THE THIRTY-EIGHTH CINDERELLA CLASSIC and CHALLENGE

EXCLUSIVELY for Women and Girls!

This unique bicycle tour for women of all ages and abilities winds through the Amador, Livermore, Diablo and San Ramon Valleys. The metric-century (100k/65 miles) is mostly flat with a few moderate hills. The Challenge route of almost 100 miles is for fit experienced riders only. The course has an additional 2,000 feet of elevation gain with significant ascents/descents. From the start in Pleasanton, the ride circles south to Pleasanton, through the vineyards of Livermore, then north and along the base of beautiful Mt. Diablo to finish in Pleasanton. Charming Princes will be at three rest/food stops along the way with a cold lunch at the second. Our SAG service patrols the route to provide rider assistance if required. A Cinderella Ride Patch is awarded to every rider. So leave your Prince Charming at home and enjoy a special day!

WOMEN AND GIRLS ONLY! No male riders
When: Saturday, April 5, 2014
Where: Alameda County Fairgrounds, Pleasanton, CA
- From I-680 traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12
- From BART (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on We. Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

Bring: Bright green confirmation card
Cost: ADVANCE REGISTRATION ONLY - $48.00 - Includes registration, Cinderella patch, Food, SAG support and insurance. NO “DAY OF” REGISTRATION!!! LIMITED TO 2500 RIDERS!!! Registration closes when the rider limit is reached.

Time: Gates open at 6:30 a.m. Check-in between 7:00 to 9:00 a.m. Cinderella is NOT a Race. Course closes at 5:00 p.m.

Helmets: A bicycle helmet is required on this ride!

Prepare Your Bike: Please check your bike, or have it checked, before you arrive to make certain the condition of all components (brakes, tires, wheels, derailleur) are ready for this ride. The Valley Spokesmen will not inspect your bicycle. Two local bike shops will be on hand to assist with minor mechanical problems.

Route: A route sheet will be provided.

Support: There will be SAG support patrolling the route if you need assistance. Rest stops will have fruit, drinks and snacks, plus a cold lunch will be served at mid-point. Soup and food is served at the end of the ride.

Rain: The ride is on rain or shine, there is NO make-up day!
T-shirts/Sweatshirts: Special Cinderella Classic shirts will be available for purchase from a vendor.

Family/Friends/Expo: Your spouse, family and friends are welcome to meet you at the finish and all are Invited to The Cinderella Expo where bicycle manufacturers, clothing suppliers and women’s organizations will have booths.

For Additional Information Call: Jim Duncan (925) 209-1369 or e-mail: cinderellaclassic@valleyspokesmen.org
Bob Powers (925) 828-5299 or e-mail: b-bpowers@att.net
webpage: http://www.valleyspokesmen.org
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. In doubt as to which level ride you should try, it would be best to select a ride 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. 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://valleyspokesmen.org/ridecalendar

Be informed: current VS members can register for the VS e-mail list: http://valleyspokesmen.org/Sys/Login?ReturnUrl=%2fvs-list 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. http://valleyspokesmen.org/ridecalendar
MARCH 2014

SAT. 3/1/14 2-L/M 55 miles (Classic) 3-M 60 miles (Challenge) 9:00 a.m. 9th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. Today’s ride starts at Draeger’s Market in the Blackhawk Plaza shopping center. Take I-680 to the Sycamore Ave. exit and go east on Sycamore/Camino Tassajara; turn left on Blackhawk Rd.; turn right into the shopping center and park toward the left. Both routes head south through the Windemere development and then east on Highland and Manning in the area north of Livermore with a Starbucks stop on Vasco before continuing through the hills east and south of Livermore with another Starbucks stop on Vineyard. From there we head into Pleasanton and north on some bike paths into Dublin and back to Blackhawk. The Challenge route adds the Flynn Rd. hills and some Pleasanton neighborhoods. Beginner Friendly. See website for support ride. 

Ride Host: Gail Blanco and Alberto Lanzas, gvblanco@aol.com

SUN. 3/2/14 2-M – 40 miles 9:30 a.m. First Sunday of the month ride. Starting at San Ramon’s Central Park we’ll do a loop ride out to Livermore with at least one refreshment stop at a Starbucks along the way. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park across from the Marketplace shopping center and park toward the right.

Ride Hosts: Gail Blanco and Alberto Lanzas, 925-872-1001.

MON. 3/3/14 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. 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

TUE. 3/4/14 2-M 20 miles 9:30 a.m. This is a conditioning ride. It starts at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route will be determined by participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18mph pace.

Ride Host: Bob Heady, 925-980-7989.

WED. 3/5/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 3/3/14 for details.

WED 3/5/14 2.5-M 40 miles 9:00 a.m. Leaving from Central Park 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 over Dublin grade before returning to Central Park. Take I-680 to the Bollinger exit and head east; Central Park is located across from the Valero Station and the SR Library. Bring food and fluids.

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


WED. 3/12 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE!

Come to the Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Pizza served at 6:30 p.m. Non-members - come see what our club is all about! Enjoy a pizza party on us 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! Entertainment for the evening: Bob Lynn on VS club members’ bicycle tour of Tuscany.

MON. 3/3/14 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.
Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing.  http://valleyspokesmen.org/ridecalendar

SAT. 3/14 1-S 25 miles.  Repeat Feather Pedals 'Challenge' ride.  The ride will visit some of the Livermore and San Ramon Area.  Meet at San Ramon Central Park across from the Library at Market and San Ramon Blvd.  This is an advanced ride.  Ride Host:  Karin Poe,  Karin.poe9@gmail.com

SAT. 3/14 2-L/M 55 miles (Classic),  3-M ~ 60 miles (Challenge) 9:00 a.m.  10th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic.  Today's ride starts at the Dublin/Pleasanton BART station on the Pleasanton (S) side and winds through San Ramon, Danville, and Livermore.  Beginner Friendly, SAG-supported ride.  Lunch after the ride at Red Robin (4503 Rosewood Dr. in Pleasanton - near Walmart).
Ride Host:  Karin Poe,  Karin.poe9@gmail.com

SAT. 3/14 3-M/B 54 miles 9:00 a.m.  Reverse Moraga Redwood Loop.  We are riding from San Ramon Central Park and heading up north to loop around Orinda, Moraga, Pinehurst, Redwood, and return through Castro Valley and Dublin back to San Ramon.  Meet at San Ramon Central Park located across from the Library at Market Place.  Significant change of rain will cancel this ride.  Please check VS website and vslist for updated information before the ride.  Bring water and food or money to buy during our stop in Moraga.
This is an advanced ride.  http://ridewithgps.com/routes/3252819
Ride Host:  Alberto Lanzas,  510-825-9581.

SUN. 3/15 2-M 36 miles 9:00 a.m.  Starting at Shannon Center we'll be taking a new route to and through Livermore including portions of the Arroyo and S. Livermore Trails with a return through Pleasanton.  Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right at Shannon and right again into the parking lot.
Ride Host:  Jane Moorhead,  925-980-9889.

SUN. 3/15 3-M 60 miles 9:00 a.m.  Repeat of Feather Pedals 'Challenge' ride.  Note that the start place and route may vary – check online calendar for updates.
Ride Host:  Ana Castaneda,  castana@comcast.net

MON. 3/10 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 3/3/14 for details.

MON. 3/10 2-3 M 30 - 45 miles 9:00 a.m.  Even-Monday ride.  We are riding from San Ramon's Central Park to the Livermore/Pleasanton/Dublin areas.  Central park is located at the intersection of Bollinger and Alcosta Blvd., across from the SR Library.  Bring water and fuel or money for our coffee stop along the way.  Please check VS calendar for updates.
(Advanced Ride - minimum regroups) Rain or significant chance of rain will cancel this ride.
Ride Host: Alberto Lanzas, 510-825-9581.


TUE. 3/11/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – see 3/4/14 for details.

WED. 3/12/14 2-L/M 25-50 miles 9:00 a.m.  Heathr Farm ride - see 3/3/14 for details.

WED. 3/12/14 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).
Ride Host:  Jim Conger, 925 876 4949,  james.conger@gmail.com

WED. 3/12/14 3-M/B ~ 20 miles 6:30 p.m.  Weekly series of after work rides leaving from Lester Knott Park in Livermore (on Mines Rd. just north of 1st St.).  Routes will vary.  Meet at the park at 655 N. Mines Rd.
Ride Host:  Doug Ondricek, 925-980-2490.

WED. 3/12/14 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.


SAT. 3/15/14 3-B 60 miles 9:00 a.m.  We will leave from the former Nob Hill shopping center in south Livermore and head out Tesla Road and over Corral Hollow.  Then we head over to Tracy, then north to Bethany Reservoir before returning on Altamont Pass to Livermore.  There are some options to shorten the ride for those who wish.  Meet at the shopping center at the NE corner of Livermore and Pacific Aves.  Advanced Ride.
Ride Host:  Brahim Satoutah, 925 963 7024, bsatoutah@comcast.net

SAT. 3/15/14 2-L/M 65 miles (Classic)  3-M 75 miles (Challenge) 9:00 a.m.  11th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic.  Today's ride starts at the Sycamore Ave. Park&Ride at the NE corner of the I-680 interchange in Danville and heads south past the Calaveras Reservoir (and to Milpitas for the Challenge).  Beginner Friendly, SAG-supported ride.  Lunch after the ride at Amici's East Coast Pizzeria (720 Camino Ramon, Danville) after ride.
Ride Host:  Rebecca Wood, rcwood1@sbcglobal.net

SUN. 3/16/14 3-M 75 miles 9:00 a.m.  Repeat of Feather Pedals 'Challenge' ride.  Today's ride starts at the Sycamore Ave. Park&Ride at the NE corner of the I-680 interchange in Danville and heads south past the Calaveras Reservoir to Milpitas.  No SAG support.
Ride Host:  Ana Castaneda, 925-408-6251, castana@comcast.net

SUN. 3/16/14 3-M 37 miles 9:30 a.m.  This ride will start at Shannon Park located at San Ramon Boulevard and Shannon Avenue in Dublin.  It will traverse Dublin Blvd. and Dublin Canyon Road into Castro Valley, then travel out Redwood Road and into the campgrounds at the north side of Lake Chabot.  Expect over 3,000 feet of climbing on this ride.  There is a planned coffee stop on the return at Bod's Java in Castro Valley.  We will return via Dublin Canyon Road, do the short Schaefer Ranch Road climb, and then descend back into Dublin on Dublin Canyon Road.
http://ridewithgps.com/routes/2852940
Ride Host:  Steve Kowalewski,  510-246-2815.

ride MON. 3/17/14 2-L/M 25-50 miles 9:00 a.m.  Heather Farm ride - see 3/3/14 for details.


TUE. 3/18/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – see 3/4/14 for details.
MON. 3/24/14 3-L/M 63 miles 9:00 a.m. Second in Clay's 6-ride Spring Boot Camp.
Starting at Diablo Vista Park off Crow Canyon, we'll ride a loop over to Livermore and including the Kalthoff vineyard area south of Hwy. 84. Take I-680 to the Crow Canyon exit and go east; turn right on Tassajara Ranch Rd. and right again into the park.
The route is at:
http://ridewithgps.com/routes/4108217

Ride Host: Clay Dunning, 818-266-2660.

MON. 3/24/14 2-3 M 30 - 45 miles 9:00 a.m. Even-Monday rides. We are riding from San Ramon's Central Park to the Livermore/Pleasanton/Dublin areas. Central park is located at the intersection of Bollinger and Alcosta Blvd., across from the SR Library. Bring water and fuel or money for our coffee stop along the way. Please check VS calendar for updates.
(Advanced Ride - minimum regroups)
Rain or significant chance of rain will cancel this ride.
Ride Host: Alberto Lanzas, 510-825-9581.

TUE. 3/25/14 3-L/M 56 miles 9:00 a.m. Third in Clay's 6-ride Spring Boot Camp. Starting at Diablo Vista Park off Crow Canyon Rd., we'll ride north through Pleasant Hill to Alhambra Valley Rd. and over 'Pig Farm Hill' to the 'Three Bears' before stopping at Starbucks in Orinda and then returning via Lafayette. Take I-680 to the Crow Canyon exit and go east; turn right on Tassajara Ranch Rd. and right again into the park. Route is at:
http://ridewithgps.com/routes/3882959

Ride Host: Clay Dunning, 818-266-2660.


TUE. 3/25/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – see 3/4/14 for details.

WED. 3/26/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 3/3/14 for details.

WED. 3/26/14 3-L/M 60 miles 9:00 a.m. Fourth in Clay's 6-ride Spring Boot Camp. Starting at Shannon Center in Dublin we'll ride south through Sunol and past the Calaveras Reservoir and then descend into Milpitas. Continuing north to Niles Canyon we'll ascend Palomares and return over the Dublin Grade. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the parking lot. Route is at:
http://ridewithgps.com/routes/212076

Ride Host: Clay Dunning, 818-266-2660.

WED. 3/26/14 3-L/M 60 miles 9:00 a.m. First in Clay's 6-ride Spring Boot Camp. Starting at San Ramon Central Park we'll head northwest through Lafayette to Moraga and then head south over Pinehurst and Redwood Rds. into Castro Valley before returning over Dublin Grade. Meet at Central Park northwest of the Bollinger Canyon & Alcosta intersection. Take I-680 to the Bollinger Canyon exit and go east; turn left opposite the Market Place shopping center into the park.
Route is at:
http://ridewithgps.com/routes/4101453

Ride Host: Clay Dunning, 818-266-2660.

MON. 3/24/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 3/3/14 for details.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing. http://valleyspokesmen.org/ridecalendar
WED. 3/26/14 3-M/B ~ 20 miles 6:30 p.m. Weekly series of after work rides leaving from Lester Knott Park in Livermore (on Mines Rd. just north of 1st St.). Routes will vary. Meet at the park at 655 N. Mines Rd.
Ride Host: Doug Ondricek, 925-980-2490.

THUR. 3/27/14 3-L/M 60 miles 9:00 a.m. Fifth in Clay's 6-ride Spring Boot Camp.
Starting in Danville at the Sycamore Ave. Park&Ride we'll head north to Lafayette and climb Reliez Valley and continue to Alhambra Valley Rd. over 'Pig Farm Hill' and into Pinole. After a Peet's Coffee break we'll ride through El Sobrante and then past the San Pablo Rsrv. into Orinda for a comparison with Starbucks. Then we'll head up to Moraga before dropping down to Lafayette on our way back. Take I-680 to the Sycamore Ave. exit. The Park&Ride lot is at the northeast corner of the interchange.
The route is at: http://ridewithgps.com/routes/4101303
Ride Host: Clay Dunning, 818-266-2660.

FRI. 3/28/14 3-L/M 64 miles 9:00 a.m. Sixth in Clay's 6-ride Spring Boot Camp.
Starting at Val Vista Park in Pleasanton we'll do an out-and-back ride through Pleasanton and Livermore and then up Mines Rd. to the county line turn-around point. Take I-680 to the Stoneridge exit and go east; turn right on Johnson Dr. and left into the park. Bring plenty of fluids and snacks since there are no facilities on Mines Rd.
The route is at: http://ridewithgps.com/routes/4101513
Ride Host: Clay Dunning, 818-266-2660.


SAT. 3/29/14 5-M 52 miles 9:00 a.m. Woodside to Tunitas Creek. We will ride from Woodside up Old La Honda Road to Hwy 35, then continue down to Pescadero. From Pescadero we'll take Stage Road to San Gregorio and then out to Hwy 1. Our return will be via Tunitas Creek and down Kings Mountain back to Woodside. Meet at the Woodside City Hall. Take the San Mateo Bridge (Hwy 92 W) to I-280 S; take exit 25 for CA-84/Woodside Rd. City Hall parking lot is located on the left side of Woodside Rd before Robert's Market. Bring plenty of water and food or money to buy. Advanced Ride.
Ride Host: Brahim Satoutah, 925-963-7024, bsatoutah@comcast.net

SUN. 3/30/14 3-M 40 miles 9:30 a.m. Five Canyons. We will start at Central Park in San Ramon located at the corner of Bollinger Canyon Rd. and Alcosta. The route will have us climb Dublin Boulevard and descend Schaefer Ranch Road to Dublin Canyon Road and continue into east Castro Valley. From here we will climb 5 Canyons Road and go up to the Hayward Hills. The return will descend through Hayward. After a rest stop at Bod's Java in Castro Valley we will return to Central Park. The ride has about 3,000+ feet of climbing with nice vistas from the Hayward Hills.
Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

MON. 3/31/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 3/3/14 for details.
**HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE**

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

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

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

**UPCOMING EVENTS**

Mar. 1 Death Valley Century, Death Valley, CA  
1 Death Valley Ultra Century, Death Valley, CA  
1 Death Valley Double Century, Death Valley, CA  
1 Kings River Blossom Ride, Reedley, CA  
2 Senorita Century, Del Mar, CA  
8 Solvang Century, Solvang, CA  
15 Malibu 7 Canyon Classic, Malibu, CA  
15 Tour of Borrego, Borrego Springs, CA  
22 Solvang Double Century, Solvang, CA

Apr. 5 Cinderella Classic/Challenge, Dublin, CA  
5 Party Pardee, Ione, CA

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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. [http://valleyspokesmen.org/ridecalendar](http://valleyspokesmen.org/ridecalendar)
UPCOMING TOUR

PASO ROBLES 2014 – from Wednesday, May 21st to Friday, May 23rd, riding from Sunol to Paso Robles and the 50th Anniversary of the Great Western Bicycle Rally. There will be two nights lodging in Hollister and King City. The total cost of the trip is anticipated to be $275.00 per person (double occupancy). This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders. If interested please sign up ASAP with a $200.00 deposit (check made payable to the Valley Spokesmen).

For additional information you may call Bonnie, at 925-828-5299 or b-bpowers@att.net.

Valley Spokesmen Bicycle Touring Club
Executive Board Meeting DRAFT Minutes
February 12, 2014

Meeting called to order by President Marcus Van Raalte at 7:00pm.

Minutes from January 15, 2014 Executive Board Meeting may be found in the February newsletter.

Treasurer Dan Carhart reported we are fiscally sound and is amazed at the quickness of the PayPal transactions for new online activity.

OLD BUSINESS:

1. Ride Report – There were a total of 645 club rides in 2013. TnT rides will resume in mid-April.
2. V.S. web site – To date, club membership stands at 451. To date, 1,653 have signed up for Cinderella. Survey sent to members regarding which calendar they would like to use on website.
3. Ride Library – Alberto continues to update the route library.
4. Bike Master Plans – Need a replacement for Pleasanton Bicycle Advisory Committee (Bill Rose termed out). If interested, contact Board.
5. Ride Host Guidelines – MM, seconded, and approved to put updated ride host guidelines on website, which will be helpful for those wanting to host but do not know what they need to do.
6. Correspondence – Bonnie discussed Community Cam – an application to locate surveillance camera locations which might be helpful in establishing the facts after a traffic crash.

NEW BUSINESS:

1. Capabilities of Wild Apricot – item tabled due to large meeting agenda.
2. Composition of EBoard – MM, seconded, and approved to recommend membership update by-laws to add 3 positions to voting members and to give them voting rights until the positions are adopted into the by-laws (at which point they will have voting privileges).
3. Org Chart – First draft of an org. chart using the incident command model was introduced for comments.
4. SOP Manuals – A policies & procedure sub-committee has been formed. Members include: Dick Ward, Mary Hernandez, Emma Olenberger, Bob Strain, and Steve Wheilan. The first major item they are tackling is the Cinderella check-in procedure.
5. Printed Newsletter – Bonnie noted her disagreement with charging members $10 for the written newsletter. She noted some members do not own computers or have email addresses. 365 of the printed newsletters go to bike shops.

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

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing. http://valleyspokesmen.org/ridecalendar
Correspondence sent:
1. Check to Valeshka Sackville for designing the 2014 Cinderella patch.
2. Check to USPS for postage on Cinderella post cards.
3. Check to US postmaster for additional postage on February newsletter.
4. Check to Attorney Steven Hansen working of Cinderella liability release form.
5. Check to Minuteman Press for Cinderella flyers; Cinderella post cards, and February newsletter.
6. Check to Livermore Area Recreation and Parks District for Cinderella permit.
7. Check to City of Livermore for Cinderella permit.
8. Check to City of Dublin for Cinderella permit.
9. Check to County of Alameda for Cinderella permit.
10. Check to Contra Costa County Public Works Dept. for Cinderella application fee.
12. Check to Pleasanton Marriott for Midwinter party.
13. Check to Bob Powers to cover gratuity for D.J. at Midwinter party.
14. Check to Contra Costa County Public Works Dept. for Cinderella permit fee.
15. Check to Sports Basement for gift certificate.
16. Check to Dublin Cyclery for gift certificate.
17. Check to Pleasanton Marriott for balance due on Midwinter party.
18. Check to Kathy Strain for awards at Midwinter party.
19. Check to Purchase Power for postage on meter.
20. Check to East Bay Bicycle Coalition for annual membership dues.
22. Check to National Parks Conservation Association for annual membership renewal.
23. Check to National Parks Foundation for annual membership renewal.
24. Check to Nature Conservancy for annual membership renewal.
25. Check to Rails-to-Trails for annual membership renewal.
27. Letter to CHP in Contra Costa County notifying them of the upcoming Cinderella Classic/Challenge.
28. Letter to Contra Costa County Sheriff’s Dept. notifying them of the upcoming Cinderella Classic/Challenge.
29. Letter to Contra Costa Fire Protection District notifying them of the upcoming Cinderella Classic/Challenge.

Correspondence received:
1. Letter from Varenchik Accountancy Corporation announcing their retirement in the near future with the suggestion of a new accountant.
3. Information on upcoming events and tours.
4. Newsletters and magazines from various clubs, organizations and businesses.
RIDE REVIEWS

January 21<sup>st</sup>
We had two rides leaving San Ramon's Central Park this morning and heading to Walnut Creek. Gail led one group through various Danville and Alamo neighborhoods while Jim C. led the other group to Blackhawk and then up to the Mt. Diablo Junction and down the north side. Peter

---

January 22<sup>nd</sup>
Alberto led today's ride from San Ramon Central Park to Livermore and Pleasanton on another perfect day - I know we need some rain, but it's certainly been great for cycling this winter. After a stop at the Starbucks on Portola we returned using the new Jack London/-Stoneridge connection into Pleasanton and then went through BART to continue on the Iron Horse trail. Peter

---

January 24<sup>th</sup>
Starting at the San Leandro marina, Ken and Mary took us on a tour on the Bay Trail past Oakland airport and along the MLK shoreline before crossing over the High St. bridge onto Alamedia island. After riding through some neighborhoods, many with interesting Victorian architecture, we headed over to the old Naval Air Station with a stop at the USS Hornet conservatory. It was then to Bay Fair and a ride on the path along the bay shoreline before heading back past the airport to the marina. Peter

---

January 25<sup>th</sup>
Beautiful day for the fourth in a series of weekly Feather Pedals rides leading up to the Cinderella. Today's ride started at Crank-2 in south Pleasanton and headed south to Sunol and Calaveras Reservoir with a choice of various turn-around spots. Jim D. led a group that started in Dublin to extend the distance with a ride to/from the regular ride. Peter

---

January 26<sup>th</sup>
Twenty of us enjoyed the continuing warm weather to ride from Shannon Center to Sunol. From there we rode through Niles Canyon and then up and over Palomares and Dublin Canyon to return by way of Schaefer Ranch. Peter

+++ + + + + + +

Peter led a great ride today and we had two new riders which he took the time to acknowledge during his pre-ride announcement. I think the group made both riders feel welcome to the club and they both seemed to enjoy the ride. Great job Peter, Bob

---

January 28<sup>th</sup>
Bob and Jane led today's ride from the Dublin location of Livermore Cyclery. The group got split up after a few miles and we ended up taking different routes - but still ended up together at the Denica's refreshment stop. Unusually cloudy skies today - a harbinger of the showers that may arrive in the next couple of days. Peter

---

January 29<sup>th</sup>
We again had a choice of rides leaving from San Ramon's Central Park and heading up to the Sweet Affair bakery in Walnut Creek. Gail led the shorter option which stayed in the valley. Jim C. led the option that took us up Mt. Diablo to the Junction Ranger Station before dropping down the north side into Walnut Creek. Low level clouds had us climbing into the fog on the south side of Diablo and a rider we met said it was rainy and breezy at the summit. Conditions were better on the north side as we left the fog behind and had a dry road surface all the way down. Peter

---

February 1<sup>st</sup>
A little chilly at the start, but the beautiful clear air, sunny sky, and lack of wind made for good cycling conditions as we headed around the outskirts of Livermore with climbs of Cross and the Flynns to the east, Carneal and Collier to the north, and Wetmore and Arroyo to the south. Peter

---

February 2<sup>nd</sup>
Great ride out to Mountain House and around Livermore today with a very good turnout. A nice clear day allowed for great views of the Sierra Nevada foothills over Patterson Pass Rd. as we headed east toward the San Joaquin County. There was snow on some of the Sierra foothills. Thanks Alberto. Gail

---

February 5<sup>th</sup>
Barbara hosted today's ride from the Benicia waterfront through assorted hilly neighborhoods and then past Lake Herman before returning to town where we stopped at her house for chilli, cornbread, and brownies (the last supplied by Nancy). Although there was a sparse turnout of VS members, we had a number of Benicia club members on the ride. Peter

---

February 7<sup>th</sup>
Odd Friday ride-We gathered, we rode, it rained, we had fun!!! Six hardy souls out to brave the elements, not one bailed out early, which would have been easy to do. It did rain the entire 33 mile ride. Joel, our Boston visitor, reminded me how our response to weather is all relative. He was thrilled to have 50 degree temps, I was reminded of my days in WA state where this was a "normal" day of winter riding. Dress for the rain, ride in the rain (safely), and have fun :) Peter R. in his traditional shorts! (I was in rain pants.) Gail

+++ + + + + + + +

Not quite a 'picture perfect' day for Gail's Odd Friday ride today, but the light rain didn't dampen our spirits as we headed out to Las Trampas and then continued to the La Boulange bakery in Danville for refreshments. Our visitor from Boston found the weather to be a delightful change from what he had left behind. Peter

---

February 10<sup>th</sup>
With the weather forecast promising clearing skies, we set out from Central Park in San Ramon despite the wet roads and slight mist in the air. The mist got heavier and turned into light rain on Highland, but then things started to improve. After stopping at Starbucks on Vasco the mist had lifted and the roads slowly dried off for our return through Livermore and into Pleasanton on the new Stoneridge extension. From there we rode through the BART station and took the Iron Horse trail back to the start. Peter

---

February 12<sup>th</sup>
Still a little cloudy, but much improved conditions from the last time we did this ride and had fog all the way up. We had a few options on this ride: most went up the south side and down the north into Walnut Creek, some opted to take the flatter option around the mountain, and a few turned around at the junction and went back down. Peter

---

February 15<sup>th</sup>
Cloudy skies but the weather forecast promised that any precipitation would hold off until late in the day, so we still had a good turnout for the 7th weekly Feather Pedals ride. Starting at Dublin High the "challenge" group rode over to Castro Valley and then up Redwood and Pinehurst into Moraga. Then it was down St. Mary's Rd. and the Lafayette-Moraga trail to Lafayette followed by the Blvd. through Danville and San Ramon. Peter

---

February 18<sup>th</sup>
Alaine must have some special pull with the weather gods to arrange for the overnight showers to be long gone leaving bright sunshine for her ride from Shannon out to Calaveras today. The group split at the first summit with some continuing on to the wall while many of us turned around and headed back from there. Peter

---

February 17<sup>th</sup>
We had a great turnout of 32 riders for our San Ramon to Livermore Pete's Coffee recovery ride. Perfect weather on our flat route to Livermore. A couple of flats along the way. Alberto

---

February 19<sup>th</sup>
Beautiful sunny day today after a rainy night for Charles' birthday ride around Livermore including the hills on Cross, the Flynns, and Collier Canyon. Happy Birthday Charles! Peter

---

February 21<sup>st</sup>
Quite a crowd enjoying the sunny 70F day and joining Gail on her odd-numbered Friday ride from San Ramon's Central Park up to Blackhawk and continuing on to Tassajara to Dublin with two out-and-backs on Finley

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and Johnston Rds. along the way. In Dublin we got refreshments at Denica’s and then returned on the Iron Horse. Peter

It was a great crowd for the ride today; a record 30 people on a Friday! Alberto was kind enough to co-host at the last minute by taking a large group of people off the front at a faster pace, I stayed near the rear of the group trying to make sure all were accounted for. Most of the group decided to add on an out & back on Johnson Road. You couldn’t ask for better weather. Gail

February 22nd

Beautiful day for the 8th weekly Feather Pedals ride of the year. Starting from the Park & Ride lot on Airway Blvd. in Livermore we headed north of town on Collier Canyon and then through the farmland that has finally turned green along Manning and May School Rds. on our way to our first Starbucks stop on Vasco. From there it was up Patterson Pass Rd. to Cross and continuing on the south side of town to our second Starbucks stop on Vineyard. After some refreshments we rode on to Pleasanton and looped through that town on Valley, Bernal, Foothill, and Castlewood before returning to Livermore on Vineyard again. Peter

February 23rd

Beautiful day for a ride through the Livermore open country! Once again, happy birthday, Charles. Also, Meredith offered another valuable skills training on shifting. Thank you Coach Meredith! We had 138 riders with very few problems: 93 Classic riders (59 VS members, 34 non VS) and 45 Challenge (32 VS,13 non VS). 3 flats is about all reported by SAGs Steve and Keith. Thanks again for stepping up to help! Kathy

Beautiful day for Steve’s ride from Pleasanton Ridge Park along Calaveras to Ed. Levin Park and we met quite a few other groups of cyclists (one car driver even asked if it was ok to drive on the road or if it was only supposed to be for bicycles). Peter

**MILEAGE REPORT as of 2/13/14**

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These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2014.

Total miles ridden by club members so far this year is 25,501.

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

Ride Hosts – Please turn in your sign-in sheets as quickly as possible. Members enjoy keeping track of their mileage and are anxious to know what their total is each month.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing. [http://valleyspokesmen.org/ridecalendar](http://valleyspokesmen.org/ridecalendar)
FEBRUARY VS MID-WINTER PARTY AWARDS

Queen of the Mountain - Kathy Kane
Most Flats on one ride - Joe Cheng
Possum Award - Janet Ondricek
Pinocchio Award - Jim Duncan
Most Grueling Ride Leader Award - Marc Goroff
Navigationally Challenged Award - Gail Blanco
Summit Award - Mary Ann Kiely
No Rider left behind - Dick Ward
Casanova Award - Walt Thomas
It's Never Too Early or Too Cold to Ride Award - Bob Barnett
Above and Beyond SAG Award - Keith and Linda Nowell
Leading from the Car Award - Barbara Wood
Bust Buddy Award - Colleen Woods

Power Couples of the Year Awards:
   Gail Blanco and Alberto Lanzas
   Dean and Karin Ball
   Bob Heady and Jane Moorhead

Yahoo Group Website Master Award - Lori Trublood
VS Website Master Award - Ken Hernandez
Tandem Riders of the Year Award - Pete and Sharon Culshaw
New Ride Leader of the Year Award - Jim Conger
New Member Rider of the Year Award - Gilbert Enriquez
Female Rider of the Year Award - RuthAnn Pearson
Ride of the Year Award - Doug Ondricek

Acknowledgments - People who make our club event so fabulous:
Winter Party - Bob & Bonnie Powers, Jim Duncan, Francie Cushman
Cinderella - Bob & Bonnie Powers, Kim Duncan, Francie Cushman

Leads:
   Mark Dedon - Robertson Park
   Jim Vandergruden & Kevin Thieben - Lunch
   Don Carpenter - Greenbrook School
   Steve Whelan - Fairground morning coffee and bagels

TOSRD - Bob & Bonnie Powers, Francie Cushman, Jim Duncan, Christy Simpson, Jim Vandergruden

Leads:
   Lynn DeMattei - Pre ride food, lunch, BBQ
   Bob & Vivian Fujii - Motel Rider check-in, swag

2013 Veteran Ride Leaders:
   Gail Blanco
   Pete Culshaw
   Jim Duncan
   Bob Heady
   Alberto Lanzas
   Jane Moorhead
   Peter Rathman
   Dick Skow

2013 Feather Pedals Ride Leaders:
   Karin Ball
   Kathy Kane
   Karin Poe
   Lori Trublood
   Rebecca Wood

Co-Emcees - Clay Dunning, Bob Strain
Awards Presenters - Kathy Kane, Kathy Strain

Congratulations to Jeff Miller of the Valley Spokesmen Racing Team on winning the Copperopolis Road Race on Feb.15, his first Cat 3 race!
The 21-mile race followed a course from Milton, Rock Creek, Salt Spring Valley, Hunt, Milton Roads, in a counter-clockwise loop.

My Daughter wants a Cinderella-themed party, so I invited all her friends over and made them clean my house.

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing. http://valleyspokesmen.org/ridecalendar
THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION
VALLEY SPOKESMEN, P.O. BOX 2630, Dublin, CA 94568-0784

Your Membership will not be activated until a signed application has been received at the Valley Spokesmen Office

I want to join / renew membership in the Valley Spokesmen Bicycle Touring Club. ☐ NEW MEMBER ☐ RENEW MEMBERSHIP

$25.00 for a 2014 Individual Membership ($13.00 after June 30th)
$35.00 for a 2014 Family Membership ($18.00 after June 30th) [Member, Co-member, and additional family members]
FREE - Receive the V.S. Newsletter via the V.S. Web Site (electronic only)
$10.00 - Receive the printed V.S. Newsletter via Postal Service at my home address ($5.00 after June 30th)
Please add my e-mail address to the V. S. e-mail list so I receive current club information, ride updates, etc.

TOTAL AMOUNT - ☐ Paid on-line at www.valleyspokesmen.org or ☐ by check payable to: Valley Spokesmen.

FIRST NAME please print LAST NAME PHONE

ADDRESS ______________________________ CITY __________________________ STATE ZIP +4

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

Emergency Contact: ______________________________________ Emergency Phone: (______) __________________________

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, claims arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

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

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

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

DATE ________ AGE ________ APPLICANT’S SIGNATURE

If this application is for family membership, please include the Co-Member’s name, email address, and emergency contact info.

FIRST NAME please print LAST NAME PHONE

Address __________________________________________ City __________________________ State Zip +4

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

Emergency Contact: ______________________________________ Emergency Phone: (______) __________________________

Date ________ Age ________ Co-Applicant’s Signature

Family membership: Include the names and ages of all other adults and minor Family Members who may be included in club activities.

Name Age Signature
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

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

It is the responsibility of each Valley Spokesmen member to carry up-to-date emergency contact and medical information while attending VS club rides or events.

Rev 12/10/201
2014 CLUB OFFICERS

President: Marcus van Raalte 925-437-3253
Vice-President: Bob Headly 925-980-7989
Treasurer: Dan Carhart 925-828-8964
Recording Secretary: Julie Hampton 510-685-7103
Corresponding Sect’y: 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
Newsletter Publisher: Gail Blanco 925-872-1001
Past President: Mark Dedon 925-828-9183
V.S. Racing Team: Jim Duncan 925-209-1369
                  Ted Vidnovic 925-337-2803

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 510-886-7470
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

2014 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. Chair: Francie Cushman 925-719-2256
Bike East Bay Rep.: Chris Talbot 925-968-0215
                  (Formerly East Bay Bicycle Coalition)
Mileage Keeper: Jim Paulos 510-886-7470
Webmasters: Ken Hernandez 510-329-9481
                  Steve Whelan 925-831-8258
Feather Pedals liaisons: Karin Ball 408-406-2286
               Rebecca Wood 925-577-3842

We appreciate receiving articles and photos to be printed in the newsletter. 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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