President’s Message

Marcus Van Raalte

Seeing as we are finally getting some, I thought I would write about riding in the rain.

**Question:** Should you ride in the rain?

**Answer:** From a pure safety point of view the answer probably should be no! But first, in many parts of the world it rains too often not to ride when it rains. As long as you are very careful about traffic, signaling, and what others are doing, as well as riding with good rain technique, riding in the rain can be fine. Here are some tips.

a) **How to ride safely**

Although there is no fixing the slippery roads and cars going too fast, there are cycling techniques and choices that can maximize your safety.

- It is important to learn cornering techniques. Do not tilt the bike as you corner in order to minimize the likelihood that your wheel will slip from under you. If you do not know about this important technique, either go to a cycling clinic or find somebody on your next ride who can show you. Check out this article at bicycling.com, [http://www.bicycling.com/beginners/bike-skills/turn-corner](http://www.bicycling.com/beginners/bike-skills/turn-corner) (pay particular attention to #7) or this one [http://www.bicycling.com/beginners/bike-skills/how-ride-rain](http://www.bicycling.com/beginners/bike-skills/how-ride-rain)

- Being vigilant for everyone and everything around you to better anticipate, even more than normal, what is happening, will help you avoid sudden movements.

- There are wider tires that when softer and smoother are thought to help as you will have more rubber on the road.

- Avoid any painted lines as these are always extra slippery, and avoid fallen leaves and other debris.

- Stay away from crowded city streets, especially ones with standing water.

b) **How not to get cold and wet.**

The worst part of riding in the rain is getting cold, wet, and generally miserable. I know as I have done it. A couple of years ago we had lots of poor determined ladies on the Cinderella Classic ride get cold and wet as it rained the whole day, but luckily in our area this is rare. There were several experienced ladies who rode and had a great day as they had the clothes that kept them warm and dry, but many unprepared beginners were SAGged in. This is another example of having the correct clothes for cycling making all the difference for a great experience.

c) **How to clean your bike afterwards so it is not damaged from all the road grime.**

This is the fun topic, not so fun to do, of cleaning your bike, and more importantly cleaning your chain, gears, and brakes and making sure that the gears and chain are well lubricated.

Having said that you do not want to ride in the rain is not always enough, as sometimes you can be caught out on a ride when it starts to rain. Knowing how to ride and preparing for riding in the rain is important for everyone. So be prepared for the rain, and enjoy your riding!
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty.

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

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

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

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

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

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

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

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

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

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

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

ATTENTION: All riders must sign a liability waiver form, which is on the ride sign-in sheet from the ride leader.

WEATHER: If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an update. For Mountain Bike Rides, cancellation depends on ride location. Check your email.

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 website ride calendar at: http://valleyspokesmen.org/ridecalendar.

Be informed: current VS members can register for the VS e-mail list by following the directions on the website homepage: http://valleyspokesmen.org/
**REGULARLY SCHEDULED RIDES**

Even MONDAY rides starting in San Ramon 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 morning conditioning rides from Dublin leave at 9:30 a.m.

TUESDAY and THURSDAY evening T’n T rides have begun starting at 5:30 p.m. through April 10th, then switch to 6:00 p.m.

WEDNESDAY Livermore WAW (Wednesday After Work) ride series starting at 6:30 p.m.

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

**APRIL 2014**

**TUE.4/1/14 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 for someone getting back to riding after a lay off for any reason. You should expect a 14-18mph pace.

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

**TUE.4/1/142-M/B 20-30 miles 5:30 p.m. T’nT series of rides from Shannon Center in Dublin.** Rides will start at 5 pm through April 10th and then switch to the usual 6 pm time. Take I-880 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot.

Ride Host: Dan Carhart, 925-828-8964.

**TUE. 4/1/14 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.4/2/14 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-880 to Ygnacio exit and go east; turn left at San Carlos Road into Heathier 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.

**WED.4/2/14 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 6:55 N. Mines Rd.

Ride Host: Doug Ondricek, 925-980-2490.

**WED.4/2/14 NO CLUB MEETING THIS MONTH.** The next club meeting is scheduled for Wednesday, June 4, 2014.

**THUR. 4/3/14 2-M 20 miles 9:30 a.m. Conditioning ride. See 4/1/14 for details.**

**THUR.4/3/14 2-M/B 20-30 miles 5:30 p.m.T’nT series.** See 4/1/14 for details.

**SAT. 4/5/14 THIRTY-EIGHTH ANNUAL CINDERELLA CLASSIC AND CHALLENGE** Check-in between 7:00-9:00 a.m. at the Alameda County Fairgrounds in Pleasanton, CA. Event open to WOMEN and GIRLS ONLY!!! PRE-REGISTRATION ONLY!!! No day-of Registration.

For information call: Jim Duncan at 925-209-1369 or Bob Powers at 925-828-5299.

**SUN.4/6/14 Mttn-3 17 miles 9:30 a.m.** Starting at the parking lot of the Nike Training classrooms adjacent to the East Bay Regional Parks headquarters at Lake Chabot, we’ll ride on a variety of trails and roads mainly on the north side of the lake. Take I-580 west from the Dublin area and exit at the Strobridge Avenue exit in Castro Valley. Turn right at the bottom of the ramp (Stanton Avenue) and right again on Castro Valley Boulevard. At the next stop light, Lake Chabot Road, make a left turn. Travel about 1.6 miles and look for a small road going to the right, just past Arcadian Drive. This signed road leads to the East Bay Regional Parks Headquarters. The parking area is on the left, right across from the headquarters facility, in front of the Nike Training Center. This ride will be on the fairly well groomed trails. However, there are some decent climbs and descents and some mountain biking skills are recommended. Expect about 2,000 feet of climbing. There will be a mixture of fire roads, single track and a short jog on paved Redwood Road to link us with Soaring Hawk Trail. This route will avoid the high foot traffic trails on the south side of the Lake. A route sheet and GPS link will be posted on the Valley Spokesmen web-site prior to the ride.

Excessively muddy conditions or rain will cancel. Such cancellation, if necessary, will be posted. 

Ride host: Steve Kowalewski, 510-246-2815, skowalewsk@aol.com

**SUN.4/6/14 Valley Spokesmen Giant Bay Area Swap Meet.**

1:00 p.m. – 3:00 p.m. at DublinHigh School, 8151 Village Parkway, Dublin, CA.

Organizers: Bob and Bonnie Powers, 925-828-5299.
Due to unforeseen circumstances there may be changes to the calendar. Please go to http://valleyspokesmen.org/ridecalendar for further information.
SAT 4/19/14 2-L to 3-M 29-44 miles 9:00 a.m. Monthly Valley Spokesmen ride. Today we’re 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: Chris Pham, cpham1@frk.com

SUN.4/20-23/14 3-M 180 miles 9:00 a.m. Ride to Yosemite. Starting in San Ramon, we’ll ride to Yosemite Valley with overnight stops in the Oakdale area (Sun.), Groveland area (Mon.), and in the park (Tue.). Motel and camping options are available each night, but participants should make their own arrangements. RSVP to the Ride Host if you are interested.

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

SUN.4/20/14 3-M 42 miles 9:30 a.m. Easter on Diablo. Starting at Heather Farm, we’ll climb Northgate Rd. to the Junction and then descend the south side and continue to Blackhawk. After a refreshment stop we’ll continue into Danville and return on the Blvd. and Iron Horse and Canal trails. Meet at Heather Farm - take I-680 to the Ygnacio Valley exit and go east; turn left into the park at San Carlos and park on the right side by the ball fields. Bring plenty of water since the faucets on Mt. Diablo are turned off.

Ride Host: Joe Allen, joellengco@comcast.net.

MON. 4/21/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 4/2/14 for details.

TUE.4/22/14 2-M 20 miles 9:30 a.m. Conditioning ride. See 4/1/14 for details.

TUE. 4/22/142-M/B 20-25 miles 6:00 p.m. T ‘n T series. See 4/1/14 for details

Ride Host: Jim Duncan, hey-you@comcast.net, 925-209-1369.

TUE. 4/22/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – see 4/1/14 for details.

WED.4/23/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 4/2/14 for details.
MON. 5/5/14  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.

TUE. 5/6/14 2-M 20-25 miles 6:00 p.m. T’S T series. See 4/1/14 for details
Ride Host: Jim Duncan, hey-you@comcast.net, 925-209-1369.

TUE. 5/6/14 2-M 20 miles 9:30 a.m. Conditioning ride. See 4/1/14 for details.

TUE. 5/6/14 142-M/B 20-25 miles 6:00 p.m. T’S T series. See 4/1/14 for details.
Ride Host: Jim Duncan, hey-you@comcast.net, 925-209-1369.

TUE. 5/6/14 Mtn-R 13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – see 4/1/14 for details.

WED. 5/7/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm ride - see 4/2/14 for details.

WED. 5/7/14 3-M/B ~ 20 miles 6:30 p.m. WAW – Wednesday after work series. See 4/2/14 for details.

WED. 5/7/14 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, June 4, 2014.

THUR. 5/8/14 2-M 20 miles 9:30 a.m. Conditioning ride. See 4/1/14 for details.

THUR. 5/8/14 142-M/B 20-25 miles 6:00 p.m. T’S T series. See 4/1/14 for details.
Ride Host: Jim Duncan, hey-you@comcast.net, 925-209-1369.

WFR. 5/9/14 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, gvblando@aol.com, 925-872-1001.

WED. 5/14/14 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.

Due to unforeseen circumstances there may be changes to the calendar. Please go to http://valleyspokesmen.org/ridecalendar
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.

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UPCOMING EVENTS

Apr.  5  Cinderella Classic/Challenge, Dublin, CA
      5  Party Pardee, Lone, CA
      6  Giant Bay Area Swap Meet, Dublin, CA
10-13  Sea Otter Classic, Monterey, CA
   12  Ride 2 Recovery, San Jose, CA
   12  49th Hemet Century/Double, Hemet, CA
   12  37th Tierra Bella, Morgan Hill, CA
   12  Bike Around the Buttes, Yuba, CA
   12  Farm to Forest, Willows, CA
   12  Mulholland Challenge & Double, Santa Monica, CA
   12  Hemet Century/Double, Hemet, CA
13-19  Big Sur & Coast, Carmel, CA
   19  Mt. Frogs Wild Ride, Murphys, CA
   26  Devil Mountain Double, San Ramon, CA
   26  Folsom Powerhouse Century, Folsom, CA
   26  Mt. Hamilton Challenge, Santa Clara, CA
   26  Cycle for Sight, Napa, CA
   26  SLO Wildflower, San Luis Obispo, CA
   27  Primavera Century, Fremont, CA
   27  Chico Wildflower, Chico, CA
   27  Tour de Cure, Long Beach, CA

May  3  Tour de Cure Gold Country, Rocklin, CA
   3  Wine Country Century, Santa Rosa, CA
   4  Delta Century, Lodi, CA
   4  Grizzly Peak Century, Moraga, CA
   4  Tour de Cure Napa Valley, Napa, CA
   10  Gold Country Century, Grass Valley, CA
   10  Ride 2 Recovery, Sacramento, CA
   10  I Care Classic Tour, Morgan Hill, CA
   10  Tour of the Unknown Coast, Ferndale, CA
   10  Tour de Lincoln, Lincoln, CA
   10  Motherlode Century, Lotus, CA
   10  Central Coast Double, Paso Robles, CA
   10  Cruisin’ the Conejo, Thousand Oaks, CA
11-18  Amgen Tour of California
   17  Sunrise Century, Lodi, CA
   17  Davis Double Century, Davis, CA
   17  Sonoma Backroad Challenge, Petaluma, CA
   17  Heartbreak Hundred/Double, Palmdale, CA
   18  Strawberry Fields Forever, Santa Cruz, CA
   21  Ride of Silence Roar, Lodi, CA
23-26  Great Western Bicycle Rally, Paso Robles, CA
   31  Sierra Century, Plymouth, CA
   31  Wildest Ride-Auburn Century, Auburn, CA
   31  Country Coast Classic, Cambria, CA
   31  Eastern Sierra Double Century, Bishop, CA
   31  San Diego Century, San Diego, CA

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VALLEY SPOKESMEN AFFILIATIONS

Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bicycle Trails Council of the East Bay - www.btceb.org
C.B.C. - California Bicycle Coalition - www.calbike.org
California State Parks Foundation - www.parks.ca.gov
Bike East Bay - www.ebbc.org
East Bay Regional Parks - www.ebparks.org
Greenbelt Alliance – www.greenbelt.org
National Parks Conservation Association - www.npca.org
Nature Conservancy – www.nature.org
Planning and Conservation League - www.pcl.org
Rails to Trails – www.railstotrails.org
Yosemite Conservancy – www.yosemiteconservancy.org

Due to unforeseen circumstances there may be changes to the calendar. Please go to http://valleyspokesmen.org/ridecalendar
VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

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

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

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.

COMMUNITY LIAISON REPORTS

PLEASANTON: I may no longer be an official Member of the Pleasanton Bicycle, Pedestrian and Trails Advisory Committee but I'm still in there making a nuisance of myself and also representing the Valley Spokesmen to Pleasanton. To that end I recently attended the Liaison Committee meeting between Pleasanton and the East Bay Regional Park District. So here’s the latest and greatest (maybe :-\ ) news from Pleasanton.

Pleasanton Ridge North: EBRPD has acquired the 231 acre Casterlidge property directly west and uphill from Pleasanton's Alviso Adobe Park. There is an existing trail that is in good condition up to the Pleasanton Ridge Park. This will provide access to the Northern end of Pleasanton Ridge. The trail could be opened within 3 to 6 months. However, the devil is in the details. There is no parking for a staging area. Discussions are ongoing with Pleasanton to use the Alviso Adobe parking for staging area parking. To open the trail for public use it will be paramount that the staging area and its use not impact Alviso Adobe programs or the privacy and security of the local residents. Also discussed was the inclusion of the Garms property at the intersection of Foothill Rd. and Los Positas. This property has been in EBRPD plans for 20 yrs and would provide another access point to Pleasanton Ridge North. It would provide a much larger staging area with room for horse trailers and restrooms.

Pleasanton is also in discussions with the property owners just South of the Alviso Adobe. This land could be deeded over to Pleasanton in exchange for building permits for a development on the remainder of the property. This land could also be used as a staging area.

Don't hold your breath. The wheels grind slowly.

Iron Horse Trail update: This project is about three months late with completion projected for April and a grand opening around July. The problems have been with moving utilities, neighbors, and with Kinder-Morgan. Kinder-Morgan has a high pressure jet fuel line running under the IHT from Benicia to the San Jose airport. This is the same line that blew up in Walnut Creek several years ago injuring and killing people. So you can understand when you dig a post hole or something larger Kinder-Morgan has a minimum of three inspectors living in your back pocket.

Shadow Cliffs to Del Valle Trail: This trail is in the EBRPD 20 yr plan. It will parallel the new Vineyard Ave. The reason that this subject was under discussion is that the quarry permits are up for renewal and the reclamation section of the permit did not meet current regulations. Also would the quarry pay for the construction of the trail or whether EBRPD would pay for it. The original permitting was vague on that. Of course everyone would like to see it done sooner than later.

Pleasanton Ridge Shuttle: A shuttle program that was started last year will be continued this year. Three days a month an EBRPD van will take hikers from the Foothill Rd. staging area up Santos Ranch Rd. to various points on the North end of the park. The hikers would then hike back to the staging area. Unfortunately there is no room for bikes at present. So if you like to hike check with EBRPD for days and time.

Bill Rose

OAKLAND: Hello, VS-ers! As your Oakland liaison, I’m here to inform you of happenings at the City of Oakland Bicycle Advisory Committee meetings as well as other meetings in the city. Of proposed projects (as of Mar. 14) that seemed to affect VS, the most focused on improving signage and extending greenways and trails. Specifically, these include the following:

* Bicycle Signage Program: Implement regulatory and warning signs along Skyline/Grizzly Peak, Foothill/Bancroft among other places. (Redwood and Pinehurst were not mentioned, BTW.)

* Bike Safe Storm Drain Inlet Program: Replace storm drains hazardous to bicyclists.

* Park Blvd. & Excelsior Ave. Reconfiguration: Reduce legs and/westbound (toward Excelsior) with medians and barricades to improve pedestrian and bike safety.

* Waterfront Trails at Four Locations: Link ped/bike trails along the Oakland Estuary at Crowley, Livingston Pier, Harbor Masters, and Embarcadero Cove. These projects among others were discussed at the 3/20/14 meeting, which I was unable to attend. Nonetheless, the great amount of detail on the agenda and attachments enabled me to cull this info. We should hear about the outcome of the proposals sometime soon.

The momentum towards bike safety continues to build.

Yesterday I saw a lot of new signage on Gilman Street between I-580 and San Pablo Ave. in Berkeley, all of which reduced traffic by clearly taking out a lane.

I hope this is informative and helpful. Best Adele Madela
Add to our list of bike shops offering a 10% discount to VS members: 

6 Fifteen Cyclery, 3430 Camino Tassajara, Danville.

Valley Spokesmen Touring Club
General Membership Meeting Minutes
March 5, 2014

Call to Order at 7:00 p.m.

OLD BUSINESS
Treasure’s Report: Dan Announced there is a great amount of activity with monies coming in for Cinderella registration and checks going out for Cinderella services as well as for the Mid-Winter Party.

Ride Report: Highlights include Charles’ birthday ride, complete with brownies supplied by Christy Simpson, was a success. Weekly Feather Pedals rides have had large attendance each week, a bit fewer when we had to reschedule the ride to Sunday. Heather Farms Monday and Wednesday rides have been reliably held by Dick Skow.

VS Website: Currently, there are 420 members who have logged in online. Survey Monkey sent to VSlist to see which calendar folks would like to use – the Google calendar or the new calendar. 46 people voted with 85% of the votes cast for the new calendar. Additionally, 2015 people have signed up for Cinderella.

Community Liaisons: No reports from liaisons.

New Brochure: Gail presented and distributed a few copies of the news brief that is now in bike shops. Feedback is wanted from club members. Additionally, if you have any pictures or riders in VS jerseys, please send to Gail or Jane for inclusion in future news briefs.

Ride Host Guidelines: Emma worked diligently on the guidelines. Ken will put them on the Members Only/Ride Leader section. Once these are posted to the website, please let Emma know if there is something missing.

Mid-Winter Party: Marcus noted the party was a huge success.

Yosemite Ride 2014: The “official” Yosemite ride had interest from only 5 riders and had to be cancelled. However, Peter is doing a do-it-yourself ride. Please contact Peter if you are interested in doing this with him at prathmann@yahoo.com.

Correspondence: Bonnie noted we are paying bills and joining organizations we’ve joined in the past.

GOOD OF THE ORDER

Diablo: A member noted when he rode up Mt. Diablo there was no water service at the junction. He thought it may be due to the drought, however, was unsure. Carry plenty of water when riding up the mountain.

Paso Robles 2014 Ride: This ride will leave on Wednesday before Memorial Day weekend (May 21, 2014). A $200 deposit is required. Total costs are between $225-$275. There is no cap limit for attendance but riders must be Valley Spokesmen members. Sign up with Bonnie Powers if you are interested in going or want more information at b-bowers@att.net or 925-828-5299.

AIDS Lifecycle Ride: Mark Dedon announced that he and his wife, Erica, are doing the AIDS Lifecycle ride.

Ride Leader Request: Peter still needs ride hosts for many dates. If you can host a ride, please contact Peter or Emma.

ENTERTAINMENT

East Bay E-Bikes came to tell us about their new store in San Ramon. They exclusively sell electronic bikes and have asked us to get the word out about their store. Their website is: www.eastbayebikes.com

Bob Lynn presented a beautiful and informative slide show and a talk about his fall trip to Italy that many club members participated in through Bicycle Adventure Club (BAC).

Meeting adjourned at 7:55 p.m.
Julie Hampton, Recording Secretary

Valley Spokesmen “Bicycle” Touring Club
March 2014

Correspondence sent:
2. Check to Dublin Security Storage for rental of truck for unloading storage locker.
3. Check to Minuteman Press for March newsletter.
4. Check to The Imprint Works for Mid-winter awards.
5. Check to City of San Ramon for Cinderella permit.
6. Check to The Fax Doctor for copier.
7. Check to Round Table Pizza for March club meeting.
8. Check to The Fax Doctor for copier report.
9. Check to Alameda County Fairgrounds for Cinderella.
10. Check to Harbourn Enterprises, Inc. for Cinderella patches.
11. Check to Minuteman Press for Cinderella ID sign.
12. Check to Cash and Carry (Pleasant Hill) for Cinderella food/dry goods.
13. Check to Cash and Carry (Dublin) for Cinderella food/dry goods.
14. Check to Office Depot for office supplies.
15. Check to Office Depot for copier toner.
16. Check to Business Card (Bank of America credit card).
17. Check to California State Parks Foundation for membership renewal.
18. Check to Bay Area Ridge Trail Council.
19. Check to California Highway Patrol for Cinderella coverage.
20. Check to Amador Valley Industries LLC for Cinderella dumpsters.
22. Check to Cycle California! for 2015 Cinderella advertisement.
23. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
24. Check to Dublin Cycleryfor Cinderella swag.
25. Check to Charles Tyler for consulting fee.
26. Worker assignments with instructions sent to Cinderella workers.
27. SAG/Radio packets mailed to Cinderella workers.
28. Letter of welcome to old/new members. Membership stands at 507.

Correspondence received:
1. Thank you letter from National Parks Conservation Assoc. for membership renewal.
2. Impact report from STAND! For Families Free of Violence.
3. Certificate of Insurance to cover use of Dublin High School at the Swap Meet.
4. Certificates of Insurance to Cinderella day for: City of San Ramon, Parks & Community Services Dept.; Alameda County Fairgrounds; City of Dublin; City of Livermore; Contra Costa
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County Public Works Dept.; County of Alameda; Livermore Area Recreations and Parks Dept.; Livermore Valley Joint Unified School District; Pleasanton Police Dept. and City of Pleasanton; and San Ramon Valley Unified School District from James G. Parker Insurance Co.

5. Letter from San Ramon Valley Fire Protection District approving the Cinderella.
6. Cinderella patches.
7. Approval from Livermore Unified School District for use of Christensen School on Cinderella day.
9. Encroachment permit from Contra Costa County Public Works for Cinderella.
10. Parade permit from the City of Dublin.
11. Information on upcoming events and tours.
12. Newsletters and magazines from various clubs, organizations and businesses.

RIDE REVIEWS

February 24th
Felt like summer had arrived on Alberto's 'Even Monday' ride from San Ramon to Livermore today. An easterly breeze slowed us a little on the way out but sure helped speed up our return along Jack London and Stoneridge. Peter

I would like to thank Charles Parrish for assisting a new rider, Lalita, to my VS Even Monday ride today. She called me this morning asking about my Monday ride as she was unable to do the FP ride this weekend and she was determined to get her miles in. Charles rode with her at her comfortable pace my entire route until her final miles on the Iron Horse trail in Dublin. Great job in getting those 45 miles and some elevation today! Thanks again Charles for the assistance you provide to our club rides. Alberto

February 25th
Another beautiful riding day (although the forecast indicates it might be the last for a little while) for Bob's ride from the Dublin location of Livermore Cyclery over to Livermore. After a refreshment stop at Panama Red Coffee the group split up with some of us leaving a bit early and finding our own way back. Peter

March 1st
Katie couldn't make it, but her dad, Bob, filled in as ride host. The weather certainly cooperated as the early morning clouds dissipated and we had bright sunshine and dry roads, albeit with some strong, gusty breezes. Starting at Central Park in San Ramon we rode through the Blackhawk, Diablo, and Roundhill country clubs on our way to the southern edge of Walnut Creek and then took the blvd. back south to the start. Peter

March 2nd
Well, we almost stayed dry on Alberto and Gail's 'First Sunday of the month' ride from San Ramon to Livermore. Lots of threatening clouds for most of the ride, but we escaped with only a brief shower as we went through Pleasanton before finishing the ride on the Iron Horse trail. Peter

March 2nd
Today 38 brave and determined riders showed up for our FP Ride #9 make-up - even though there was heavy mist/light rain. We had 17 on the Classic route of 51 miles and 2 on the Challenge ride of 57 miles and the rest were undecided. (We had 29 Valley Spokesmen members and 9 Non-Members.) The Organizer/Co-Organizers for this ride was Rebecca Wood and the ride was supported by our Sweep Charles and our great SAG, Keith Nowell, who ended up sheltering one rider and sagging one other as it did rain briefly during the ride before the sun came out. Rebecca

March 5th
Gail led today's ride from San Ramon's Central Park down to Sunol and Niles Canyon before climbing scenic Palomares with its babbling brook, vineyards, and monastery to take our minds off the effort of the climb. Our return was via Dublin Canyon and Schaefer Ranch. Peter

March 7th
Beautiful day for Gail's Odd-Friday ride from San Ramon. While we still need some more rain, it was nice to have bright sunshine and warm temperatures for the ride. With a large turnout we split into a few groups at times but had a couple regroups along the way. Peter

March 8th
Great day for the 10th Feather Pedals weekly ride of the year. Starting at the Pleasanton BART station we headed north through San Ramon and Danville and then over to the area north of Livermore to the first refreshment stop at the Vasco Rd. Starbucks. From there the Challenge headed up to the Flynns and Patterson Pass/Cross Rd. while the Classic went through town on a flatter course. Both came together again and took Vineyard Ave. into Pleasanton and back to the start. Peter

March 8th
What a great turnout of 30 riders for today's VS ride. We had one flat in Danville and then it was a great ride with almost spring time temperatures. These are some pictures from the ride, the start, our only flat, and top of Redwood Rd. Alberto

March 9th
Jane led us on a new route from Shannon Center out to Livermore. First we headed out through east Dublin via the development along Fallon Rd. incl. Fallon Sports Park before continuing to Livermore on Jack London Rd. where we picked up the Arroyo trail all the way through town. That took us to the trail leading through Holdener Park before getting back on the roads again on Wetmore and Vallecitos. From there we looped through the scenic Kalthoff vineyard area south of town before curving back for a refreshment stop at Starbucks on Vineyard Ave. Then it was back to Pleasanton and through BART to Dublin back to the start. Peter

March 10th
Damp streets and an earlier forecast of rain may have kept attendance down for Alberto's ride today, but it turned out to be a wonderful day. We enjoyed sunny skies and the streets dried up quickly as we rode north from San Ramon through Danville, Alamo, and Lafayette on our way to the Moraga Commons. From there we stopped at the Starbucks in The Park shopping center before returning through Lafayette and back along the Blvd. Peter

March 12th
A little breezy, especially at the start, but otherwise a beautiful day for Jim's bi-weekly ride up to the junction from San Ramon with a descent on the north side into Walnut Creek for refreshments at Sweet Affair. Peter

March 14th
Joe took us on a new route from San Ramon over to the bike path on the Bay Bridge. Based on the route taken by Dick's group from Heather Farm, we started by heading north to Lafayette, took the path up to Moraga Commons, and then climbed over Canyon and Pinehurst to Skyline with a descent of Tunnel Rd. taking us down to the overpass of Hwy. 24, and then Broadway and Miles to Rockridge. Shafter Ave. took us to 40th and the start of the trail leading to the new bridge.
Due to unforeseen circumstances there may be changes to the calendar. Please see http://valleyspokesmen.org/ridecalendar

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path. Pending removal of the old bridge, the path ends just short of Yerba Buena so we regrouped there for sightseeing and photos and then returned on the path. A refreshment stop at Panera’s, BART ride from W. Oakland to Dublin, and a short stretch on the Iron Horse completed the ride. Peter

March 15th
Just about a perfect day for the 11th Feather Pedals weekly ride of the year - sunny and neither too warm nor too cold. Starting at the Sycamore Park & Ride lot in Danville we headed south to Sunol and continued to the Calaveras Reservoir. The Challenge route then went down to Ed Levin Park and into Milpitas before turning north through Fremont on our way to Niles Canyon and climbs of Palomares and Dublin Grade before finishing with a ride up the Blvd. back to the start. Peter

What a beautiful day for a ride! Saturday was the Feather Pedals Cinderella Series #11 of 12 conditioning ride. We had over 100 awesome riders doing 50, 66 and 79 miles. The Classic riders rode from Danville to Pleasanton to Calaveras and back while the Challenge riders went over Calaveras to Milpitas and back down Niles Canyon to Palomares before returning to Danville. The Organizer was Rebecca Wood and the ride was supported by SAG Dean Ball and Bob Heady helping the new riders. Rebecca

March 15th
Perfect day for Braham's ride to Tracy along Corral Hollow to our Starbucks stop. Then we rode north to Mt. House Parkway and Bethany Reservoir. A couple of new riders, Tom and Andrew, joined us on the ride today. We had three flats along the route and half a flat by Bob Fusco who rode home for a new tire after getting a blow out at the bottom of Corral H. and met the group again at Bethany R. Kudos Bob! -) Thank you Braham for a fun and great ride! Alberto

March 16th
Great ride led by Steve out to the Anthony Chabot Park campground. We often ride by the Marciel entrance on Redwood Rd., but rarely ventured into the campground which has some beautiful views of the lake and surrounding areas. Peter

Thanks for a great ride in new territory (for some of us) today Steve. Kevin

March 17th
A few clouds and a little cooler today, but otherwise an excellent day for Dick's Heather Farm ride heading down to Alamo and then through the Diablo and Blackhawk country clubs. Peter

March 19th
A little chillier on my ride up to Heather Farm for the start of Dick’s ride this morning. But the climb up Deerwood and Bollinger Canyon warmed us up quickly as we made our way to the Las Trampas staging area. Haven’t seen the zebras or the zonkey lately, but a pair of oystiches were cooperative by standing next to the fence by the road. And though they didn’t join our ride, we encountered a familiar couple on their new tandem when we arrived at Las Trampas. Peter

March 20th
Christy substituted as Ride Host in Bob’s absence and led us north on Dougherty to Blackhawk, then down Camino Tassajara into Danville before turning north again on Diablo and Green Valley Rds. to Alamo. We took Stone Valley back to the Blvd. and our refreshment stop at Peet’s. Peter

March 21st
Great turnout with a number of new faces for Gail's Odd Friday ride from San Ramon. We looped south to Dublin, then back north to Blackhawk and added the little climb on El Pintado before reaching our refreshment stop at La Boulange in downtown Danville. Peter

March 22nd
Wonderful day for the 12th weekly conditioning ride by the Feather Pedals group. A little cool and cloudy at the start, but the sun came out by the time we got to the south side of Livermore and we had just about perfect riding conditions - not much wind, sunny skies, and comfortable temperature. The Challenge option headed east and up over Corral Hollow before returning to Livermore via Altamont Pass while the Classic route skirted the east side of town. The group I was with modified the Classic route by adding the climbs on Cross Rd. and the Flynns. Once back in Livermore the different routes came back together and we rode up Collier Canyon to Carneal and Highland and then took Tassajara south to Windemere, then west through the development to Bollinger and Dougherty, Crow Canyon west to Alcosta and then south on Village Pkwy. back to the school. Peter

Saturday was the Valley Spokesmen (VS) Feather Pedals (FP) Cinderella Series #12 of 13. We had 82 total riders; 64 riders on the Classic route of 53.3 miles and 12 riders on the Challenge ride of 79 miles. Karin

March 23rd
Clay hosted the first of his ’Spring Boot Camp’ ride series which consists of 6 rides this week, each of which is about 60 miles long with significant climbs, but at a moderate pace. Today we started in San Ramon and did a loop through Blackhawk, Alamo, Lafayette, Orinda, Moraga, Castro Valley, and Dublin with climbs on Pinehurst, Redwood, and Dublin grade/Schaefer Ranch. Peter

March 24th
Another picture-perfect day for the second of Clay’s Spring Boot Camp rides this week (although the forecast isn’t as promising for the next two). Starting at Diablo Vista Park we headed out past the north side of Livermore to the Starbux on Vasco where we met Alberto’s Even-Monday riders. From there we took Patterson Pass Rd. up to Cross which led us to Tesla/5 Livermore. After heading through town, some of us took the loop through the Kalthof vineyard area which has been dubbed as similar to Tuscany by some club members. But some of our group missed the turn and bypassed this scenic neighborhood getting to our second Starbucks stop a little quicker. Then it was on to Pleasanton and meandering through Dublin and San Ramon, incl. a few climbs on Fallon, Windemere, and Old Ranch before returning to the starting point. Peter

March 25th
Thank you Clay for hosting a great 3 Bears ride today. During the 60 degree temps and the sunny skies of the first half, I wondered why I was wearing multiple layers and rain gear. The second half of the ride I was reminded why. Still glad I rode. Gail

March 25th
Jim C. substituted for Bob as host of today's conditioning ride from the Dublin location of Livermore Cyclery. In consideration of the dark clouds rolling over the hills from the west we opted for a short ride up the Iron Horse trail to the Danville Peet's Coffee shop. Peter

March 27th
Clay continued his ‘Spring Boot Camp’ series of rides with a loop from Danville to Pinole via Pleasant Hill with a return through Orinda and Moraga. Although a few threatening clouds were seen we enjoyed mainly sunny skies and stayed dry - a pleasant change after the last two days. Peter

MILAGE REPORT as of 3/20/14
**Ride Hosts (Leaders) of club rides**

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

Total miles ridden by club members so far this year is 56,799.

**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.

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Due to unforeseen circumstances there may be changes to the calendar. Please go to [http://valleyspokesmen.org/ridecalendar](http://valleyspokesmen.org/ridecalendar)
2014 CLUB OFFICERS

President: Marcus van Raalte 925-437-3253
Vice-President: Bob Heady 925-980-7989
Treasurer: Dan Carhart 925-828-8964
Recording Secretary: Julie Hampton 510-685-7103
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 Jane Moorhead 925-980-9889
Newsletter Publisher: Gail Blanco 925-872-1001
Past President Mark Dedon 925-828-9183
V.S. Racing Team contacts: Jim Duncan 925-209-1369
                             Ted Vidnovic 925-337-2803

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. Chairman: Francie Cushman 925-719-2256
Bike East Bay Rep.: Chris Talbot 925-968-0215
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

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

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

2014 current club members may subscribe to the VS mailing list by following the directions found on the website homepage.

CycloToon by Neal Skorpen

To join, go to http://valleyspokesmen.org/join

Come Ride With Us!

Due to unforeseen circumstances there may be changes to the calendar. Please go to http://valleyspokesmen.org/ridecalendar