President’s Message

Marcus Van Raalte

This month I thought I would write about some of the things I find fun about cycling, hopefully many of you can relate. I have been thinking about cycling as currently I am buried near the end of an 18-month project at my work and have not been out riding. I am able now to see the light at the end of the tunnel.

I enjoy all the obvious and important things about cycling like being outside and seeing our local countryside and spending time with friends and getting some great exercise. I have also been missing some of the other things I love. I love to push myself and see what I can do. This means that I often am riding with a group that I can barely keep up with. I see if I can pace myself to stay for the whole ride by placing myself in the pack and using as little energy early in a ride as possible in order to make it through to the end.

I take plenty of water with electrolytes so that I stay hydrated; take salt tables also, especially if it is a warm day. I take snacks to force myself to take in calories since I will burn more calories than I have (in carbs). These things I find very difficult. Others talk about good nutrition as if it was easy to achieve, but I can assure everyone that it is a challenge. I am always trying to learn how to push myself further, without the exhaustion or cramps that occur all too frequently.

While cycling hard I and watching my cadence, I try to keep it between 90-100 rev per minute. Using a high cadence uses your muscles up more gradually and should result in staying with the pack for longer (which is the objective). Beyond that I am watching my heart rate, not to make sure it does not go too high but to be aware what effort “Band” I am in. Also if, when I am working hard and suffering the heart rate is not very high then I know that my body is done, no more available. It is normally obvious but this works as confirmation.

After a ride I like to load up the details of the ride from my Garmin device (that records all the details of the ride) to www.strava.com. Many of our club member’s load theirs up there also and I get to see how this ride compares to previous times I have ridden that route and to the best times of other people I know. This is competitive, i.e. I like having better times (for uphill stretches) then my friends, and when I find that on a hill segment in Strava that I am slower than someone I think I should be faster then I want to do better next time.

What I would like to do is to learn how to get faster, go further and keep up more easily with the group, but getting there involves a lot of training rides and being dropped regularly, but as I improve this happens less. So the fact that I am not currently riding means I am loosing fitness, getting worse. It will be tough to get back to where I was and then improve to where I want to be…Let’s go 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 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, rain 48 hours prior to the ride cancels.

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

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

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes. Bicycle rider courtesy to motorists results in motorist courtesy to bicycle riders.

CODE OF CONDUCT: All Valley Spokesmen members are expected to interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board. If you stop to take a cell phone call the group is not obligated to wait.

VERY IMPORTANT: ALL RIDES LEAVE AT THE SCHEDULED TIME INDICATED. PLAN TO MEET 15 TO 30 MINUTES BEFORE THAT TIME!

Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the website ride calendar: www.valleyspokesmen.org/ridecalendar

Be informed: current VS members can register for the VS e-mail list: http://valleyspokesmen.org/sys/login?ReturnUrl=%2fvs-list

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
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Ride Hosts: Gail Blanco, 925-872-1001, or Alberto Lanzas, 510-825-9581.

SUN.7/6/14 3 L/M, M, M/B 45-55 miles 9:30 a.m. Standing 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 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.

Route: http://ridewithgps.com/routes/3888766
Ride Hosts: Gail Blanco, 925-872-1001, Jim Duncan & Francie Cushman, 925-209-1369.

MON. 7/7/14 2-L/M 25-50 miles 8:30 a.m. Heathen Farm Ride - see 7/2 for details.

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 7/1 for details.

TUE. 7/8/14 2-M 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 7/1 for details.

TUE.7/8/14 2-M 20-25 miles 6:00 p.m. Starting at the Sycamore Ave. Park & Ride lot (NE corner of I-680 intersection) in Danville we’ll ride a loop in the area. I have a hard time making it out to Shannon Center for T'n'Ts so…if this time/place works for you and you are trying to improve your cycling time, come out with me. Average speed for the whole ride will aspire to be between 15 - 15.5 mph or better - a gentler pace than the T'n'Ts. If you came out in 2013 to Tuesdays "ladies night" TnT, these rides are for you! Let me know if you'll be joining me so I know whom to expect. My motto for these rides is: Push yourself; don't kill yourself.

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

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

WED.7/9/14 2-L/M 25-50 miles 8:30 a.m. Heathen Farm Ride – see 7/2 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 & Ride. Advanced Route:

http://ridewithgps.com/routes/3882959
Ride Host: Gail Blanco, 925-872-1001, gblanco@aol.com

WED.7/9/14 2-M 20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride – see 7/2 for details.

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 7/1 for details.

THUR. 7/10/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 7/1 for details.

FRI. 7/11/14 2-L/M No Drop 25-35 miles 9:30 a.m. This Odd Friday series of rides will start at San Ramon 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, gblanco@aol.com, 925-872-1001.

SAT.7/12/14 2-L/M 9:00 a.m. 2-L/M 34 miles 8:30 a.m. San Francisco Ferry Bldg., to Larkspur Ride. Starting from the Ferry Bldg. at the end of Market Street (near Embarcadero BART station) we’ll ride along the Embarcadero and over the Golden Gate into Sausalito then down to Tiburon with a ride along Paradise Drive. Ride ends in Larkspur where we’ll catch the 1:40 p.m. ferry back to San Francisco (if you miss this ferry, the next ferry is at 4:45 p.m.).

Lunch at Marin Brewing Company across the street from the Larkspur ferry building. Catch BART back to the East Bay before the Giants game gets out (~4 pm). Ferry costs (as of July 1, 2014): $10; over 65 Senior discount: $5.00 (may use Clipper Card if you have autoload). Ride with GPS link will be available around July 6th.

Ride Hosts: Julie Hampton & Dick Ward 925-389-6738 or rward87@comcast.net

SUN.7/13/14 3-M 34 miles 9:00 a.m. This ride will be a combination of old and new routes to the end of Cull Canyon and back to Dublin. It will include a climb up Sunnyslope Avenue into the Palomares Hills in Castro Valley, where we will have a short break at the Palomares Hills Park. We will then descend to E. Castro Valley Boulevard, out Crow Canyon and on to the end of Cull Canyon Road. The return will include a stop at Bodis’ Java for refreshments. Travel back to Dublin will utilize a jog on Palo Verde Road and the short climb up Schaefer Ranch Road to Dublin Boulevard. Meet at Shannon Center in Dublin. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the parking lot. Ride route is at http://ridewithgps.com/routes/4143432
Ride Host: Steve Kowalewski, skowalewsk@aol.com, 510-246-2815.

MON. 7/14/14 2-3-M 30 - 45 miles 8:30 a.m. Even-Monday rides. We are riding from San Ramon's Central Park to the Livermore/Pleasanton/Dublin areas. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place. Bring water and food or money for our coffee stop along the way. Please check VS calendar for updates. (Advanced Ride - minimum regroups)
Ride Host: Alberto Lanzas, 510-825-9581.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
MON. 7/14/14 2-L/M 25-50 miles 8:30 a.m.  Heather Farm Ride - see 7/2 for details.
TUE. 7/15/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 7/1 for details.
TUE. 7/15/14 2-M 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 7/1 for details.
TUE. 7/15/14 2-M 20-25 miles 6:00 p.m. Danville “ladies night” T'n'T – see 7/8 for details.
TUE. 7/15/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 7/1 for details.
WED. 7/16/14 2-L/M 25-50 miles 8:30 a.m.  Heather Farm Ride – see 7/2 for details.
WED. 7/16/14 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 went too far). http://ridewithgps.com/routes/2267409
Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com
WED. 7/16/14 143-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride – see 7/2 for details.
THUR. 7/17/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 7/1 for details.
THUR. 7/17/14 142-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 7/1 for details.
FRI. 7/18/14 3-M 40 miles 8:30 a.m. Ride on every even-numbered Friday starting at Fallon Sports Park in Dublin with various routes in the area. Take I-580 to the El Charro/Fallon Rd. exit and go north on Fallon Rd.; turn left on Central Pkwy.; turn right on Lockhart; turn right into Fallon Sports Park and meet near the restrooms.
Ride Host: Cindy Gilbertson, 805-423-4814, or Peter Kyong, 925-200-0844.
SAT. 7/19/14 2-L/M 24 miles with option of 32 miles 8:30 a.m.  Feather Pedals ride (both genders welcome). Starting at the Crank-2 cycle shop in south Pleasanton we'll head down to Sunol and continue out Calaveras. The regular ride will turn around at the base of the hill while the optional Challenge continues past the reservoir to the top of ‘The Wall’ before returning. Crank-2 is at 5480 Sunol Blvd. at the south corner of the Raley’s shopping center. Take I-680 to the Bernal exit and go east; turn right on 1st (becomes Sunol Blvd.) and left into the shopping center (just before Junipero). Bring water and snacks. Arrive early so the ride can leave on time.
Classic: http://ridewithgps.com/routes/4341130 - 24 miles; 800 feet
Challenge: http://ridewithgps.com/routes/4341203 - 32 miles; 1700 feet
Ride Host: Rebecca Wood, 925-577-3842.
SUN. 7/20/14 3-L/M 47 miles 8:30 a.m. Dublin to Moraga loop. First we’ll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we’ll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.
Ride Host: Peter Rathmann, 925-336-0973.
MON. 7/21/14 2-L/M 25-50 miles 8:30 a.m.  Heather Farm Ride - see 7/2 for details.
TUE. 7/22/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 7/1 for details.
TUE. 7/22/14 2-M 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 7/1 for details.
TUE. 7/22/14 2-M 20-25 miles 6:00 p.m. Danville “ladies night” T’n’T – see 7/8 for details.
TUE. 7/22/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 7/1 for details.
WED. 7/23/14 2-L/M 25-50 miles 8:30 a.m.  Heather Farm Ride – see 7/2 for details.
WED. 7/23/14 4-M 43 miles 9:00 a.m. Starting in Sunol by the RR station we’ll ride out past the Calaveras reservoir and down the ‘wall’ to Felter Rd. Then we’ll head up Felter to the summit along Sierra Rd. before returning on the same route. About 3000’ of climbing with some steep pitches (but note that it’s out-and-back so many options to shorten the ride). Bring plenty of water since there isn’t any place to refill. Meet at the Sunol railroad station, but park in the dirt lot across the street to the south.
Ride Host: Ken Goldman, 510-791-1095, ken.goldman@comcast.net
WED. 7/23/14 143-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride – see 7/2 for details.
THUR. 7/24/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 7/1 for details.
THUR. 7/24/14 142-M/B 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 7/1 for details.
FRI. 7/25/14 2-L/M No Drop 25-35 miles 8:30 a.m. This Odd Friday series of rides will start at San Ramon 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. 7/26/14 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 Place. Bring plenty of water and food. One refusal 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

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
SUN.7/27/14 Mt.-3 12 miles 9:00 a.m. Mountain bike ride in the hills surrounding Del Valle reservoir. Take Mines Rd. south from Livermore and continue straight on Del Valle Rd. when it splits; go just beyond the summit to a parking area on the right by a gate. Beginners not recommended due to technical sections, but there are options for them.

Ride Host: Jane Moorhead, 925-980-9889.

MON. 7/28/14 2-L/M 25-50 miles 8:30 a.m.  Heather Farm Ride - see 7/2 for details.

MON. 7/28/14 2-3-M 30 - 45 miles 8:30 a.m.  Even-Monday rides. We are riding from San Ramon's Central Park to the Livermore/Pleasanton/Dublin areas. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place. Bring water and food or money for our coffee stop along the way. Please check VS calendar for updates. (Advanced Ride - minimum regroups)

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

TUE.7/29/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 7/1 for details.

TUE. 7/29/14 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 7/1 for details.

TUE.7/29/14 20-25 miles 6:00 p.m. Danville “ladies night” T’n’T – see 7/8 for details.

TUE. 7/29/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 7/1 for details.

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

WED.7/30/14 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 went too far).

http://ridewithgps.com/routes/2267409

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

WED.7/30/14-134-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride – see 7/2 for details.

THUR.7/31/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 7/1 for details.

THUR. 7/31/142-M/B 20-25 miles 6:00 p.m.  Dublin T’n’T Ride – see 7/1 for details.

AUGUST 2014

FRI. 8/1/14 2-L/M No Drop 25-35 miles 8:30 a.m. This Odd Friday series of rides will start at San Ramon 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.8/2/14 2-L/M 40 miles 9:30 a.m. Leaving from San Ramon's Central Park we'll head over to Livermore and some of the bike trails in the area before returning through Pleasanton and Dublin. Take I-680 to the Bollinger Canyon exit and go east; turn left into Central Park opposite the Market Place and park toward the right.

Ride Host: Larry Meidberg, 925-202-3632, limeidberg@gmail.com

SUN.8/3/14 3-L/M, M, M/B 52-60 miles 9:30 a.m. Standing 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.

Route: http://ridewithgps.com/routes/3888766

Ride Hosts: Julie Hampton, 510-685-7103, and Dave & Carolyn Neal, 925-455-5519.

MON. 8/4/14 2-L/M 25-50 miles 8:30 a.m.  Heather Farm Ride - see 7/2 for details.

MON. 8/4/14 2-3-M 30 - 45 miles 8:30 a.m.  Even-Monday rides. We are riding from San Ramon's Central Park to the Livermore/Pleasanton/Dublin areas. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place. Bring water and food or money for our coffee stop along the way. Please check VS calendar for updates. (Advanced Ride - minimum regroups)

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

MON. 8/4/14 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.8/5/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 7/1 for details.

TUE. 8/5/14 20-25 miles 6:00 p.m. Dublin T’n’T Ride – see 7/1 for details.

TUE.8/5/14 20-25 miles 6:00 p.m. Danville “ladies night” T’n’T – see 7/8 for details.

TUE. 8/5/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 7/1 for details.

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

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
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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.bteb.org
C.B.C. - California Bicycle Coalition - www.calbike.org
California State Parks Foundation - www.parks.ca.gov
Bike East Bay – (formerly East Bay Bicycle Coalition) – www.ebbc.org
East Bay Regional Parks - www.ebparks.org
Greenbelt Alliance – www.greenbelt.org
National Parks Conservation Association - www.npca.org
Nature Conservancy – www.nature.org
Planning and Conservation League - www.pcl.org
Rails to Trails – www.railstotrails.org
Yosemite Conservancy – www.yosemiteconservancy.org

**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.net or 925-209-1369

**NEWS FROM BIKE EAST BAY**

**Dublin Releases Final Draft of Bicycle Plan**

Dublin Public Works Department has released its Initial Study/Negative Declaration for the City of Dublin Bicycle and Pedestrian Master Plan. While we are disappointed the Plan does not include protected bikeways on Dublin Blvd., we are pleased to see many new bikeway improvements prioritized for the downtown area of Dublin near West Dublin BART Station.

You can help make these bikeway improvements happen sooner by emailing Ferd Del Rosario, Senior Civil Engineer, Public Works Department or give him a call at (925) 833-6630 and ask these improvements

- More ambitious performance measures--0.5 miles of new bikeways every year is not enough!
- Endorsement of the NACTO Urban Bikeway Design Guide
- Provide your comments on Dublin's Bicycle Plan

**Valley Spokesmen Bicycle Touring Club**

**Membership Meeting Minutes**

June 4, 2014

Call to Order at 7:03pm.

**Treasurer’s Report**: We are solvent. The Cinderella ride fell short of the projected revenue mark of 2,500 riders, with approximately 2,100 riders. This may make a difference on the amount of donations the club gives.

**OLD BUSINESS**

**Ride Report**: Highlight was that the ride to Paso Robles was successful. Other notable items include Braham’s Woodside ride as well as the variety of rides on the calendar, both after work and during the day. There are some dates open in July and August.

**Community Liaison Report(s)**: Chris Talbot has resigned as our Bike East Bay representative (formerly known as East Bay Bike Coalition). No one in attendance had interest to be the representative. And with so few people in attendance at tonight’s meeting, Bob Heady will send an email blast to the club asking for volunteers.

**Cinderella Highlights**: The floor was open for any comments. No comments or suggestions given.

**Paso Robles highlights**: Both the inland and the coastal routes were successful trips with no accidents. The CDF was conducting helicopter training at the time the inland cyclists arrived, making the rest stop a source for entertainment as well. The suggestion was made to start the inland ride at a shopping center on Bernal instead of Sunol next year. This suggestion may be explored more at a later date.

**Correspondence**: No correspondence to report. However, Lost and Found items from Paso Robles include a jacket that Bonnie believes belongs to the Neals, a vest, and arm warmers. If you believe something might be yours, please contact Bonnie Powers.

**NEW BUSINESS**

**TOSRD 2014**: The dates for TOSRD 2014 are October 11th & 12th. The cost is estimated to be about the same as last year - $95 per person or $200 for a family. 120 rooms have been booked. If you wish to buy a jersey or a vest, we need a minimum of 25 to place the order.

**GOOD OF THE ORDER**

- San Ramon Valley Blvd from Pine Valley to Bollinger Canyon is being repaved.
- The summit shop at Mt. Diablo is selling AMGEN Tour of California Mt. Diablo State Park jerseys for $55. There is also a website that points you to the jerseys for $55 as well. The jersey is yellow & has a picture of Mt. Diablo.

**ENTERTAINMENT**

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
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Bob Heady & Jane Moorhead showed 2 different slide shows – one before the meeting and one after the meeting. The first showed pictures from the recent Paso Robles inland tour. The second showed videos of their mountain bike rides on their recent trip to the Midwest and Southwest. If interested in going to these areas, check with Bob and Jane as they did 15 different mountain bike excursions throughout their trip.

The meeting closed at 7:53pm.

Respectfully submitted,
Julie Hampton, Recording Secretary

Valley Spokesmen Bicycle Touring Club
Executive Board Meeting
June 11, 2014

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

Present: Marcus Van Raalte, Bob Heady, Dan Carhart, Bonnie Powers, Peter Rathmann, Emma Olenberger, Julie Hampton, Gail Blanco, Jane Moorhead, Jim Duncan, James Paulos, and Marcia Seeger

Absent: Mark Dedon and Ken Hernandez

June General Meeting minutes: June Membership minutes were approved by Bonnie and seconded by Jim Duncan and adopted unanimously with one minor edit from Bonnie (the Neers left clothing, not the Neal's).

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

OLD BUSINESS:
Ride Report: Peter Rathmann reported the standpoint item since the general membership meeting was the wonderful weekend rides in McCloud hosted by Doug & Janet Ondriek and their family, complete with rest stops and SAG support. A special thanks to all that worked so hard to make this a great time!

V.S. Website: Webmaster Ken was not present to give an update.

Ride Library: Alberto was not present to give an update. The ride library is coming along.

Bicycle Master Plans: A representative from Save Open Space was at the Danville Town Council meeting with the city staff regarding the Summerhills development (Diablo Road). The representative has a June 25th court date so there will be more updates to come. Diablo is moving forward with closing their private roads. Congressman Swalwell hosted a very leisurely “meet your congressman” type of bike ride. A Nature Conservancy representative was also on hand to talk about their plans.

Correspondence: Dick Skow alerted Bonnie to attend a meeting regarding the intersection of Bollinger Canyon and Crow Canyon at the San Ramon Senior Center at 6pm on June 9. Additional correspondence includes owing money to various organizations. Bonnie informed the group that the people who rode the Paso Robles ride will get back $25 from their original payment.

NEW BUSINESS:

Paso Robles Update: The ride went well and the weather held. The attendance was very low – less than 1,000 people - at the Great Western Bike Rally and the future of the rally is in jeopardy. The participants on the VS ride to Paso Robles will receive $25 back because the cost to rent the truck was less than expected.

Anniversary Ride and BBQ: The annual anniversary ride and barbecue will be held on Sunday, August 17, 2014 at the home of Bonnie & Bob Powers. Look for details of this ride on the Valley Spokesmen calendar and in the August newsletter.

TOSRD: The annual Tour of the Sacramento Delta Ride was discussed. The weekend of October 11th & 12th has been chosen for this ride. Due to the differing factors of the signups, we will do mail-in signups.

Annual Progressive Dinner Ride (added to agenda): The annual progressive dinner ride and feast will take place on October 19, 2014 in Escalon, CA. Look for details of this ride on the Valley Spokesmen calendar and in the October newsletter.

GOOD OF THE ORDER:

- Bob Heady reported that Chris Talbot resigned as the Bike East Bay (was East Bay Bike Coalition) representative. Bob will put out an email on VS list to see if anyone’s interested in taking this over. It would help if the person lives or works in the Oakland area since the meetings are in Oakland after work.

- Jane Moorhead added items to the Cinderella Update from last month’s discussion due to the fact she was unavailable to attend the May meeting. The items included some intersections considered dangerous. One intersection was El Capitan and Crow Canyon Rd. and the other was where the route comes into Hacienda Rd. Jane voiced some alternatives.

- Jane remarked Board members to send in their position descriptions.

- Bonnie has a long list of rides that she has no sign-in sheet for. If you have hosted a ride and it is on the list of missing sign-in sheets, please get in touch with her.

- Jane wondered why she gets a completed newsletter only to give it to the press person. We will eliminate this step this coming month and see if there are any repercussions to eliminating this step permanently.

- Julie commented that, although people like to read about how fun our rides are, 3 pages of ride reviews were at least 1 too many.

- Jim D. reminded everyone that San Ramon Valley Road is being widened from Greenbrook Dr. to the Danville downtown area. Please use extra caution when riding there.

- Jane stated that the Iron Horse connector will take 90 days. The connector goes from across Owens Rd. to the BART station then up to Santa Rita Rd. just north of Stoneridge Dr.

- There being no further business, the meeting was adjourned at 8:07pm until July’s monthly Executive Board meeting on July 9, 2014 at 6640 Spruce Ln., Dublin, CA.

Respectfully Submitted,
Julie Hampton
Recording Secretary

Valley Spokesmen Bicycle Touring Club
Correspondence
June 2014

Sent:
1. Check to Peter Rathmann for Cinderella gasoline.
2. Check for to Minuteman Press for printing of June
Boulangue in Lafayette. A nice sunny ride during the cool part of the day. I stopped off at San Ramon’s Wind Festival on the way home. Peter

May 21st – 23rd

What a great three days of riding from Sunol to Paso Robles for the Great Western Bicycle Rally’s 50th Anniversary. We had perfect weather, a great group of riders, and an outstanding SAG team along the way. Thank you Bonnie and Bob Powers for organizing this annual Valley Spokesmen ride to Paso Robles. Alberto

I'd also like to thank Bonnie and Bob for their awesome organization. Also special thanks to the tandems for the pulls. Eileen

Great Ride and a big thank you to Bonnie and Bob and Teresa for all the support. Look forward to next year. Bob and Kathy*

May 26th

Dick S. hosted today’s ride from Heath Farm to Benicia, Vallejo, and Mare Island. Very nice ride crossing the two Carquinez Strait bridges and seeing some of the old naval installations on the island. Climbing Cummings Skyway did get a little warm but the weather is supposed to cool off a little the next few days. Peter

May 27th

Jim C. filled in for Bob as host for today’s ride and we headed up Dougherty to Crow Canyon and Camino Tassajara on our way to Danville for a stop at La Boulangue bakery before returning on the Iron Horse trail. Delightful day with the cooler sea breeze returning. Peter

May 28th

Beautiful day for ride from San Ramon’s Central Park over the Diablo Junction into Walnut Creek, hosted today by Joe A. The cooler temperature and clear air made it very pleasant. Peter

May 29th

The first part of our tour down the coast to Paso Robles last week started at the Daly City BART station and took us over Devil’s Slide to Half Moon Bay, Santa Cruz, and into Capitola the first day. Then through Moss Landing and strawberry and other farm fields into Monterey the second day, followed by 17-mile drive, Carmel, and the Big Sur coast the third day. Peter

May 31st

Excellent turnout today for both Steve K’s original ride to Sunol Regional Park and the extended option added by Ken H. for the Cal-Pal loop. Although the park still lacks running water we noticed that they have set out 5 Gal. containers of bottled water at several of the picnic areas instead of having them only at the visitor center. Peter

June 1st

Julie hosted the ‘1st Sunday Ride’ for June using the usual route from San Ramon’s Central Park out to Livermore although we skipped the Cross Rd. hill since there was a bike race taking place there. Peter

June 2nd

Gail substituted for Alberto to lead today’s even-Monday ride from San Ramon Central Park out to Livermore. We enjoyed a nice tailwind on the way out, but unfortunately it was still blowing when it was time to come back. The strong ocean

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breeze did bring cooler temperatures which was a welcome change. Peter

June 3rd  Julie led the inaugural session of her Danville Tuesday after-work ride series from the Sycamore Ave., Park&Ride lot. We meandered south through Danville, San Ramon, and Dublin before looping back through the Windermere development and then down Crow Canyon back into Danville. Peter

Dick's birthday ride took us to the summit of Mt. Diablo today. It was comfortably cooler at the top and we enjoyed the views before heading back down and feeling the temperature rise a bit on descending each turn. I had ridden from home so descended the south side to return and unfortunately had to miss Dick's birthday celebration back at his house - Happy Birthday! Peter

The Ondriceks were kind enough to invite our club up to the McCloud area where Doug's parents own a couple houses and let us stay in the guest house and rooms while others found lodging in the area. Beautiful setting just south of Mt. Shasta which dominates the view from almost anywhere in the area. On Friday we started with a ride through town and then headed south to Lake McCloud reservoir. We returned to the reservoir that evening for a kayak paddle to a deserted point where we had a fireside dinner of hotdogs and s’mores. Saturday started with a breakfast buffet at Bartle Lodge and we then started our ride up to Medicine Lake with a stop along the way at Jot Dean Ice Cave which has a thick layer of ice on the floor year round. At Medicine Lake we shuttled by truck (ably assisted by Doug, his parents, and Emma and Clinton - all of whom helped with SAG support for the ride as well) to the Mt. Hoffman Fire Lookout station with expansive views in all directions including to Mt. Shasta, Mt. McLoughlin (in Oregon), and Mt. Lassen. After lunch at the lookout we shuttled again over to Harris Rd. and started our ride back to McCloud - a much easier ride than in the morning since we were losing close to 4000' of elevation instead of gaining it. Many thanks to the Ondriceks and Doug's parents for their hospitality and much assistance throughout the weekend. Peter

June 9th-10th  The return of a cooling sea breeze was much appreciated on Gail's ride today which took us up to Orinda and Moraga before heading south over Pinehurst and Redwood rds. to Castro Valley and then back via Dublin Grade and Schaefer Ranch. An octet of riders that stayed fairly close together with short regroups at the top of each climb. Peter

June 11th  Christy substituted for Bob as ride host today as we rode south to Pleasanton and then over to Livermore for a stop at the Starbucks on Vineyard. Our return took us north to Jack London and then the Stoneridge extension back into Pleasanton before heading through the BART station onto the Iron Horse trail. Peter

June 13th  Gail's Odd Friday ride had an excellent turnout despite the specter of Friday the 13th. The cool onshore breeze made for an excellent cycling day as we first headed down to Dublin and then swung back north to Blackhawk on Dougherty/Bollinger and Crow Canyon Rds. before taking Tassajara into
downtown Danville for a refreshment stop at La Boulange. Peter

June 14th  While Alberto and Gail were enjoying the sights and climbs of Marin, Jim and Francie were taking the rest of us on a closer to home tour of Danville, San Ramon, Dublin, and Alamo. Might not have had quite the expansive vistas as the summit of Mt. Tam, but a most enjoyable outing all the same. Peter

June 16th  Surprisingly cool weather today for Alberto's Even-Monday ride from San Ramon Central Park out to Livermore. Great tailwind on the way out there, but we did have to pay for it on the way back. Peter

June 18th  A little warmer for today's ride up to the junction of Mt. Diablo, but we got there fairly early to avoid most of the heat and we had a nice tailwind for our return down the Blvd. Peter

June 20th  Nice day for the inaugural Even-Friday ride by Cindy G. and Peter K. Not too warm (esp. with the early start) and a little less wind than we've had lately. Our route took us from the new Fallon Sports Park in Dublin out to Livermore and then around the outskirts with a climb up Collier Canyon to Carmel and the usual loop north of town to North Front and Greenville before climbing Patterson Pass to Cross Rd. and taking Tesla/S. Livermore back to downtown. After a refreshment stop at Peets we returned on Jack London and Fallon to Dublin. Peter

*June 21st  Much cooler today for the monthly Feather Pedals ride. Starting from San Ramon Central Park, we headed south into Dublin and then turned north on the Blvd. and up Bollinger Canyon to the end of the pavement at Las Trampas. After a regroup we continued into Danville for a refreshment stop at Peets or La Boulange and then returned on the Iron Horse. Peter

June 22nd  Beautiful day with cooler temperatures made for a nice ride to the summit of Mt. Hamilton. Special thanks to Mark D. who helped me fix a minor mechanical issue on the way up. Peter
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These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2014.

Total miles ridden by club members so far this year is 144,719!!!

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. Currently there are 21 sign-up sheets missing.

How do you compare with the Tour de France riders?

You vs. the Peloton

Average Speed on flat terrain:
You - 1-18 mph
TDF Rider - 25-28 mph

Average Speed on Mountainous Terrain:
You - 9-10 mph
TDF Rider - 21-25 mph (TV doesn’t tell the real story: It’s staggering to witness how fast pro cyclists go uphill. Their strength to weight ratios makes those speeds possible)

Estimated average watts at threshold:
You - 170-220
TDF Rider - 405-450 (Depending on his size, a sprinter like Garmin-Cervelo’s Tyler Farrar can produce more than 1,400 watts of power heading to the finish line)

Miles ridden in a week:
You - 75-140
TDF Rider - 700-800

Calories consumed on a ride (3 hour):
You - 200-450
TDF Rider - 4,000-5,000 (It’s not unheard of for a TDF rider to burn up to 8,000 calories during a single stage)

Hours of riding on a rest day:
You - 0
TDF Rider - 2-3

Bottles of water consumed during a ride/stage (3 hour):
You - 2-3
TDF Rider - 4-20

Cost of a race bike:
You - $2,000-$7,000
TDF Rider - $9,000-$14,000 (Per UCI rules, nearly every TDF bike weighs 14.9 pounds. Yours may weight 15-18. Spend more and you can get one lighter than a pro’s)

Chain replacements:
You - Maybe once a season
TDF Rider - 2-3 per Tour

Flat tires over the course of 3 weeks:
You - One or less
TDF Rider - 4-5

Hours of sleep a week:
You - 40-50
TDF Rider - 70

--- From Bicycling Magazine
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.

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

Come Ride With Us!

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