President’s Message
Marcus Van Raalte

This month the message is about our club. The Executive Board is the group of members who volunteer to keep your club active and growing. Your energy, participation, assistance, and suggestions are needed and always welcome to keep your club dynamic. As we are getting close to the board elections I wanted to outline what the club does and therefore what we need people to help to make happen.

What does the Valley Spokesmen do and what is our role in the Community?

“The Valley Spokesmen Bicycle Touring Club” was formed in 1971 and incorporated in September of 1982. Our defined purpose is “to support members in their interest in recreational bicycle touring and racing. To encourage and enjoy companionship, promote maintenance and improvements to members’ health and enjoyment of the environment while cycling.”

- **We encourage riding via organized rides**, offering encouragement to all riders. In 2013 we organized over 640 rides which are almost 2 for every day of the year. This includes an increasing number of mountain bike rides.
- **We encourage racing** through the VS Racing team, for both women & men, support the Wente road race and criterium, and other Northern California’s premier races.
- **We encourage riding organized long distance tours** that promote companionship and enjoyment of the environment. For example, our 2-day trip through the Sacramento Delta (TOSRD), 3 days to Paso Robles, and other ‘epic’ excursions.
- **We encourage young people** to ride safely by volunteering at “bicycle rodeos” at our local schools.
- **We encourage bicycle safety** in the community, requiring all who are involved with our club to wear a helmet and we instruct riding etiquette and rules of the road to newcomers on our rides encouraging them to ride safely and courteously.
- **We encourage women and girls** to ride by the hosting the Cinderella Classic/Challenge every spring for the last 37 years. This is a recreational bicycle ride for women and girls, when the men (and many women) of the club provide support at rest stops, lunch, and SAGS. The Feather Pedals, a group within VS, organize a series of weekly training rides to prepare the “Cinderellas” for the 65 mile or 90 mile routes.
- **We have Community Liaisons** to the local cities and other organizations so we have advocates for cycling needs and to bring information back to the club.
- **We advocate for road and bike path improvements** to encourage creation and maintenance of ‘Safe Routes’.
- **We make donations** through memberships in local and state environmental and advocacy groups.
- **We actively support** our local police departments’ bicycle safety programs.
- **We provide support** to women’s and children’s groups in our riders’ communities.
TOURING RIDE RATINGS
All rides are rated according to predicted difficulty.

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

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

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

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

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

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

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

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

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

Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

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

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

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

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

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

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

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

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

Be informed: current VS members can register for the VS e-mail list: http://www.valleyspokesmen.org/Sys/vs-list and follow the prompts.
**STANDING RIDE OVERVIEW:**

**MONDAY** and **WEDNESDAY** morning ride in Walnut Creek area starting at 9:00 a.m.

**TUESDAY** night Mountain Bike rides from Lake Chabot leave at 7:00 p.m. BRING LIGHTS

**TUESDAY** and **THURSDAY** conditioning rides from Dublin leave at 9:30 a.m.

**TUESDAY** and **THURSDAY** evening T’n T rides will resume in the Spring

**ODD FRIDAY** morning ride from Central Park at 9:00 a.m.

Beginner Friendly.

---

**NOVEMBER 2014 RIDE SCHEDULE**

SAT.11/1/14 2-L/M 45 miles 10:00 a.m.Octoberfest in November. Starting at the Danville Park&Ride lot at Sycamore Valley and I-680, we’ll ride through the area with a number of brewery stops along the way. The Park&Ride lot is on the NE corner of the Sycamore Valley intersection with I-680.

**Ride Hosts:** Dick Ward & Julie Hampton, **psyclejulz@sbcglobal.net**

SAT.11/1/14 1.5-L 40 miles 10:00 a.m. Ride the Coyote Creek Trail from San Jose to Morgan Hill for a stop at Starbucks, then return on the same trail. The route is as follows: [http://ridewithgps.com/routes/4869696](http://ridewithgps.com/routes/4869696)

If you want or need a route sheet, you must print your own. As much as possible, the group will be kept together with frequent regroups as necessary. Meet at the Tully Road trailhead to the Coyote Creek Trail. The trailhead is located at Tully Road and Galveston Avenue, next to the Tully Community Branch Library. Take I-680 south through San Jose; take the US-101S exit; in 2 miles take Tully Rd. west; go 3/4 mile and turn left opposite Galveston Ave. into the parking lot for the trail head. Suggested carpool staging is at the Pleasanton Senior Center on Sunol Blvd. across from the Raley’s / Crank-2 shopping center at 9:00 a.m.

**Ride Host:** Charles Parrish (cpparrish3@msn.com)

SUN.11/2/14 2-M 45 miles 10:30 a.m. We’ll explore some of the little-traveled out-and-backs around Livermore. Everyone is welcome to come over to our house next to the ride start for tailgating and game watching after the ride. Start at Les Knott Park, 655 N Mines Rd., Livermore. Route: [http://ridewithgps.com/routes/5533355](http://ridewithgps.com/routes/5533355)

There will also be a shorter version that will cut off some of the out-and-backs.

**Ride Hosts:** Doug Ondricek, 925-980-2490, and Janet Ondricek, 925-579-4573, **dondricek@formfactor.com**

MON. 11/3/14 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at: [http://ridewithgps.com/users/74695/routes](http://ridewithgps.com/users/74695/routes) at least 48 hours before the ride. Be sure to check for the ride listed with the correct date.

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

TUES.11/4/14 2-M 20-25 miles 9:30 a.m. Conditioning ride from the Livermore Cyclery in Dublin. Start at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route will be determined by participants. This is a good ride for someone getting back to riding after a layoff for any reason. Be sure to let me know so I can tailor the ride, otherwise you should expect a 14-18mph pace. This is a social ride involving a Peet’s Coffee stop.

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

TUE. 11/4/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

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


WED.11/5/14 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jnctn. – WC. 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).

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

WED.11/5/14 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, December 3, 2014.


FRI. 11/7/14 2-L/M No Drop 25-35 miles 9:00 am This Odd Fri-Day series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly)

**Ride Host:** Gail Blanco **gvblanco@aol.com** 925-872-1001
SAT. 11/8/14 3-L/M 35 miles 9:00 a.m. Starting at the Bollinger Canyon Park & Ride we'll head south to Sunol and then down Niles Canyon to Palomares. After climbing the hill we'll drop down to Dublin Canyon and return via Shafer Ranch. Take I-880 to the Bollinger Canyon exit. The Park & Ride lot is at the southwest corner of the intersection behind the Chevron station. Bring water and snacks.

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

SUN. 11/9/14 MTB-3 15-20 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. This ride will be a show-n-decide. Excessively muddy conditions or rain will cancel. Such cancellation, if necessary, will be posted.

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

MON. 11/10/14 See 9:00 a.m. Heather Farm Standing Ride details on MON. 11/3/14.


TUES. 11/11/14 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 11/4/14.

WED.11/12/14 2-L/M 30 miles 10:00 a.m. Barbara's Birthday and Pear Cobbler Ride. Meet at 2nd St. Parking lot Benicia. Exit I-780 at E 2nd St; turn L on E 2nd, R on Military, L on First St. Parking lot is on the left at the end of First St. Route: Thru Benicia and State Park, Columbus Pkwy, Solano bike path, McGary, Lopes back to Benicia. Meet at Barbara's home for pear cobbler and ice cream following the ride.


WED. 11/12/14 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

WED. 11/12/14 See 9:00 a.m. Heather Farm Standing Ride details on MON. 11/3/14.


FRI.11/14/14 2-L/M 35 miles 9:00 a.m. No Drop. This is a beginner friendly and no drop ride. All riders are welcome. Due to the new San Ramon City Hall construction, we'll avoid the construction site by riding through the southeastern corner of the park to get onto Alcosta to start our ride. We'll ride to Livorna Park in Alamo through Dublin, Windemere and Danville. After a break at Livorna Park, we'll ride to Rudgear and the Boulevard and then come back to the start. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library.

http://ridewithgps.com/routes/6191021
Please print and bring your own route sheet.

Ride Host: Joe Cheng, joetcheng@yahoo.com, 925-683-9689.

SAT.11/15/14 2-L/M 25-28 miles 9:30 a.m. Feather Pedals Monthly Ride (all genders welcome). Starting at San Ramon Central Park (on Bollinger Canyon opposite the Market Place) we'll head south to Dublin and then northeast past Camp Parks and the Windemere development to Blackhawk before returning via Danville with a stop at La Boulange bakery or Peet's. The Challenge option adds a few miles and some climbing by going further north into Blackhawk.


Ride Host: Rebecca Wood, rcwood1@sbcglobal.net

SUN.11/16/14 1-M 58 miles 10:00 a.m. It's been a VERY long time since our club has done a ride on the American River Trail. It's a beautiful ride and our club is long overdue! We will meet at Discovery Park in Sacramento, 1hr. 45min. from San Ramon via I-680 & I-80. Our start location is just over the Jibboom Bridge (next to TOSRD La Quinta) and at the parking lot on the left after the bridge ($5 parking fee or park outside the park and ride in). There are restrooms available there. We'll stop for lunch in Folsom; Sudsworks is right on the river with a patio and a great view of the river, but we may want to break up into smaller groups. Also, there are lots of other places to eat. Bring plenty of water and $ for restaurant lunch.

http://ridewithgps.com/routes/6214062

Ride Hosts: Gail Blanco-gvblanco@aol.com and Alberto Lanzas, 510-825-0589.

MON. 11/17/14 See 9:00 a.m. Heather Farm Standing Ride Details on MON. 11/3/14.


TUES. 11/18/14 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 11/4/14.

WED.11/19/14 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jctn. – WC. 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; make a U-turn at Alcosta and a right into the parking lot.

http://ridewithgps.com/routes/2267409

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

WED. 11/19/14 See 9:00 a.m. Heather Farm Standing Ride Details on MON. 11/3/14.

FRI. 11/21/14 See 9:00 a.m. Odd Friday Ride details on FRI. 11/7/14.

SAT.11/22/14 4-M 100 miles 8:00 a.m. Livermore – Patterson – Del Puerto – Mines. Starting at the former Nob Hill location in Livermore (S. Livermore and Pacific Aves.), we’ll head east over Corral Hollow and continue south paralleling the aqueduct to Patterson. Then it’s up Del Puerto canyon to the summit and a stop at the Junction Café before taking Mines Rd. back into Livermore. Limited facilities along the way so bring enough food and water.

Ride Host: Brahim Satoutah, bsatoutah@comcast.net

SUN. 11/23/14 TBA

Ride Host: Marc Goroff, 925-606-8672.

MON. 11/24/14 See 9:00 a.m. Heather Farm Standing Ride details on MON. 11/3/14.


TUES. 11/25/14 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 11/4/14.

WED.11/26/14 2-M 38 miles 8:30 a.m. We’ll roll from San Ramon Central Park (on Bollinger Canyon across from the Market Place) and head to Livermore. We will have a brief rest stop at the Starbuck’s on Vasco before returning home. This will be done at a Moderate pace, but will not be a no-drop ride in that there are work schedules to accommodate. At this time we are planning to do an out-and-back via Highland Drive, see the VS website 2 days prior for final details.

Ride Hosts: Gail Blanco, gvblanco@aol.com and Alberto Lanzas, 510-825-0589.

WED. 11/26/14 See 9:00 a.m. Heather Farm Standing Ride details on MON. 11/3/14.

THURS.11/27/14 2-L/M ~50 miles 9:00 a.m. Thanksgiving Day Ride. We’ll start at San Ramon Central Park on Bollinger Canyon Rd. across from the city library and Market Place. The route will be posted on the club’s online calendar when we get closer to the date – check there for updates.

Ride Hosts: Gail Blanco, gvblanco@aol.com and Alberto Lanzas, 510-825-0589.


SAT.11/29/14 4-M 50 miles 9:00 a.m. Starting at the former Nob Hill location in Livermore (S. Livermore and Pacific Aves.), we’ll head up Cross Rd. and over Patterson Pass into Tracy with a stop at Starbucks before returning over Corral Hollow back to Livermore.

Ride Host: Brahim, bsatoutah@comcast.net

SUN.11/30/14 3-M 40 miles 9:00 a.m. We will meet at the former Nob Hill grocery store in Livermore (S. Livermore and Pacific Aves.) and go out Mines road to the county line and back. Bring plenty of water and energy food.

Ride Host: Merel Heggelund, 925-989-8867.

MON. 12/1/14 See 9:00 a.m. Heather Farm Standing Ride details on MON. 11/3/14.


TUES. 12/2/14 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 11/4/14.

WED.12/3/14 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jnctn. – WC 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; make a U-turn at Alcosta and a right into the parking lot.

http://ridewithgps.com/routes/2267409

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


WED 12/3/14 Valley Spokesmen Touring Club Quarterly Meeting ELECTION OF OFFICERS FOR 2015. 6:30 p.m. Pizza Dinner – 7:00 Meeting HAPPY HOLIDAYS! Holiday wear will be rewarded! Bring out your fun holiday clothes and enjoy a beverage of your choice for free! Join us at Round Table Pizza in Dublin (7841 Amador Valley Blvd.) at 6:30 p.m. for free pizza, salad and soft drinks all starting at 6:30 p.m., followed by our club meeting at 7:00 a.m. Entertainment for the evening will be provided by Clay Dunning who will tell us about his cross country bicycle tour from west to east. You won’t want to miss it! Non-members, come see what our club is all about and meet lots of people who share your interests. Find answers to all your club questions, and see if we’re the club for you!


FRI. 12/5/14 See 9:00 a.m. Odd Friday Ride details on FRI. 11/7/14.

SAT.12/6/14 2-L/M 35 miles 10:00 a.m. Valley Spokesmen 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; make a U-turn at Alcosta and a right into the parking lot.

Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com
SUN.12/7/14 3 L/M, M, M/B 45-55 miles 9:30 a.m.  
STANDING VS 1st Sunday of the Month 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. SRCP Livermore 52 Mile Loop (Optional Flynn add-on) 52 - 60 Miles.  Route:  
http://ridewithgps.com/routes/3888766  
Route sheet: San_Ramon_Livermore_Loop_52.pdf  
Ride Host: Peter Rathmann, 925-336-0973

MON. 12/8/14 See 9:00 a.m. Heather Farm Standing Ride details on MON. 11/3/14.  

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 flagspoles). For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: hollaway1@llnl.gov

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

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

UPCOMING EVENTS

November 22 7th SF Bike Expo, San Francisco, CA

December 13 Dead of Winter Century, Oceanside, CA  
13 Borrego Springs Century/Double, Borrego Springs, CA

VALLEY SPOKESMEN AFFILIATIONS

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

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  
arm warmers - .................................................................$30.00  
gloves - yellow, blue, black - (changing to blue & black only) - $27.00  
socks - white, yellow, black - (changing to blue & black only) - $60.00  

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

Valley Spokesmen Club Officers for 2015 will be elected by members at the December 3rd meeting. Be sure to come and vote!
Valley Spokesmen Bicycle Touring Club
Executive Board Meeting Minutes
October 8, 2014

Meeting called to order at 7:02pm by Vice President, Bob Heady.

Present: Bob Heady, Dan Carhart, Bonnie Powers, Peter Rathmann, Emma Olenberger, Julie Hampton, Gail Blanco, Jim Duncan, James Paulos, Marcia Seeger and Ken Hernandez.

Absent: Marcus Van Raalte and Mark Dedon

September E-Board minutes: Minutes were approved online and can be found in the October newsletter.

Treasurer's Report: Dan Carhart received the financials from the race team. He sent all financials to the Accountant.

OLD BUSINESS:

Ride Report: Ken reported his Santa Cruz ride had 26 riders and 3 SAG vehicles. Four people did their first century ride. Bonnie thanked all who helped with the Diablo Mountain Challenge.

V.S. Website: Ken reported he has 526 online members, 6 owe a balance. He purged non-payers from January & February. Currently, 2 non-payers are from March/April and 4 are from after June 30. He added nominations for elections on the website and awards nominations for awards committee. Ken will investigate online membership applications including signatures in order to mitigate the need for wet signatures.

Bike Master Plans: The bike lane on the 580 overpass was corrected for a safer route. Tassajara Road from Crow Canyon to Highland has been redone and a bike lane will be in place. Castlewood in Sunol has also been redone. A public hearing on Niles Canyon Trail Feasibility Study will be held in Sunol on October 14th.

TOSR Update: The hotel is full. The routes have been finalized. We have 219 registered riders. The chairperson has food, reservations, and SAG support.

Correspondence: Bonnie reported club member, Janet Ondricek, submitted a proposal for a float in the Livermore Holiday Sights & Sounds Parade on December 6th promoting the Cinderella Classic. Bonnie made a motion and Jane seconded to donate $250 to promote Adventure Cycling Association’s effort to establish Route 66 as a bicycle route. The motion passed 5-2 (Heady and Hampton).

NEW BUSINESS:

Nominating/Election Committee: Bob is calling people for Board positions. There is a website tool for nominations. When you nominate someone ensure you have talked with the person first. The list will be out in time for the newsletter. Bonnie presented how they have handled elections in the past. This process was voted on by members.

BE Pro Conference: The BE Pro Conference will be held January 9-10, 2015 in San Jose. Jane will attend. Bob will attend if someone else who is interested does not come forward. The club pays for accommodations on Friday night and the registration for the conference on Saturday.

Cinderella Donations: Dan reported that the financials from Cinderella can handle donating $500 each to 20 non-profit organizations plus $1,500 each to Safe Streets and 4 police departments for a grand total of $17,500. Jane re-sent the list during the meeting for a vote at next month’s meeting. Janet Ondricek requested $350 to enter a float for the 2014 Livermore Holiday Sights & Sounds Parade on December 6, 2014 at 6pm. The float will promote the Cinderella Classic. The money would cover the entry fee and float equipment. Emma made the motion and Gail seconded and all approved to give Janet $350 for entry fee, renting a pedi-cab, decorations, costumes, and flyers for a Valley Spokesmen Cinderella float on December 6, 2014.

Jim recommended we put 2 ads in Cycle California at a cost of $435 prior to Cinderella promoting the event which would also mention the training rides. The ads will come out in December and January. Dan recommended we market the event by putting up posters where athletically-minded women will see them. His idea is to piggyback on New Year’s resolutions. He will need ideas for places to put posters. Dan and Jim will take the lead on this. Additionally, we will send a “Save the Date” type of email to last year’s participants. Ken asked if Cinderella has sponsors so he can place that info on the website. The answer is yes. Jim has heard that SheBeest wants to be a sponsor. He will pursue this avenue.

GOOD OF THE ORDER:

Club member Walt Thomas fell while riding with another club but is doing well.

Street Smarts is having three bike rodeos on Wednesdays from noon to 3pm - two at Live Oak School October 29th and November 5th and one at Green Valley School on November 12th. Contact Debbie Swigert at 925-216-6769 (Debbie@streetsmarts.com) if you are interested in volunteering.

Dick Ward from the Policies and Procedures Committee updated the Board on the Cinderella documentation process. The documentation on how Cinderella has been done is now 99% complete with the exception of permit copies, SAG driver instructions, and expenses by category. He handed out documentation for the Board to review.

Dick also commented that we should check out the overhead costs for the charities we donate to.

There being no further business, the meeting was adjourned at 8:25pm to the November monthly Executive Board meeting on November 12, 2014 at 6640 Spruce Ln., Dublin, CA.

Respectfully Submitted,

Julie Hampton
Recording Secretary
10. Several TOSRD refund checks.
12. Check to James Paulos for TOSRD expenses.
13. Check to Janet Ondricek for Livermore holiday parade float.
14. Check to Adventure Cycling as a donation toward Route 66 bike route.
15. Check to Jim Duncan for TOSRD expenses.

Correspondence received:
1. Pegasus Bicycle Works attempting to reach out to VS members.
2. TOSRD registration – 218 participants.
3. TOSRD jersey orders.
4. Invitation to review Pleasanton’s Bicycle Friendly Community application for the League of American Bicyclists.
5. Information on upcoming events and tours.
6. Newsletters and magazines from various clubs, organizations and businesses.
7. Letters of welcome to new members. Membership stands at 574 for 2014.

ELECTION OF OFFICERS FOR 2015

The following people have been nominated for office as of October 28. Voting will take place at the December 3 meeting.

President: Marcus van Raalte; Bob Heady
Vice President: Dick Ward; Clay Dunning
Recording Secretary:
Corresponding Secretary: Bonnie Powers
Newsletter Editor: Julie Hampton; Marcia Seeger
Newsletter Publisher: Emma Olenberger; Doug Ondricek
Electronic Newsletter Editor: Jane Moorhead
Ride Chairman: Joe Cheng

MILEAGE REPORT AS OF 10/27/14
<table>
<thead>
<tr>
<th>Name</th>
<th>Total of Miles</th>
<th>Rides Led</th>
<th>Total Rides</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duvoisin, Marc</td>
<td>420</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Eckels, Del</td>
<td>329</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Eder, David</td>
<td>246</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Elemen, Mary</td>
<td>616</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Engleton, Mary</td>
<td>298</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Enriquez, Gilbert</td>
<td>928</td>
<td>0</td>
<td>29</td>
</tr>
<tr>
<td>Faires, Debbie</td>
<td>558</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Fong-Jean, Loril</td>
<td>290</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Frederick, Debbie</td>
<td>260</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Fredricks, Larry</td>
<td>403</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Fujii, Bob</td>
<td>1721</td>
<td>0</td>
<td>32</td>
</tr>
<tr>
<td>Fujii, Vivian</td>
<td>233</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Fusco, Bob</td>
<td>1250</td>
<td>0</td>
<td>37</td>
</tr>
<tr>
<td>Gabe, Jan</td>
<td>1884</td>
<td>3</td>
<td>49</td>
</tr>
<tr>
<td>Garcia, Dave</td>
<td>1960</td>
<td>0</td>
<td>59</td>
</tr>
<tr>
<td>Gaunt, Ross</td>
<td>613</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Gilbertson, Cindy</td>
<td>578</td>
<td>0</td>
<td>18</td>
</tr>
<tr>
<td>Goldman, Ken</td>
<td>220</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Gomez, Lynnette</td>
<td>640</td>
<td>0</td>
<td>17</td>
</tr>
<tr>
<td>Goroff, Marc</td>
<td>1118</td>
<td>2</td>
<td>30</td>
</tr>
<tr>
<td>Green, Kerry</td>
<td>345</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Groves, Susan</td>
<td>374</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Guedon, Donna</td>
<td>210</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Gustafson, Lisa</td>
<td>319</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Hammond, Chuck</td>
<td>695</td>
<td>0</td>
<td>19</td>
</tr>
<tr>
<td>Hampton, Julie</td>
<td>1668</td>
<td>18</td>
<td>43</td>
</tr>
<tr>
<td>Hansen, Renata</td>
<td>882</td>
<td>0</td>
<td>16</td>
</tr>
<tr>
<td>Haslam, Steve</td>
<td>204</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Haupt, Chuck</td>
<td>1179</td>
<td>0</td>
<td>30</td>
</tr>
<tr>
<td>Heady, Bob</td>
<td>2603</td>
<td>50</td>
<td>91</td>
</tr>
<tr>
<td>Healy, Theresa</td>
<td>1129</td>
<td>0</td>
<td>21</td>
</tr>
<tr>
<td>Heggelund, Merel</td>
<td>800</td>
<td>5</td>
<td>18</td>
</tr>
<tr>
<td>Hermann, Mark</td>
<td>802</td>
<td>0</td>
<td>20</td>
</tr>
<tr>
<td>Hernandez, Ken</td>
<td>2955</td>
<td>2</td>
<td>68</td>
</tr>
<tr>
<td>Hernandez, Mary</td>
<td>2163</td>
<td>1</td>
<td>52</td>
</tr>
<tr>
<td>Herrera, Gloria</td>
<td>623</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Hilton, Kristen</td>
<td>340</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Hirt, Janice</td>
<td>539</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Hirt, Joe</td>
<td>512</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Hsueh, Gary</td>
<td>204</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Jakubowski, Diane</td>
<td>624</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Janer, Mark</td>
<td>473</td>
<td>0</td>
<td>9</td>
</tr>
<tr>
<td>Jensen, Cori</td>
<td>913</td>
<td>0</td>
<td>27</td>
</tr>
<tr>
<td>Johnson, Carinne</td>
<td>217</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Johnson, Robin</td>
<td>522</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Jones, Kris</td>
<td>242</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Kadis, Cheryl</td>
<td>386</td>
<td>0</td>
<td>8</td>
</tr>
</tbody>
</table>
Joe Cheng, Peter Kyong, Mel Po, and Chad ride complete their very first century ride. Congratulations to Mary, Janet, Kathy, and Cruz had a great time!! What is most impressive is that we had 4 riders complete their very first century ride. The SAG support provided by Teresa, Laurie, Ira, and Mike was invaluable. We had 26 participants and everyone had a great time!!

September 27th
I want to thank everyone that made this ride the best Santa Cruz ride ever. The SAG support provided by Teresa, Laurie, Mary, Janet, Kathy, Jane and Bob Heady that helped shepherd our way was invaluable. We had 26 participants and everyone had a great time!! What is most impressive is that we had 4 riders complete their very first century ride. Congratulations to Joe Cheng, Peter Kyong, Mel Po, and Charles Reynes; such a fantastic achievement. Their accomplishment shows everyone

RIDE REVIEWS

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 228,160!!!

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 33 sign-up sheets missing.
in the club that this ride can be done by anyone. There are no excuses not to join us next year. Ken

+++ + + + + + + + +

A few shout outs.

I'd like to thank the outstanding sag support. Teresa has the sag support down—she is a professional! Ride wouldn't be the same without her.

Laurie did an outstanding job for a first-time sag driver. She also had lunch duty and was right there with lunch when we arrived at Old La Honda Market, no waiting around. We were fed and ready to go in record time.

Special thanks to Bob and Jane for filling in with sag support. Kylie, as always, is a pleasure.:)

Kevin also deserves a big thank you, he researched the deli (sandwiches were great) and Palo Alto sag location—not easy to find parking for several vehicles in downtown Palo Alto. He was instrumental in coordinating the sag support, and working with us to making sure everyone arrived safely.

Thank you Jane for hanging with me up the Old La Honda climb and then the oh, so fun downhill. It was fun trying to chase you down on the descent :) Lastly, it was great to see the tired, but happy faces of the first-time century riders: Peter, Mel, Joe and Charles Reyes. I hope to join you next year in that accomplishment.

So glad to be a part of such a fun group of people! Mary

+++ + + + + + + + +

Ken — thanks for leading this ride again. The organization was super with SAGs taking care of us along the way, lunch on the mountain and a great route. This is one of my favorite rides. Hope that you can do this again next year. Thanks to Teresa, Mary, Kathy, Bob, Jane, Laurie, and Janet for helping Ken put on such a great ride. He wouldn’t look so good without you. Steve

+++ + + + + + + + +

I'd like to second this as the best century of the year. Aside from the lowest entry fee, it includes some of the best roads and scenery with only a modest amount of climbing. I urge everyone to stay and play in Santa Cruz, take a scenic route home on Sunday. Thanks a million Ken and support staff.

Bob

+++ + + + + + + + +

One of the best rides of the year! May be the best supported ride available with the rolling SAG / Rest Stop teams. As with any ride, ultimately the participants make the difference between a good ride and a Great Ride. This was a Great Ride. The third I have enjoyed.

Thanks again Ken, Mary, Teresa, Laurie, Janet, Jane and Bob for the planning and support. Ken, Kevin, Brahim, Vic, Bob F, The Bobs and Dave for inspiration, motivation, perspiration and aerodynamic assistance down the coast. Dan

+++ + + + + + + + +

Being the last rider to finish and surprisingly receiving a big round of applause at the end, I couldn't agree more that this was a well organized ride with the best SAG support. Here are some of my personal experiences on the ride.

I had a flat on Niles Canyon. Jane pulled over shortly after and FIXED it for me. Ken came back to take me to the trail as ‘there are some tricky turns’. At mile 70 before finally getting onto Highway 1, we had a short regroup. Jane offered to get E Packs (sp) from the car to help with my cramps while Carol handed me 2 tablets that she had right then and there.

Laurie watched me for the last 45 miles as I was behind everyone else. Her white SUV was parked on the roadside waiting for me to pass by and then she drove to the next spot in my sight. This repetitive process continued to the end. I was embarrassed but her presence motivated me to keep pedaling.

A big thank you to Ken for his leadership and the SAG team and a special personal thank you to Ken, Jane, Laurie and Carol for helping me finish my very first century ride.

A final note: After the ride I wasn't sure if I would do it again. But after waking up this morning with 90% of the muscle soreness being gone, I wanted to do it again in a heartbeat. Hopefully I'll get a bit stronger and ride along with the 2nd or 3rd group on the next ride to draw more riders to join us.

Joe

September 28

Very enjoyable casual ride along the Bay Trail to Point Richmond today. Leisurely pace, lots of conversation, getting to know folks. Hi Walnut Creek Jim. Thanks to Marlowe for the bicycling world championships updates. Quite a few surprises! Nice to see Alberto, on his single, behaving himself and doing as told (by his Drs. of course). Just a very pleasant, scenic & relaxing day on the bike. Thanks Gail & Alberto. Francie & Jim

October 4

Thanks to Gail for leading yesterday's "Odd Friday" ride around the San Ramon/Dublin/Blackhawk/Danville area and to Michelle M. and Kevin T. for leading today's "Two Bridges" rides (2 options) followed by chores and party time at her new place. Peter

October 4

Seeing Julie and Will in their “other life” of Bavarian dancers. Met their friends from the dance club. Wonderful time. Hot day! Dick Skow’s daughter-in-law allowed us to put our helmets, packs, etc. in the back room of her store in downtown Clayton. Julie Hampton

October 13

Dick Skow led today’s ride from Heather Farm to Moraga Commons and Orinda. After a refreshment stop at Theater Square we returned through Lafayette. Peter

October 15

Pete Culshaw led today’s ride from Heather Farm in Walnut Creek over to Lafayette and then up Happy Valley and down Sundown/Dalewood/Lombard/Miner into Orinda. After refreshments at Theater Square we returned on the trail along Hwy. 24 to Lafayette. Peter

October 17

Gail led today's Odd-Friday ride from San Ramon south through Dublin and then turning northeast through the Windemere development on our way to Blackhawk and on to Danville (although we lost a few riders to the lure of a Mt. Diablo climb). Peter

October 18

The Feather Pedals ride took us from San Ramon Central Park south through Dublin and then up to Blackhawk with a little side loop up the El Pintado hill before dropping down to Danville. Peter

October 19

Special thanks to the Giffords for once again inviting us to their lovely Escalon home for our Progressive Dinner ride today and to both them and the Powers’ for all the preparation and effort that went into making it such a memorable occasion. We rode
and double thank you to the legion of volunteers who made the
dinner courses following the rides: soup, salad, main entree, and
dessert. Peter

TOUR OF THE SACRAMENTO RIVER DELTA

Many thanks to all that assisted in making TOSRD 2014 an
enjoyable experience:
Bob Strain for loading and staging trucks, Adele Madelo with
jersey distribution and Saturday a.m. check in, Christy
Simpson with food preparation, luggage, check in, and clean
up, Jim Van De Vreugde with check ins, jersey and swag hand
outs, and clean up, Gail Blanco for food preparation, Mona
Nakamura for assisting with food on Saturday and Sunday,
Molly Michel Felder for assisting with food on Saturday and
Sunday, Jean Watts for assisting with food on Saturday and
Sunday, Lynn DeMattei for assisting with food on Saturday and
Sunday, check ins, and cleanup, Robert DeMattei for sag on
Saturday and Sunday, John Rodriguez for sag on Saturday and
Sunday, Dan Granahan for water / rest stops on Saturday and
Sunday along with sag, Laurie Van Raalte at the Sunday
water / rest stop, Bob and Bonnie Powers for staging food and
trucks, food preparation, luggage, check ins, lunch on Saturday and
Sunday's B-B-Q, accompanied by Kim, Randy, and Hailey
Powers with food preparation, B-B-Q, and clean up, Jim
Paulos for the sag / sweep both days, Jaynette Rossiter who
pitched in to assist on Sunday, and Jim Duncan for checking
and marking the route along with check ins, luggage, lunches,
clean up, and all around assistance.

Hopefully, I have not left anyone out. It is a treat to be able to ride the route because of assistance
from workers and hear rider input.
TOSRD 2015 is scheduled for the second weekend of October, 2015.

Once again, thanks to all of you,
Francie Cushman, TOSRD chair

Thanks to all the team members who put together such a
wonderful weekend for the riders. Everyone from the route
planning team, road arrow markers, SAG support and
coordinators of all kinds, thank you! We especially enjoyed the
barbecue on Sunday. Oh, and thank you for the tail winds.
Warmest regards, Chuck and Mary

Chuck and all VS members -
I second what Chuck said...this ride was very well planned and
executed (except maybe the hotel check in which was not the
fault of the VS team)...I don't think we have a clue about how
much work goes into producing an event like this and other
events like the Cinderella Classic...most of us simply show up
and ride and enjoy the experience, which we should...
The route was improved and the route was so well marked that
you really didn't need a route sheet...I know that Jim Duncan
and Francie Cushman drove the entire route and marked every
critical turn the Friday before the ride...and think about the
route through parking lots and other difficult sections...how did
they do it...they did an amazing job...
The lunch and BBQ were excellent...it is hard to beat Bonnie's
macaroni salad, potato salad, tuna salad, and all of the other
wonderful food, and did I mention the strawberry short cake
w/whipped cream...WOW...
And how about Bob's famous BBQ...with a selection of burgers
for everyone's dietary preference...and you can even toast your
bun if you will watch it...
And double thank you to the legion of volunteers who made the
experience so great...check in, snacks at Saturday check in,
ICE CREAM, soda, etc upon arrival in Sacto, the lunch at
Courtland School en route, the water and snack stop on the
return trip - what more could you want...
For me personally it was nice to see people I met on my first
ride about 5 years ago...who are not club members, but who
love this ride and sign up every year.
Anyway, thank you and congratulations to the VS team that
worked so hard, produced such a great event and had a record
sign up...over 200 riders this year...
I am proud to be a member of this bicycle touring club... Clay

I so agree; this was my first TOSRD and I had a great time.
Well organized and so many wonderful folks to help us and
make for a great ride.
I am wondering whom I can talk to about that wind during the
last 5 miles!
Thanks so much for all your hard work and see you next year!
Murph

I was a first-timer for this ride, albeit a regular with VS, and I
cannot say a big enough thanks to all who planned this
beautiful ride. I am so grateful and happy to be part of such a
great club with great people. Clay spelled it out very well. I
hope everyone sleeps well tonight with tired legs and a full
heart. Blessings to all and another big thank you!

I want to add to the mix here and thank everyone who
contributed to the success of this year's ride. Your hard work
was truly appreciated! As one of the tandem pairs we were
extremely grateful for this year's smoother route. We had a
terrific time

UPCOMING DATES TO MARK ON
YOUR CALENDAR

December 3rd – Club Business Meeting at Round Table Pizza
in Dublin. The election of your 2015 Club Officers will take
place at this meeting.

February 7th 2015 – Mid Winter Party

April 18, 2015 – Cinderella Classic and Challenge

April 19, 2015 – Bicycle Swap Meet
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 VSpnews02@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

E.B.B.C. 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 at:
http://www.valleyspokesmen.org/Sys/vs-list

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

Come Ride With Us!