Central Park.  Take I-680 to the Bollinger Canyon exit and turn left into the park opposite the Market Place. The route is:  http://ridewithgps.com/routes/3513324

Ride Host: Dave Leddon, 925-913-0614.

MON. 12/2/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 11/4/13 for details.

MON. 12/2/13  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 mailto:vidnovic@yahoo.com, for further information.

TUE. 12/3/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.  Lake Chabot Loop - Mountain bike trails.  See 11/5/13 for details.

WED. 12/4/13 3-M 40 miles 9:30 a.m.  Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into Walnut Creek 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 have gone too far).

http://ridewithgps.com/routes/2267409

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

WED. 12/4/13 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 11/4/13 for details.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
WED 12/04/13 Valley Spokesmen Touring Club
Quarterly Meeting
ELECTION OF OFFICERS FOR 2014.
6:30 p.m. Pizza Dinner
7:00 Meeting Happy Holidays! Holiday wear will be
rewarded! Bring out your fun holiday clothes and
enjoy a beverage of your choice for free! Join us at
Round Table Pizza in Dublin (7841 Amador Valley
Blvd,) at 6:30 p.m. for free pizza, salad and soft
drinks all starting at 6:30 p.m., followed by our club
meeting at 7:00 a.m. Non-members, come see what
our club is all about and meet lots of people who
share your interests. Find answers to all your club
questions, and see if we’re the club for you! Check
our online ride calendar for a map.
http://www.valleyspokesmen.org/vsCalendar/view_e
try.php?id=599&date=20080903

SAT. 12/7/13 4-M 56 miles 9:30 a.m. Danville/3 Bears
loop starting from Diablo Vista Park in Danville. We
will travel to Bear Creek Rd. via Alhambra Valley, loop
around to Orinda, and return on the Blvd. and Sycamore
Rd. We will stop at Starbucks in Orinda on the return at
mile 36. This ride has over 4,000 feet of climbing. Take
I-680 north and exit on Crow Canyon Road. Travel east
roughly 3 miles and turn right onto Tassajara Ranch
Road, then turn right into the parking lot. This route is
available for GPS users on the Valley Spokesmen ride
library:
http://ridewithgps.com/routes/2177468
Ride Host: Steve Kowalewski, 510-246-2815.

SUN. 12/8/13 3-M 56 miles 9:00 a.m. Starting at
Diablo Vista Park we'll ride over to Livermore and
then climb (and descend) the hill to Del Valle reservoir.
Some may choose to turn back at Mendenhall Rd. (first
summit). For those who choose to continue, there will be
a quick snack break at the reservoir before we head
back over the hill and return. There will be 2 Starbucks
stops, one at mile 13 and one at mile 39. 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 and food for park stop.
Ride Host: Gail Blanco, 925-872-1001,
gyblanco@aol.com

MON. 12/9/13 2-L/M 25-50 miles 9:00 a.m. Heather
Farm ride - see 11/4/13 for details.

TUE. 12/10/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.
Lake Chabot Loop - Mountain bike trails. See 11/5/13
for details.

WED. 12/11/13 2-L/M 25-50 miles 9:00 a.m. Heather
Farm ride - see 11/4/13 for details.

FRI. 12/13/13 2-L/M No Drop 25-35 miles 10:00 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, gyblanco@aol.com 925-
872-1001.

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

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

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

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

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
UPCOMING EVENTS

November
2  Solvang Prelude – Buelton, CA
2  Bike the Coast, – Oceanside, CA
2  Tour de Camp – Pendleton, Camp
2  Tour de Cue – Orange County, CA
9  Tour de Foothills, Upland, CA
9  Palm Desert Century – Palm Desert, CA
9  Health Trust HIKE & BIKE – Santa Clara, CA

December
14  Borrego Springs Century/Double – Borrego Springs, CA

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

- short sleeve jersey - club cut - $65.00
- short sleeve jersey - women's cut - $65.00
- long sleeve jersey - (to be discontinued) $70.00
- sleeveless wind shell vest - $60.00
- long sleeve jacket - (to be discontinued) $69.99
- shorts - women / men - $58.00
- bib shorts - (to be discontinued) $30.00
- middle warmers - $27.00
- gloves - yellow, blue, black - (changing to blue & black only) $27.00
- socks - white, yellow, black - (changing to blue & black only) $7.00

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

Valley Spokesmen Bicycle Touring Club
Executive Board Meeting
October 9, 2013

Meeting called to order by Vice-President Bob Heady at 7:00 p.m.
Minutes from the September 11, 2013 Executive Board meeting were approved as presented in the October newsletter.
Treasurer Dan Carhart reported on the balances in our checking and savings accounts, as well as what is currently charged on our credit card.

OLD BUSINESS:
1. Past month’s rides – There have been a bunch, well attended with great variety.
2. V.S. web site – No report, it’s still working.
3. Ride Library – No additions, it is going fine.
4. Update of V.S. By-laws – These were reviewed as presented. If anyone is interested in seeing The proposed changes you may contact Bob Heady prior to the December business meeting.

   They will be voted upon at the December business meeting by the membership.
5. Ride Host Guidelines – Due to the absence of Emma, this item was tabled until the next meeting.
6. Online membership proposal presented by Mark Dedon was reviewed. Bob Heady will get together with Mark to revise and edit.
8. Bonnie expressed tremendous appreciation to all the volunteers who assisted with the Mt. Challenge October 6th.

At this point Maryann Celli representing SOS-Danville (Save Open Space) was introduced. With her was Clelan Tanner. They came to us with concern over the development by SummerHill on Mt. Diablo Road between Green Valley and Mt. Diablo Scenic Drive. The EIR report has no consideration for bicycle safety on this one and one half mile section of road which is very narrow and twisty. SOS-Danville has filed suit against Danville and the developers. They would like V.S. and the East Bay Bicycle Coalition to file a “Friend of the Court” brief in the case. They would also like V.S. to communicate with the Save Mt. Diablo organization to request it to cease its opposition to our efforts to get a fair review of bicyclist Safety in the SummerHill EIR, and bike mitigation. The Executive Direct of Save Mt. Diablo is Ron Brown. Bonnie has agreed to discuss this matter with Dave Campbell of the E.B.B.C.

NEW BUSINESS:
1. November/December ride schedule was checked. Info on the TBA was received today.
2. T.O.S.R.D. – Everything is falling into place.
We have 227 riders this year! A few cancellations due to injuries/work/deaths.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
**RIDE REVIEWS**

**September 25**
Beautiful day for Jim’s ride up the south side of Diablo to the Junction Ranger Station and descent into Walnut Creek. The cooler morning temperature was welcome on the climb and it had already warmed up some in time for the descent. We stopped for refreshments at Sweet Affair bakery and then returned on the flatter route - mainly along Danville/San Ramon Valley Blvd. Pete

**September 27**
Jim again substituted for Gail on our ‘Odd Friday’ ride from San Ramon out to Las Trampas at the end of Bollinger. A little cool at the start, but we warmed up quickly on the Bollinger Canyon climb. Peter

**September 28**
Nice clear air after the haze of the last couple of days for today’s loop through Livermore and Pleasanton with a good turnout now that our Italy contingent has returned. Peter

**September 29th**
Gail celebrated her birthday by leading a 42-mile ride from Acalanes HS in Lafayette out to Pinole, San Pablo, Orinda, and Moraga. The major climbs were taken care of early as we headed up over Reliez Valley Rd. and ‘Pig Farm’ hill on Alhambra Valley and then we got to enjoy two Starbucks stops (Pinole and Orinda) with more moderate terrain on the remainder of the ride. Beautiful day with only a few scattered clouds and a very comfortable temperature. Peter

**October 2nd**
Alaine led us down to Sunol and then through Niles Canyon and up and over Palomares and Dublin Canyon on a nice, cool day that made the climb seem easier. Peter

**October 5th**
Steve led our ride out to the Calaveras Reservoir from the Pleasanton Ridge staging area on Foothill. Some of us chose to ride to the start from San Ramon, Shannon, or Pleasanton and there were also options as to the turn-around point with some going to the ‘official’ one at Ed Levin Park and others of us opting to skip the climb back up by stopping at the top of the ‘wall.’ Peter

**October 6th**
Hope everyone had a good day on the mountain for today’s Diablo Challenge. Meanwhile we were having a nice ride down to Sunol and over the Palomares, Dublin Canyon, and Schaefer Ranch climbs. Peter

**October 13th**
Karín P. hosted today’s ride but was unfortunately unable to join us due to a cold or flu - get well soon! The route took us through some unfamiliar roads in Alamo on our way to Camino Tassajara and Highland for a loop past the old Carneal school and back on Collier Canyon to Highland. Continuing on Tassajara we took Dublin Blvd. to Dougherty and Old Ranch and then north on Alcosta to our refreshment stop at Starbucks in The Market Place before heading back to Alamo. Peter

**October 15th**
Another in Bob’s series of conditioning rides - this one staying almost entirely on the Iron Horse trail as we headed north from Dublin up to Danville for refreshments at Peet’s Coffee. Peter

**October 19th**
Thanks to Bob and Kathy Strain and to all of Kathy’s relatives who helped plan and organize today’s ride around the Gustine area. After passing by a few relatives’ homes in town (and friendly waves and greetings) we headed south to the San Joaquin Valley National Cemetery where we had a surprise snack stop at the hilltop flagpole overlooking the area. Then we enjoyed a newly paved section of the California Aqueduct trail before returning to the farm roads around Gustine (some of which had slightly poorer pavement than the trail). After passing a few more relatives’ homes we found our way back to town for a cruise down the main business street and then back to the start for socializing, assorted beverages, and a BBQ dinner. Happy Birthday Kathy! Peter

+ + + + + + + + Kathy, great birthday ride. It was nice to see your whole family joining in the activities and supporting your ride. I especially like the hill your mom picked out :) and the food afterwards was great and welcomed. Mary & Ken

+ + + + + + + + Thank you Kathy (and your gracious Mom) for your birthday & hospitality and you and Bob for the route. And to 77% of the population of Gustine...all your relatives...for the signage and coming to the roadside to cheer us on. You showed us many new areas including the local tryesting spots….how did they know? said some……oh well.

It was great to see a lot of new & different territory and where California’s agricultural / horticultural heritage began in the early 1900s.

Little Sara Miller (Gussie) never got to see it evolve. But her nick name lives on. (Wikipedia will tell you why)

Wonder how Katie knew where to stop on the way in? Was it ‘Past Time’ for refreshment? hm-m-m-m

The hospitality of Mama Isabelle and all your family was wonderful & memorable.

Thank you, Bob and all your family for a delightful & memorable day. Francie & him

+ + + + + + + + Thanks Jim and the VS Group who joined us for Kathy’s B-Day Ride. Nice flat ride, a bit rough in sections and yes Katie knows all the local establishments in town, but guess who taught her those locations? Even Vivian joined Katie with Mary to enjoy a bit more of the local flare.

We certainly enjoyed everyone’s company and thank you again for making the ride so enjoyable. Bob and Kathy

**October 20th**
Nora led today’s ride from the Cull Canyon Recreation Area up Palomares (north to south, opposite to most of our rides) and continuing through Niles Canyon to Sunol. After the usual RR and water stops by the Sunol station we continued south on Calaveras Rd. to the first summit and then returned to Sunol before heading up Foothill into Pleasanton. The ride then took Dublin Canyon over the grade back to Castro Valley, but I had ridden from home so continued up the blvd. through Dublin to San Ramon. Peter

**October 25th**
Yesterday Gail led her Odd Friday ride from San Ramon south to Dublin and then turning north on Dougherty, Bollinger, and Crow Canyon to Blackhawk before heading down Camino Tassajara and El Cerro to a short climb of El Pintado to build our appetites prior to the bakery stop at La Boulangre. Peter

+ + + + + + + + October 26th Thank you to Kevin and Clay for hosting the 3rd Annual

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
Halloween ride from Martinez to Davis. Jane and I had a terrific time providing SAG support to everyone and all other cyclists out on the road.

Happy and Safe Halloween! Emma

Thank you Jane and Emma for the sag support, water, candies and encouragement. It was a perfect riding day! And lest I forget, thank you to our riding hosts. It was a great day on the bike! Mary

Thanks to Emma, Jane, Kevin, and Clay for a great ride! But we all know the star of the show was Kylie (the dog)! A good day on the bike hangin' with our friends...can't get enough of that...! Julie

Yes, thank you to everyone: co-leaders, an amazing route sheet, excellent sags, good candy, terrific pics and posting! I am grateful to have such amazing friends. Michelle

What a beautiful ride! It helps with great weather, Snickers, and good riding partners. Thanks to all! Alaine

October 27th A great day of riding in the Escalon, Patterson, Oakdale area today. Jerseys and shorts for most riders. Temps in the mid, upper 70s, no wind.

Nice easy pace through a fantastic agricultural area most never see.

Thanks to Pam & Steve for their gracious hospitality at their wonderful historic abode, and to all those who rode and feasted on a bevy of great soups, salads, main course and desserts.

Thanks to Bonnie for being the chief cook & bottle washer. And on the return to Dublin: heavy overcast, cold wind, 56 degrees, wind chill to high 40s.

After a beautiful day in the valley. Join us in 2014. Jim

As Jim indicated, it was a perfect day for the Progressive Dinner Ride at the Giffords' historic farm house in Escalon. Sunny and warm with only gentle breezes that waited until we were safely on our way home before turning cold and gusty.

Special thanks to the Giffords for being our gracious hosts and to the Powers for all the planning, food preparation, etc. that went into making the day so enjoyable for all the participants.

Steve had prepared two ride options - a long single loop for those who preferred to do the biking first before eating, and a series of three smaller loops (each with an extension option) for those choosing to have the dinner courses between the rides. Peter

**UPCOMING DATES TO MARK ON YOUR CALENDAR**

**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 2014** – Mid Winter Party

**April 5, 2014** – Cinderella Classic and Challenge

**April 6, 2014** – Bicycle Swap Meet

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**TOSRD 2014 comments:**

TOSRD 2013 is in the history books and set a great precedent for weather and riders.

Thanks to all of you who rode; it looked like you all had a good time.

Other than a few scrapes, all kept the rubber side down. We hope you enjoyed the ride and would appreciate any comments, pro or con, to improve it.

Thanks to all the volunteers who made it possible:

* Bonnie, Bob, JD, Jim V, Christy;
* The SAG Team of Dean, John R, Jim P, Marcia, Dan G, Robert, and Ed the water man;
* The crew at lunch (Bonnie, Jean W, Mona, Lynn, JD, Mollie, Bob);
* Vivian & Bob who stepped in at the hotel after-ride check-in;
* The Andrus Island crew of Robert D and Dan G;
* The barbecue team (Bob, new chef Kim, Mona, Molly, Lynn, Jean W., Bonnie, Hailey, JD);
* Also those who saw a need and pitched in to load and unload the trucks, get water and ice;
* To all those who helped clean up, etc.

Many thanks!!!

Feedback says the date was very well received, so what do you think about moving TOSRD to the second weekend in October?

Also, because the road to Andrus Island is in such bad condition, we are considering making what is now the second option the permanent route with a refreshment stop along the way.

Any opinion?

Thanks again for riding TOSRD 2013 and we’ll see you at TOSRD 2014. (could be October 11-12)

Francie, TOSRD chair

Bonnie, TOSRD registrar and food

Jim, Francie marking the route

Amazing yes! All the efforts by so many. I was one that got scraped and broken spoke but got in on the second half. Was so much fun, was sad it was over so quickly. Thanks to all the support I felt so loved :}- Cori

Second weekend in October would be great and changing the route for option #2 with a rest stop is ideal, 57 miles using that route from the Hotel to the BBQ. Thanks! Alberto

 Ditto, except for the perfect weather thing. ALMOST perfect, but I'll admit, the last 10 miles into the wind were a challenge!! The volunteers were, as usual, amazingly prepared, pleasant and organized. Thanks to all of you for your hard work and dedication. We'll be there next year!! Jane

It was awesome weather. I would prefer October over September, the weather being cooler. Thank you to all the volunteers. A great event! Kathy

This was my fifth TOSRD ride. At the barbecue a thought crossed my mind, that each year every detail is worked out so well. For me, there is never the slightest problem. I think the weekend is so popular because the weekend is so free of snags. I know to pull off such an excellent weekend for 200 people is not easy. Yet year after year everything goes so smoothly. I heard people saying how grateful they were that the course's yellow arrows were laid out so well. I thought of the time it must take to do that....do you ever worry about being stopped and questioned while laying down the arrows? The SAG support is great and just seeing a SAG car drive along
the route gives us an assurance that no matter what we’ll be well taken care of. It goes without saying how much we appreciate the rest stops and Sunday barbecue. The barbecue is one of the highlights because it gives us a chance to share stories of the rides and sum up the weekend. Thanks to everyone who makes this possible, from building the potato salad, to the check-in roster, to the route sheets, and to everyone who worked in front and behind the scenes. Thanks everyone!

I've been doing this ride the weather turned out to be much better than previous years. The refreshment stop was nice. Thank you very much for making this possible. It was a class act.

I'm very much like both routes--with the exception of Andrus Island Rd. I have only one wish, that somewhere around 1.5 hours into each day's ride, that there could be some location for a bladder rest stop. It may have been the cooler weather this year causing me to perspire less than TOSRDs of previous years and needing to find a bush. Ross

it was a great ride! Moving TOSRD to the second week of October would be so much better because September is still a vacation month and many are away. The weather would be cooler too. So I hope it will happen. Francie and Jim, the yellow arrows were awesome!

Thanks so much. Hugs, Edith

Such a fun event! Thank you to all the hard working team who make this such a well oiled machine. I agree with others that October seemed like a good weather change - minus the wind...Kathy

I like the idea of moving the ride off of Andrus Island. It was pretty bad. We just need to convince the Tour of California to go through there so that they will repave those roads!! Jane

Yes change the route to second option, eliminate Andrus. How about the first weekend in Oct? Mary

I am so sorry to have missed it whether riding, no riding, or volunteering. I hope not to be sick next year. This is a truly fab event! Congrats on another successful year! Karin

I definitely vote for mid October. Out of the 10 years or so that I've been doing this ride the weather this week was by far the best. The refreshment stop would be nice. 40 miles is a long way before a refreshment stop. Thank you very much for organizing the ride. It was a class act.

My Fremont bike gang really had a great time. Walt

Best one yet, my friends! Thank you so much for such an amazing trip and ALL your hard work! A special shout out to Francie, for being so supportive when it was needed most! Great food, lovely conditions. I cannot thank you all enough!With gratitude, Lori and Bren

THANK YOU for a wonderful ride! You might like to see my post of the ride at: http://jimsgreatcyclingadventures.wordpress.com/2013/10/13/the-great-tour-of-sacramento-river-delta-ride/ James

Gail, I can not believe I just rode 120 miles. I owe thanks to Doc Dee's for the introduction two years or so ago, "I have someone you should meet.". Thank you Gail and Valley Spokesmen. I have now ridden my first century (Cinderella 2013) and my first tour (TOSRD 2013). Thank you to VS for inspiring new riders. You are helping to change and better people's lives. Both of these rides have been fantastic. VS clearly knows how to put on an event.

Please let everyone know at VS that my husband and I had an absolutely fantastic time. It is obvious that a lot of planning and work went into this event. The food was fantastic (As a Celiac I was thrilled to find safe food choices that were gluten free.) Knowing that "SAG" was available added such peace of mind. Having lodging, route sheets, snacks, painted arrows, smooth sign in's, transport of bags, etc... you guys didn't miss a beat. You truly thought of everything. Now, how did you also arrange for such perfect weather? Thank you. Ruth Ann

Thank you for this wonderful time; and all of them. Bonnie and I have been with TOSRD and Cinderella thru rain and shine for years and years and we will continue 'til there are no more years. We recall the season you shifted your TOSRD ride date that conflicted with ours just so we could be with your team. Short story--was a hundred folks were affected for our participation. That is why we ride and why we put on rides, both of us--all of us. Make no mistake, you and Bob have been models for us and moreover, friends--good friends. All the best, always, Bonnie, Peter, John, Methinee

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HAPPY THANKSGIVING EVERYONE!
**MILEAGE REPORT as of 10/27/13**

(This do not include the 25 ride sheets that have not been turned in to this date).

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Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.
Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.

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Total miles ridden by club members so far this year is **202,248**. Impressive!

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 your sign-in sheets as quickly as possible. Members enjoy keeping track of mileage and are anxious to know what their total is each month. Several sheets (25) are outstanding for 2013.
2013 CLUB OFFICERS

President: Marcus van Raalte 925-437-3253
Vice-President: Bob Heady 925-980-7989
Treasurer: Dan Carhart 925-828-8964
Recording Secretary: Lynn DeMattei 925-373-1803
Corresponding Secretary: Bonnie Powers 925-828-5299

Ride Chairmen: Emma Olenberger 707-479-2549
                  Peter Rathmann 925-838-1973
Newsletter Editor/Typist: Marcia Seeger 510-223-9347
                          e-mail VSnews02@aol.com
Electronic newsletter editor: Jim Paulos 510-200-8125
Newsletter Publisher: Bill and Mary Well 925-837-0103
Past President: Mark Dedon 925-828-9183
V.S. Racing Chairmen: Jim Duncan 925-209-1369
                   Team contacts: Ted Vidnovic 925-337-2803

2013 PRESIDENTIAL APPOINTMENTS

Cinderella chairmen: Jim Duncan 925-209-1369
                    Bob Powers 925-828-5299
Swap Meet: Bob/Bonnie Powers 925-828-5299
T.O.S.R.D. Chairman: Francie Cushman 925-719-2256
E.B.B.C. Rep: Chris Talbot 925-968-0215
Mileage Keeper: Jim Paulos 510-200-8125
Webmasters: Ken Hernandez 510-329-9481
            Steve Whelan 925-831-8258
Feather Pedals Liaisons: Karin Ball 408-406-2286
                Rebecca Wood 925-577-3842

Community Liaisons:

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

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

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

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

VALLEY SPOKESMEN
http://www.valleyspokesmen.org

2013 club members may subscribe to the VS mailing list by pointing their browser to http://www.valleyspokesmen.org/mailList.php?page=main and following the directions there.
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

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

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

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

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

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

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

NAME - please print ________________________________ (_____)

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: ________________________________