Take it to the next level in the “Pace Line”.

If you are putting in the miles, yet don’t seem to be making progress in getting any faster, lighter, or stronger, it may be time to try life in the “pace” line.

As much as many of us want to be highly disciplined and incorporate performance building “interval” type training elements in our rides, it is easier said than done. Though it can be a little intimidating, and even discouraging for the first few rides (getting dropped is never fun), participation in faster group rides can be extremely fun and will help you take your cycling skills, strength, and endurance to a whole new level.

The “brisk” group ride can be a challenging mix of an individual physical workout, disguised as social gathering of unusually “reserved” individualists engaged in intense, yet undeclared, head to head competition at maximum sustainable speed and heart rate. As the pace line gets organized and the group gains speed, one becomes totally focused on holding their line, a consistent interval, a smooth spin, hand signals, pot holes, bumps, tracks, lights, stop signs, and traffic. The organized chaos that is a fast pace line provides the perfect distraction from the pain of a maximum effort. As the pace slows, and one’s heart rate returns to less painful levels, multiple and often enthusiastic discussions will ensue covering a wide range of topics from politics to religion, drafting aerodynamics, quantum equations, and cycling etiquette. As the banter decreases the pace increases and the next “interval” has begun.

Riding with stronger riders can rapidly take you out of your “comfort” zone and into the “red” zone, but these “group” intervals can and will make you stronger.

Don’t just survive on your next 50+ mile club ride, thrive!
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty.

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

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

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

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

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

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

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

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

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

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

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

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

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

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

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes. Bicycle rider courtesy to motorists results in cyclist 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 www.valleyspokesmen.org/ridecalendar

Be informed: current VS members can register for the VS e-mail list: http://www.valleyspokesmen.org/vs-list and follow the prompts.
### Regularly Scheduled Recurring Rides

Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing, and for more rides not listed herein.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Distance</th>
<th>Route Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON. 6/2/14</td>
<td>6:30 p.m.</td>
<td>Livermore Cyclery, 2752 First St., Livermore</td>
<td>25 miles</td>
<td>Regular T and T rides from Shannon Center in Dublin, on San Ramon Road between Alcosta Blvd. and Amador Valley Blvd. There are two groups, brisk and 'relaxed pace' - semi no-drop. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. 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 before 6:30 if you plan to ride. Bring lights.</td>
</tr>
<tr>
<td>TUE. 6/3/14</td>
<td>8:30 a.m.</td>
<td>Livermore WAW (Wednesday After Work) ride series starting at 6:30 p.m. –(7:00 p.m. / 6/18 forward)</td>
<td>20-25 miles</td>
<td>Regular T and T rides from Shannon Center in Dublin, on San Ramon Road between Alcosta Blvd. and Amador Valley Blvd. There are two groups, brisk and 'relaxed pace' - semi no-drop. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. 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 before 6:30 if you plan to ride. Bring lights.</td>
</tr>
</tbody>
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**June 2014**

**SUN.6/1/14** 3 L/M, M, M/B 52-60 miles 9:30 a.m.

**Regular 1st Sunday Ride.** We will be riding a 45-55 mile loop from San Ramon Central Park and out to Livermore. There will be a group adding the Flynn's to the route that is listed. We have a rest stop at the Starbucks in N. Vasco and Scenic, as well as the Starbucks on Vineyard in Livermore, before returning to San Ramon. Please feel free to join us and ride at your own pace. The route can be shortened after the 1st rest stop by returning on Greenville to Tesla and continuing on the route. Significant chance of rain will cancel this ride. Route: [http://ridewithgps.com/routes/3888766](http://ridewithgps.com/routes/3888766)

**Ride Host:** Julie Hampton, 510-685-7103.

**MON. 6/2/14** 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.

**MON. 6/2/14** 2-L/M 25-50 miles 8:30 a.m. Dick Skow will lead a group from Heath 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 Heath Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heath Farm and park in the lot by the ball fields on the right.

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

**TUE. 6/3/14** 2-M 20-25 miles 6:00 p.m. Regular T and T rides from Shannon Center in Dublin, on San Ramon Road between Alcosta Blvd. and Amador Valley Blvd. There are two groups, brisk and 'relaxed pace' - semi no-drop. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. 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 before 6:30 if you plan to ride. Bring lights.

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

**TUE. 6/3/14** 2-M/B 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:** Jane Moorhead, 925-980-9889.

**WED. 6/4/14** 2-L/M 25-50 miles 8:30 a.m. Heath Farm Ride – see 6/2 for details.

**WED. 6/4/14** 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. 6/4/14** 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. WAW (Wednesday After Work) is a Wed. evening training ride series leaving from Les Knott Park in Livermore. Most weeks we will have two options available. Doug will lead a B-paced ride intended to get the heart rate up quickly and keep it there for an hour and Janet will lead an L-paced ride for anyone looking for something a bit more tame. Routes will vary and are generally posted on the calendar prior to the ride. Meet at the park at 655 N. Mines Rd.

**Ride Hosts:** Doug Ondricek, 925-980-2490, and Janet Ondricek, 925-579-4573.
Due to changes or cancellation of a ride, go to the online calendar to confirm the accuracy of a ride listing. If you need or want a route sheet, you must print your own.

Ramon Central Park is located across from the Library at Market Dublin back to San Ramon. The shorter route will take Crow Pinehurst, Redwood, and return through Castro Valley and heading up north to loop around Orinda, Moraga, Redwood Loop.

Ride Host: Doug Ondricek, 925-872-1001, gvblanco@aol.com

WED. 6/11/14 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride – see 6/4 for details.

THUR. 6/12/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.

THUR. 6/12/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.

FRI. 6/13/14 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, gvblanco@aol.com, 925-872-1001.

SAT. 6/14/14 5-M 53 miles 9:00 a.m. Starting at the Larkspur Ferry Parking lot we will ride a scenic loop along Paradise Dr to Tiburon and continue to Mill Valley for our first rest stop. Then we will start our climb up Mt. Tamalpais along Panoramic and Pan Toll Rds. After a regroup at the summit, we will ride along the scenic rollers of W. Ridgecrest Blvd. to Fairfax Bolinas Rd. and down to Alpine Dam before heading to Fairfax. We are returning via San Rafael to Larkspur Landing Ferry Terminal via Cal Park Hill Pathway. Meet at the Larkspur Ferry Terminal parking lot near the entrance to the bike trail and Larkspur Landing Circle. Please bring plenty of water and food for this ride. Allow about 1 hour driving time from San Ramon area for an on time departure at 9 am. This is an advanced ride with a total of 4,600 ft of elevation gain. Carpool is recommended and you may make your own arrangements with other riders at the Bollinger Park and Ride in San Ramon just off I-680 with a 7:45 a.m. departure. Check VS website calendar for updates prior to the ride. http://ridewithgps.com/routes/4609239

Ride Host: Alberto Lanzas, 510-825-9581.

SUN. 6/15/14 3-M 30 miles 9:00 a.m. Starting at Shannon Center we’ll ride south to Sunol and then continue down Niles Canyon before climbing Palomares Rd. We’ll return over Dublin Canyon Rd. and the Schaefer Ranch development. Meet at Shannon Center; take I-680 to the Alcosta exit and head south on San Ramon Rd.; turn right on Shannon Rd. and right again into the parking lot.

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

MON. 6/16/14 2-L/M 25-50 miles 8:30 a.m. Heath Farm Ride - see 6/2 for details.

TUE. 6/17/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.

TUE. 6/17/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.

TUE. 6/17/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.

TUE. 6/17/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 6/3 for details.

WED. 6/18/14 2-L/M 25-50 miles 8:30 a.m. Heath Farm Ride – see 6/2 for details.

PLACE. Bring plenty of water and food. One refuel stop in Moraga. This is a challenging ride. Route URL: http://ridewithgps.com/routes/3252819

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

MON. 6/9/14 2-L/M 50-65 miles 7:00 p.m. Ride to Livermore Wed. After Work Ride – see 6/2 for details.

TUE. 6/10/14 2-L/M 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.

WED. 6/11/14 2-L/M 25-50 miles 8:30 a.m. Heath Farm Ride - see 6/2 for details.

WED. 6/11/14 3-M 45-54 miles 8:00 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. The shorter route will take Crow Canyon and Norris Canyon to return to the park. Meet at San Ramon Central Park located across from the Library at Market

MON. 6/4/14 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at 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. 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 out the answers to all your club questions, and see if we're the club for you! Entertainment for the evening will be provided by Bob Headly and Jane Moorhead showing a presentation of photos/videos of their recent trip. This trip was a National Parks (2), Major League Baseball Parks (6) and mountain biking (4 states) adventure. They hit Arizona, New Mexico, Texas, Arkansas, Oklahoma, Missouri, Kansas, Colorado, Utah, Nevada, and home. The Eastern-most point was Kansas City, MO. About 7000 miles. There will be a little of each but mostly biking

WED. 6/4/14 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at 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. 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 out the answers to all your club questions, and see if we’re the club for you! Entertainment for the evening will be provided by Bob Headly and Jane Moorhead showing a presentation of photos/videos of their recent trip. This trip was a National Parks (2), Major League Baseball Parks (6) and mountain biking (4 states) adventure. They hit Arizona, New Mexico, Texas, Arkansas, Oklahoma, Missouri, Kansas, Colorado, Utah, Nevada, and home. The Eastern-most point was Kansas City, MO. About 7000 miles. There will be a little of each but mostly biking

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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. If you need or want a route sheet, you must print your own.
**Valley Spokesmen**

**www.valleyspokesmen.org**

**June 2014**

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**WED. 6/18/14 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). 

[http://ridewithgps.com/routes/2267409](http://ridewithgps.com/routes/2267409)

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

**WED. 6/18/14 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). 

**http://ridewithgps.com/routes/2267409**

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

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**THUR. 6/19/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.**

**THUR. 6/19/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.**

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**SAT. 6/21/14 2-L/M 24 - 33 miles 8:30 a.m. Monthly Feather Pedals ride - all are welcome.**

Starting at San Ramon’s Central Park we’ll initially head south to Dublin and then continue north into Danville for refreshments at either La Boulange bakery or Peet’s Coffee. The Challenge option will add the northern part of Bollinger Canyon Rd. leading to Las Trampas. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place (if you reach Alcosta you have gone too far). 

**Classic:** [http://ridewithgps.com/routes/4340949 - 23.7 miles; 599 feet](http://ridewithgps.com/routes/4340949) 

**Challenge:** [http://ridewithgps.com/routes/4340771 - 33.3 miles; 1294 feet](http://ridewithgps.com/routes/4340771) 

**Ride Host: Mary Elemen, elemen5555@sbcglobal.net, 925-553-4440.**

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**SUN. 6/22/14 4-M 39 miles 9:30 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory, a long climb but not too steep. Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection. Route:** [http://ridewithgps.com/routes/2187671](http://ridewithgps.com/routes/2187671)

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

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**MON. 6/23/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 6/2 for details.**

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**TUE. 6/24/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.**

**TUE. 6/24/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.**

**TUE. 6/24/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 6/3 for details.**

**WED. 6/25/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride – see 6/2 for details.**

**WED. 6/25/14 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).**

[http://ridewithgps.com/routes/2267409](http://ridewithgps.com/routes/2267409)

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

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**WED. 6/25/14 3-B ~25 miles & 2-L ~15 miles 7:00 p.m. Livermore Wed. After Work Ride – see 6/4 for details, but NOTE Later Time.**

**THUR. 6/26/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.**

**THUR. 6/26/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.**

**FRI. 6/27/14 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.**

**Ride Host: Bob Strain, 925-829-4235.**

**SAT. 6/28/14 3-M ~60 miles 9:00 a.m. Join Bob on his Birthday Ride starting at San Ramon’s Central Park, located at the intersection of Bollinger and Alcosta Blvd., across from the Library and the Market Place. Check the online calendar for details of where we’ll be riding.**

**Ride Host: Bob Strain, 925-829-4235.**

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**SUN. 6/29/14 MTB-3 17 miles 9:00 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 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’s 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, skowalewski@aol.com**

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**MON. 6/30/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 6/2 for details.**

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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 and for more rides not listed herein.
JULY 2014

TUE. 7/1/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.

TUE. 7/1/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.

TUE. 7/1/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 6/3 for details.

WED. 7/2/14 2-L/M 25-50 miles 8:30 a.m. Heath Farm Ride – see 6/2 for details.

WED. 7/2/14 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). http://ridewithgps.com/routes/2267409
Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 7/2/14 3-B ~20 miles & 2-L ~15 miles 7:00 p.m. Livermore Wed. After Work Ride – see 6/4 for details, but NOTE Later Time.

WED.7/2/14 NO CLUB MEETING THIS MONTH.
The next club meeting is scheduled for Wednesday, September 3, 2014.

THUR. 7/3/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.

THUR. 7/3/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.

SAT. 7/5/14 3.5-M 60 miles 9:00 a.m. Join Gail and Alberto for this beautiful ride in the Sebastopol, Valley Ford, and Tomales areas with a return around Two Rocks, Bloomfield, and Cotati. Bakeries will include Wild Flour/Freestone Bakery (mile 11), Tomales Bakery (mile 23) and a Starbucks stop at mile 52. We will meet just in front of Ragle Regional Park in Sebastopol. Take I-580 West / I- 80 East / 101 North. Exit 481B Rohnert Park/Sebastopol. L 116, L McKinley St, R Main St., L Healdsburg Ave., L Covert, L Ragle Road. Parking in the Park is available for $5.00; there is also parking available along the street at the entrance to the park at no charge. Bathrooms are located inside the Park. Approx. 85 miles from the I-580/680 intersection. Carpool is recommended at Bollinger Park and Ride in San Ramon just off I-680 or you may arrange with other riders prior to the ride. The ride will leave promptly at 9am, so please plan accordingly. Link for GPS route: http://ridewithgps.com/routes/3235991
Ride Hosts: Gail Blanco, 925-872-1001, or Alberto Lanzas, 510-825-9581.

SUN. 7/6/14 3 L/M, M, M/B 50-60 miles 9:30 a.m. Regular 1st Sunday Ride. We will be riding a 45-55 mile loop from San Ramon Central Park and out to Livermore. There will be a group adding on the Flynns to the route that is listed. We have a rest stop at the Starbucks in N. Vasco and Scenic, as well as the Starbucks on Vineyard in Livermore, before returning to San Ramon. Please feel free to join us and ride at your own pace. The route can be shortened after the 1st rest stop by returning on Greenville to Tesla and continuing on the route. Significant chance of rain will cancel this ride. Route: http://ridewithgps.com/routes/3888766
Ride Host: TBA

MON. 7/7/14 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. 7/8/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.

TUE. 7/8/14 2-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 6/3 for details.

TUE. 7/8/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 6/3 for details.

WED. 7/9/14 2-L/M 25-50 miles 8:30 a.m. Heath Farm Ride – see 6/2 for details.

WED. 7/9/14 4-M 50 miles 8:00 a.m. Danville/3 Bears loop starting from Sycamore Park & Ride in Danville. We will travel to Bear Creek Rd. via Alhambra Valley, loop around to Orinda and return on the Blvd. and Sycamore Rd. We will stop at Starbucks in Orinda on the return at mile 32. This ride has about 4,000 feet of climbing. Take I-680 and exit on Sycamore Valley Rd. The Park & Ride is located at the North East corner of that intersection. Bring plenty of water and food or money to buy during our stops. Note that the route link is for a start at Diablo Vista Park, but we WILL be starting from the Sycamore Park & Ride. (Advanced Ride) Route: http://ridewithgps.com/routes/3882959
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

WED. 7/9/14 3-B ~20 miles & 2-L ~15 miles 7:00 p.m. Livermore Wed. After Work Ride – see 6/4 for details, but NOTE Later Time.

WED. 7/9/14 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.

THUR. 7/10/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 6/3 for details.
UPCOMING EVENTS

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<tr>
<th>June</th>
<th>Event</th>
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<tr>
<td>1</td>
<td>Sequoia Century – Palo Alto, CA</td>
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<td>1-6</td>
<td>NorCal Aids Cycling Challenge, SF-LA, CA</td>
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<td>7</td>
<td>Fiesta Metric, San Diego, CA</td>
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<td>14</td>
<td>Hayfork Century, Hayfork, CA</td>
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<td>14-21</td>
<td>Sierra to the Sea, Lake Tahoe, CA</td>
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<td>16</td>
<td>Surf City AIDS Ride, Santa Cruz, CA</td>
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<td>21</td>
<td>Terrible Two, Sebastopol, CA</td>
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<td>21</td>
<td>Castle Crags Century, Mt. Shasta, CA</td>
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<td>28</td>
<td>Giro Bello, Sebastopol, CA</td>
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<td>Riding the Wild Sierra, Turtle Rock Park, CA</td>
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<td>28</td>
<td>Climb to Kaiser, Clovis, CA</td>
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<td>28</td>
<td>The Grand Tour, Malibu, CA</td>
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<td>5</td>
<td>Challenge the Bear, Bear Valley, CA</td>
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<td>Death Ride Preview, Bear Valley, CA</td>
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<td>12</td>
<td>The Death Ride, Markleeville, CA</td>
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<td>13</td>
<td>Bike 4 Breath, Foster City, CA</td>
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<td>13</td>
<td>Tour of Loleta, Loleta, CA</td>
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<td>19</td>
<td>Healdsburg Harvest Century, Healdsburg, CA</td>
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<td>19</td>
<td>Windmill Century, Santa Maria, CA</td>
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<tr>
<td>26</td>
<td>Santa Cruz Mt. Challenge, Scotts Valley, CA</td>
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**Valley Spokesmen Club Gear**

- 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

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**Valley Spokesmen Affiliations**

- Adventure Cycling – www.adventurecycling.org
- Bay Area Ridge Trail Council – www.ridgetrail.org
- Bicycle Trail Council of the East Bay - www.btcceb.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

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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 925-580-3935.

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

**Upcoming Events**

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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 and for more rides not listed herein.
Valley Spokesmen Bicycle Touring Club
Executive Board Meeting Draft Minutes
May 14, 2014

Meeting called to order at 7:02pm by President, Marcus Van Raalte.

Present: Marcus Van Raalte, Dan Carhart, Bonnie Powers, Peter Rathmann, Julie Hampton, Gail Blanco, Jim Duncan, James Paulos, Mark Dedon, and Marcia Seeger

Absent: Bob Heady, Emma Olenberger, Jane Moorhead, and Ken Hernandez

April Board Minutes: April Board minutes were approved online and can be found in the May newsletter.

Treasurer’s Report: Dan Carhart reported no anomalies in the financials and the club is solvent.

OLD BUSINESS:

Ride Report: Peter Rathmann reported the standout item is a rider went down due to being hit by a side mirror on one of the Even Monday rides recently (hit & run). An ambulance and CHP had to be called. The mirror came off the car and was determined to be from a 2008 Hyundai. The rider is now home and recovering. The critical items were handled well. Club riders made sure traffic was diverted around the rider while awaiting the authorities. A rider made sure the injured cyclist did not move and bandaged him. The incident brought up the need to make all cyclists aware of doing what you can to keep safe - ride single file, stay in the bike lane, call/point out obstacles. This accident may not have been preventable using these precautions but it is a good “heads up” to all riders.

V.S. Website: The webmaster is out of the area so no update was given.

Ride Library: Ride with GPS directions will be reviewed. Those that are 95% correct will be put on the website and worked on as time allows once the ride library disclaimer is shown.

Bicycle Master Plans: No representative was present to give updates.

NEW BUSINESS:

Correspondence: The final bills have not been received from the CHP for Cinderella.

Cinderella Recap: A recap of the 2014 Cinderella ride, including suggested improvements, was discussed. Items will be sent to the Board for 2015’s ride.

UPDATES ON PENDING ITEMS:

By-Laws Update: A clarification was given to the Executive Board regarding what constitutes a quorum under our current by-laws. The consensus was, at this time, to continue operating as we have been. No further action is required at this time.

GOOD OF THE ORDER:

Bonnie Powers voiced the ride schedule should be reviewed.

Peter Rathmann asked that the Board read the ride schedule and provide comments back to him within 5 days of our E-Board meetings for inclusion into the newsletter.

James Paulos reported he checked out the new BART cars with bike racks at the Dublin BART station.

There being no further business, the meeting was adjourned at 8:30pm to the General Membership meeting on June 4, 2014 at Round Table Pizza Parlor, 7841 Amador Valley Blvd., Dublin, CA.

Respectfully Submitted,
Julie Hampton
Recording Secretary
Valley Spokesmen Bicycle Touring Club
May 2014 Correspondence

Correspondence sent:
1. Checks to SAG drivers for assisting on Cinderella day.
2. Check to Minuteman Press for printing of May newsletter.
3. Check to Alameda County Fairgrounds for final payment for Cinderella.
4. Check to Best Western San Benito Inn for rooms on the tour to Paso Robles.
5. Check to Quality Inn – King City for rooms on the tour to Paso Robles.
6. Check to JoAnn Scattini for use of property for lunch stop on the tour to Paso Robles.
7. Check to Jim Duncan for out-of-pocket expenses for Cinderella.
8. Letters of welcome to old/new members. Membership stands at 523.

Correspondence received:
1. Information on upcoming events and tours.
2. Newsletters and magazines from various clubs, organizations, and businesses.

The Bike Tent at Concord's Music and Market on Todos Santos Plaza

Some of Concord’s residents are working to make Concord a better city for Bicycling. Under the name of “Bike Concord”, we are promoting bicycles as a fun and easy way to get around Concord. Bike Concord is working with the City of Concord to make the streets safer for everyone.

As part of this effort, Bike Concord member Adam Foster has rented a stall at the Thursday Night Farmers Market in Todos Santos Plaza. The goal of the Bike Tent is to provide minor repairs such as flat repair, chain cleaning/lube, etc. for anyone who brings his bicycle to the farmers market. The Bike Tent will serve as a Kiosk for Information on bicycling in the East Bay. Our Bicycle ambassadors will distribute, maps, lists of local bike shops, pamphlets about bicycle organizations, swag, and information about bicycle events in the Eastbay.

Visit the Facebook group here.
Concord Music and Market Series Venue:

Paso Robles Wrap-up

Valley Spokesmen members has another successful trip to Paso Robles for the Great Western Bike Rally. Leaving early Wednesday morning on May 21, 30 club members started the 225 mi journey to Paso, stopping in Hollister and King City along the way. Bonnie and Bob Powers put together great snack and lunch stops, and Jane Moorhead, Bob Heady and Theresa Thieben provided additional SAG. The weather cooperated, staying cool in the mornings and never getting too warm. Once through San Jose, the route stays primarily on rural roads, and riders often went long periods without seeing any cars. The ride skirts the east side of the Salinas Valley and along the edge of Pinnacles National Park. Three other intrepid VS members took the coastal route, leaving Monday from Daly City BART and heading down Highway 1. Peter Rathmann led the small but determined group who camped along the way. Amazingly, the first and only flat tire occurred just 1 ½ miles before Paso Robles, and no one had any major mechanical problems. Most importantly, in spite of the steep descents and occasional rough roads, everyone managed to keep the rubber side down! Great ride.

We’re already looking forward to next year!

Put it on your calendar! Memorial Day Weekend, 2015
RIDE REVIEWS
March 24th
Today’s Walnut Creek-Heather Farm ride was a Taco Bell Breakfast ride with a 28 mile ride after breakfast. Several Monday/Wednesday Walnut Creek riders go to the Encina Grande Taco Bell on Ygnacio Valley Road regularly. We’ve gotten to know the staff there and they gave us a bunch of free breakfast coupons for our riders, so we decided to do a TB breakfast ride this morning. The staff at TB were great and served all 21 riders in less than 15 minutes; the food was good and they have a great new variety of items for breakfast. After breakfast we rode out Ygnacio Valley to Clayton and out to Mitchell Canyon Park at the foot of Mt. Diablo. The meadow, which we rode through, was alive in new green growth and the trees were beautiful. There was a mass of poppies and mustard, everything was green, and the weather was spectacular. After Mitchell Canyon we continued around Clayton, by the Oakhurst Country Club, and down through Concord Blvd. to the Canal Trail where we got on the trail and rode back to Heather Farm. Everyone thoroughly enjoyed the ride. Dick

March 28th
Clay concluded his “Spring Boot Camp” ride series by leading us from Pleasanton’s Val Vista Park, past the south side of Livermore, and up to the county line marker on Mines Rd. Another beautiful riding day although we noticed considerably cooler temperatures along the Mines Rd. plateau and some rather dark clouds were gathering as we started our descent. Peter

The 6-day Spring Boot Camp series was very successful...we had a total of 38 riders with some doing multiple rides, including one rider who has been a club member only one week and another only one month...we covered over 360 miles and over 18,000′ of climbing...we were rained out one of the six days but rode all the rest. My son, Michael, who rode with the club to Paso Robles last year joined us for many of the rides and enjoyed the experience. Although not a cyclist, per se, at 25 and fit, he can do anything!

Thank you to Kevin Thieben who selected and planned the routes, to Emma and Peter who patiently gathered and posted and revised the information as it was put together, and to the enthusiastic riders who enjoyed the rides including, in order of appearance, Steve Whelan, Bob Barnett, Leslie Meyers, Marcus Van Raalte, Mark Neer, Susan Neer, Bob Fuji, Peter Rathmann, Gail Blanco, Steve Kowalewski, Larry Barbia, Joe Bondp, and Jim V (sorry for any spelling errors - I input ’em as I see ’em). Clay

Clay, thanks for a nice ride on Thursday. I was sorry to hear that Craig had broken two bones. He really is a trooper to finish the ride with barely a whimper. We all hope he heals quickly. Steve

March 29th
The forecast wasn’t promising this morning and there were dark clouds as we gathered at the starting point. But the rain held off until we started to get a few sprinkles as we neared Livorna Park. Then the rain got more steady and we opted to cut the ride short by taking Stone Valley back to the Blvd. instead of continuing to Blackhawk and looping south through Dublin on the planned route. Hope the weather is better on Cinderella day. Peter

March 30th
Gail picked a good day for her ride to the 5 Canyons area above Hayward - sandwiched between yesterday’s showers and those forecast for tomorrow. We enjoyed excellent views of the Hayward hills and across the bay to San Francisco. Peter

March 31st
Rain predicted to start after noon so we decided to go ahead with this ride, which covers a new route around Walnut Creek to Lafayette, Martinez, Concord and back to Heather Farm. We had only a few riders as I’m sure others were thinking that rain was on its way. We made it back to HF after coffee at the Willows by 11:30 a.m. It started to just sprinkle as we approached HF but everyone got home before the real rain came. Dick

April 6th
What a fantastic day to ride in the Valley, and what great opportunities were available for all. With 3 very different rides on the VS ride calendar, I hope everyone was able to get out and enjoy the day. Our First Sunday of the Month Standing ride was well attended. The route is set up to accommodate many different options to increase or decrease mileage. Today, there were 3 groups, which formed after our first stop at the Vasco Starbucks. Some extended the ride, some shortened the ride, and I think a good day was had by all. We were even back in time for those wishing to do some shopping at the VS annual Swap Meet. Hope to see everyone again for this monthly ride on May 4th. Gail

April 7th
Big turnout (approx. 30 riders) for today’s ride from San Leandro Bart to Alamed and out to the former Navy Base. We probably had more riders leading the ride at various times than we had riders but it worked out okay and everyone had a great time. How could they not with the great weather we had for the day, one of those picture postcard days when everything just looked beautiful. We had great views of the SF skyline and the USS Hornet looked majestic in its hanger. We stopped at the end of the hangar road for a group picture with the SF skyline in the background. Ken H should have it up on the VS website. After the picture it was off to Alameda Mall food court for a lunch of the riders’ choice. Good food and great camaraderie and a time for everyone to catch up. Our route took us past the Oakland Airport and then around Bay Farm and across either Otis Bike Bridge or High Street Bridge depending on which ride leader was leading your group on the ride; then it was along the shoreline in Alameda and being careful for all the people, bikes, and animals out to enjoy one of the nicest days so far this spring. Families were down on the beach enjoying the good weather. Everyone said we should come back and enjoy the great weather near the bay especially as the days start getting warmer as we head into Summer. Dick

Dick, it was a GREAT ride, and an adventure to boot! Herd those cats! Jane

April 8th
Sunday we had a ride along the Sunol - Palomares - Schaefer Ranch loop ending at the club’s annual Swap Meet at Dublin High. Nice sunny and warm day and the swap meet appeared to be well-attended with quite a few bargains available. Peter

April 9th
Another beautiful day for Jim C.’s biweekly ride from the Mt. Diablo Junction to Walnut Creek and our stop at Sweet Affair Bakery. Lots of turkey flocks were in evidence with some of them crossing the road in front of us - definitely something to watch for on a quick descent. Wildflowers, especially California Poppies, were also seen in abundance. Peter

April 11th
Who says there’s no such thing as a free lunch? Thank you to all 33 riders who come to the 3rd Anniversary ride of the Odd Friday series. A beautiful day and I think everyone had a great time. Definitely a record number (23) who celebrated afterwards at the Firehouse 37. And to top it all off... I ended up with a free lunch :-)

All in all, a great day of riding and a wonderful celebration. Thanks again to all of those who help make it happen. Gail

Gail celebrated the third anniversary of her series of Odd Friday rides from San Ramon’s Central Park today with a record turnout and beautiful weather conditions (just cooling off a bit at the finish as we got to the restaurant). Peter

Thanks to you, Gail, for planning and hosting today. Chris

April 12th
Thanks to Clay for hosting today’s ride in celebration of his 70th birthday. Beautiful day for a loop through the countryside north of...
April 13th
Erica led today's ride from Shannon Center to Sunol Regional Park while pointing out various wild flowers there and along the way. Peter

April 14th
A little cool and cloudy for the first part of the ride today, but the sun came out and warmed us up as we descended Collier Canyon into Livermore. We stopped for refreshments at the Peet's Coffee downtown and then returned via the new Stoneridge extension into Pleasanton and through the BART station to the Iron Horse trail. Peter

April 15th
An enjoyable ride around the outskirts of Livermore and out to the marina at Del Valle reservoir, led by Gail and Alberto. On the way out we passed right by the small plane that made an emergency landing in a field next to Greenville Rd. early this morning - looked like it must have been a rather bumpy landing but there were no injuries or damage. Del Valle reservoir looked like it was at near normal capacity level - a welcome change from the muddy banks when it was quite low late last year. Peter

April 16th
Great rides tonight. Three on Janet’s route and six on my ride. Lots of PRs for Fusco and Goroff so the heart rates were up! Doug

April 19th
A little breezy but otherwise an excellent day for the monthly Feather Pedals ride. Today's route took us from Garre Vineyard around the east and north sides of Livermore before returning to town down Collier Canyon. Sad to see that the hills are already losing their bright green luster. Peter

April 19th
Great Ride today, Rob's Mountain House Ride averaged 20+ miles per hour for the first two hours, then we fought our way back through the wind. Pace lines need some work but we managed to leverage each other nicely with many echelons along the route. Lunch overlooking the delta was spectacular. Bob Fuji and Greg Moyer made some big pulls through the wind and could hear Teresa yelling "is that all you got" as we drove the speed up in sections. In spring classic fashion we tossed in some cobbled section and a little cyclocross to round out the day. Ended with 74+ miles at 18.5 mph average with wind ranging from 20-40 mph. Suffice it to say, the ride was great and we all rode in together in grand style. Look forward to the next ride in the flat country. Bob

I enjoyed Rob's Mountain House-Stockton ride with the VS men and felt quite spoiled being the only female. I totally appreciated the pulls and pushes. Thank you for a great day! ;-) Theresa

It was great to meet & ride with everyone yesterday. Thanks for the pace line tips and it was good to get some cyclocross experience! -- Brent

Yes, the dirt roads are always fun. And it is Paris-Roubaix and Tro-Bro Leon season. Good echelon practice on quiet roads. The local drivers were friendly, and a real nice place for lunch on top of the levee. Good workout. Close by, but very different. Rob

April 20th
Joe hosted this ride from Heather Farm up the north side of Diablo to the junction and then past the Blackhawk country club to Camino Tassajara into Danville and back to the start. Nice day for it as the temperature stayed mild and we were able to enjoy the wildflower displays (particularly the poppy-filled meadows) to take our minds off the effort of the climb. Our host demonstrated the need to keep electronic shifters charged as he ended up riding home and picking up his backup bike to rejoin us for the finish of the ride. Peter

April 23rd
The recent breezes seem to have cleared away the haze in the air so we had some nice views from Diablo on Jim's biweekly loop to the junction. Peter

April 24th
Christy filled in for Bob today to lead the conditioning ride from Dublin south to the trail south of Bernal and then heading over to Livermore for a Starbucks stop on Vineyard before returning along Stanley to Pleasanton and back to the start. Peter

April 24th
Nice ride-to-day, hosted by Nervous Nelly ...or should it be Anxious Annie. Anyway, she was a great host, an exemplary example, appreciated by all. 15 -16 riders enjoyed some route variations and only one Starbucks stop, though the headwinds were picking up on the return. New rider from Van Nuys seemed to have a good time and said he will be back. Did NN / AA recruit him? You didn't!!! no socks for you. Jim

We talked NN into a brewster after the ride! Alaine

April 27th Our ride started out a little damp with a light mist in San Ramon that turned into a steady drizzle as we descended Collier Canyon into Livermore. With dark clouds still threatening and cool temperatures, we stayed only briefly to watch a few laps of the criterium. But the weather rapidly improved for our return and the sun had come out by the time we got to the Starbuck's on Vineyard. Peter

April 28th
Gail and Alberto returned from the Wildflower center to lead today's Even-Monday ride from San Ramon to Livermore. Just about perfect weather today sandwiched between the cold drizzle yesterday and the anticipated heat wave starting tomorrow. We stopped at Peet’s Coffee in downtown Livermore and then returned on the Stoneridge extension to Pleasanton followed by the Iron Horse trail back to San Ramon. Peter

April 28th
Great day for a ride in San Francisco and Marin. Beautiful views and vistas and the weather was spectacular. Two cruise ships were unloading at the pier so traffic along the Bay area was heavy. When we got across the Golden Gate Bridge everything changed and the traffic was much easier. All twenty riders thoroughly enjoyed the day. Dick

April 30th It started to get a little warm toward the end, but otherwise a delightful day for Gail and Alberto's ride from San Ramon up to Clayton. Enough of a breeze to keep us feeling a little cooler and no long climbs. Peter

May 3rd
Today's 'Ride with your Congressman' event was cosponsored with Greenbelt Alliance, Bike East Bay (was EBBC), and Tri-Valley Conservancy. The ride was divided into two loops. The first was a short ride through Dublin and Pleasanton with numerous stops to discuss bicycle infrastructure and other planning. Then shortly after noon a smaller group started on a longer loop over to Livermore with a stop on Vineyard to discuss Tri-Valley Conservancy activities, esp. in the vineyard region of south Livermore. Peter

May 4th
Great ride-to-day, Steve. Though the wind gods were a little rambunctious, they did give a push on the Eastbound Dublin Grade. Thanks for the new route. Sunny Slope (aptly named)....gets one’s attention but the 360 degree views are spectacular. On a clear day you could probably see Hawaii. Francie & Jim

May 4th
Unfortunately the breezes that helped push us along on our way out to Livermore did not change direction or die down for the last half of the ride when we were headed into them. In fact they seemed to steadily increase as the day went on. But it was a nice sunny day for our loop out to and around Livermore. The group split at Greenville with some opting to head up Carrol to the Flynn's while others skipped those hills and took Greenville to Patterson Pass and Cross instead. Peter

Thanks, Peter, for the great photo memories (as usual) and for slowing your normal fast speed down to my snail pace to do the ride with me.

Due to changes or cancellation of a ride on the online calendar to confirm the accuracy of a ride listing and for more rides not listed herein
Always a pleasure to ride with you! Dianne

May 7th
Comfortably cool temperatures for Jim C's biweekly ride to Walnut Creek via the Mt. Diablo Junction. We had our usual refreshment stop at the Sweet Affair bakery before returning through Alamo and Danville on the Blvd. Peter

May 9th
Gail's route today first led us to the Las Trampas staging area at the end of Bollinger Canyon before heading back into town and then going north again through Danville to Alamo for refreshments at Cherubini's. Peter

May 10th
Charles led a local alternate to the scheduled Woodsside-Tunitas Creek ride starting at San Ramon Central Park and heading out to Livermore via Collier Canyon and then returning through Pleasanton and Dublin. Nice sunny day that stayed cool and with a little less wind than we've been having lately. Peter

May 10th
Thanks for a great ride today Brahim! The coast was so beautiful. A sight I don't often get to see! Tunitas Creek was also pretty riding through the Redwoods. I saw quite the wildlife too, multiple banana slugs, a salamander or newt, and a deer. Great scenery to keep the mind off the road beneath. Alexis

Ditto that. Great ride Brahim, good weather and scenery was very nice. Bob

Thanks Brahim for putting on a great ride on the VS calendar. Those who didn't ride missed out on 2 of the classic Bay Area climbs--Old La Honda Road and Tunitas Creek. Aside from being a little breezy, you could not ask for a better day. The only thing I do ask is to start a collection to supply Bob Strain a decent set of tires; I know retirees try to save money, but come on Bob, there was more of the casing than rubber rolling down the road. Bob F.

I agree, it was a great ride! Let's also all chip in and buy Bob S. a new rear derailleur cable so this poor AARP member doesn't have to ride any more centuries on a 2-speed bike. Bob

Thank you Brahim for hosting a great ride. It is one of my favorite loops by the coast. Couldn't ask for a better day or group to ride with. Vic

Fixed income now so I'm planning on getting another 10,000 miles on that back tire or rotate and maybe get 20,000. Thanks Alexis for sparing me the tube and Bob B and Vic for helping manage the tire changes. Great times. Bob

Awesome ride, thanks Brahim. Pretty much perfect weather and great scenic climbs. Tunitas is probably my favorite on that side of the bay. Will

May 11th
Beautiful day for our ride down to Sunol and then returning via Palomares, Dublin Canyon, and Schaefer Ranch. A little warmer than the last few days, but still cool enough to enjoy the climb past the monastery and vineyards on Palomares. Peter

Thanks to the VS gentlemen (Jim, Steve, & Peter) who were so quick to assist in getting my flat changed, and thanks to the whole group for their patience in waiting! It was a beautiful ride and a great way to kick start Mother's Day! Ellen

May 12th
Unfortunately Alberto's usual even-Monday ride was marred by a crash on Tesla Rd. when Chuck Haupt was struck by the passenger-side mirror of a passing car and went down. Emergency units (fire/EMT/highway patrol) responded and Chuck was transported to the hospital. Initial indications at the scene were good. The vehicle did not stop but left behind the side mirror, which indicated that it came from a 2008 silver Hyundai. Best wishes for a speedy recovery to Chuck. Peter

Very sorry to hear about the crash. Hope Chuck recovers quickly. Does anyone have any additional information on what led to the crash? That section of Tesla has a relatively generous/wide bike lane, so it's pretty concerning to hear a passing car clipped a cyclist. :(

Will

I just got off the phone with Chuck's wife Mary who gave me an update on Chuck's condition. The good news is he's now joking with the doctors and seems to be doing fine. The unfortunate report is that he did break his right clavicle as well as 3 or 4 ribs. He's needing some stitches on his left forearm and has quite a few abrasions on his body and head. They will do a CAT scan just to make sure everything is ok, and he'll stay overnight in the hospital for observation and to monitor his pain medication.

As Peter mentioned, the car that clipped Chuck was a gray Hyundai, which is now missing the passenger side mirror. If you should see a vehicle that matches this, please write down the plate number and contact the Livermore Police.

Best wishes for Chuck and hopes for a speedy recovery, Gail

May 13th
Our ride from the Dublin location of Livermore Cyclery took us through the BART station and over to Livermore on the Stoneridge extension to Jack London. Then we took the Arroyo trail through town before heading to the downtown Peet's for refreshments. Our return was on Stanley back to Pleasanton and then the Iron Horse trail to Dublin. Got back by noon to avoid most of the expected heat wave today. Peter

May 14th
A little on the warm side, but otherwise a nice day for Gail's ride from San Ramon Central Park out to Castro Valley and Cull Canyon. Due to the high temperatures, we shortened the planned ride by skipping the out-and-back on Eden Canyon and returned via Norris Canyon Rd. instead of taking Dublin Grade to Schaefer Ranch. Peter

May 17th
A nice, cooler day for our Feather Pedals ride from Draeger's in Blackhawk Plaza through the country clubs (Blackhawk, Diablo, Roundhill), and looping back through Danville. Peter
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