President’s Message

Marcus Van Raalte

Here is a quick checklist of items that you should have with you and your bike when you are out on a ride. There are probably many reading this piece who will know of many further things to have, and maintenance to be done, but hopefully these fundamentals will get you started.

What do we need to do to look after our bike?

- Cleaning – clean the frame etc., this will help to notice anything that is wrong,
- Tires – pressure and condition – make sure the pressure is at your desired level between 90-120psi, and
- Chain – clean and oiled – if kept clean and oiled it will make your ride smoother, changing gears easier and the chain will last longer.

What do we need to carry to be prepared during a bike ride?

- Spare tire inner tube (maybe 2),
- Kit for changing the tube, including the tools for taking your tire off when you get a flat. Also, an inner tube repair kit,
- Air pump (or CO2 cartridge etc.), and
- Allen wrench set for your bike and a chain tool.

What do you need to have to ride out on the roads?

- Helmet – this is required for all group rides, but a good idea for all rides,
- Water – 1 or 2 bottles, it is important that you drink enough to stay hydrated,
- Snacks – 1 or 2 snacks, this is also important to keep fueling your body with enough energy,
- Identity – RideID or your license in the event of a crash,
- Money and phone – so you can buy something and/or call for help, and
- Route – always good so you know how long it will take you. Make sure someone knows your plans and when you expect to be home (if possible).

What do you need to be aware of/be thinking about for your safety on the roads?

- Road conditions – make sure you ride more cautiously if the roads are slick due to rain or debris,
- Road choice – choose roads that have room for bicycles, preferably with a bike lane,
- Road position – stay to the right, ride single file, keep your distance to other riders,
- Riding behavior – always follow the traffic laws and ride predictably for the safety of yourself, other riders, and cars, so we all anticipate the next move, and
- Riding visibility – ride so others can see you with bright, reflective clothing and accessories and use lights as needed.
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.

HEELMETS 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: Carpooling 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.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
**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
**TUESDAY** and **THURSDAY** conditioning rides from Dublin leave at 9:30 a.m.
**TUESDAY** and **THURSDAY** evening T ’n T rides will resume in March
**ODD FRIDAY** morning ride from Central Park at 9:00 a.m. **Beginner Friendly.**

**APRIL 2015**

**WED. 4/1/15 2-L/M 25-50 miles 9:00 a.m.** Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at: http://ridewithgps.com/users/74695/routes at least 48 hours before the ride. Be sure to check for the ride listed with the correct date. Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

**WED. 4/1/15 2-L/M 35 miles 10:00 a.m.** We’ll ride south from Shannon Center in Dublin to Sunol and continue on Calaveras to Sunol Regional Park. Take I-680 to the Alcosta exit; go west to San Ramon Rd. and south to Shannon Rd.; turn right and right again into the parking lot. Bring water and snacks.
Ride Host: Peter Rathmann, 925-336-0973.

**WED. 4/1/15 3-B ~ 20 miles & 2-L ~ 15 miles 6:30 p.m.** WAW (Wednesday After Work) is a Wed. evening training ride series leaving from Les Knott Park in Livermore. Most weeks we will have two options available. Doug will lead a B paced ride intended to get the heart rate up quickly and keep it there for an hour and Janet will lead an L paced ride for anyone looking for something a bit more tame. Routes will vary and are generally posted on the calendar prior to the ride. Meet at the park at 655 N. Mines Rd. Ride Hosts: Doug Ondricek, (925) 980-2490, and Janet Ondricek, (925) 579-4573.

**THURS. 4/2/15 2-M 20-25 miles 9:30 a.m.** Tuesday and Thursday morning rides starting 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 the participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18 mph pace. This is a social ride involving a Peet's Coffee stop. Ride Host: Bob Heady, 925-980-7989.

**THURS. 4/2/15 2-M/B 25-35 miles 6:00 p.m.** Tuesday and Thursday training rides starting at Shannon Center in Dublin and using assorted routes. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Ride Host: Dan Carhart, 925-828-8964.

**FRI. 4/3/15 2-L/M No Drop 25-35 miles 9:00 a.m.** (Note earlier start.) This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcome! 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. 4/4/15 2-L 60-67 miles 8:30 a.m.** 12th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride will start at the Park&Ride lot on Sycamore Ave. in Danville and will have a choice of two distances. The Park&Ride lot is located at the NE corner of the Sycamore Ave. and I-680 interchange. Both women and men welcomed. Be ready at least 15 minutes early for announcements. Beginner friendly. See the online calendar for ride details. Ride Host: Mary Elemen, 925-759-6555.

**SAT. 4/4/15 3 L-M 46 miles 10:00 a.m.** Pescadero Ride. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Many of us will likely have lunch in the area after the ride. Check the online calendar or with the Ride Hosts for more details. Fourth in a series of hill climb rides by the Strains. Ride Hosts: Kathy Strain, 925-785-4355, and Bob Strain, 925-997-5160.

**SUN. 4/5/15 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 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. See online calendar for route sheet.
Ride Host: Kevin Thieben, 925-437-5919.

**MON. 4/6/15 See 9:00 a.m.** Heather Farm Standing Ride details on WED. 4/1/15.

**MON. 4/6/15 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.**

**TUES. 4/7/15 See 9:30 a.m.** Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

**TUES. 4/7/15 See 6:00 p.m.** Tn'T Evening Ride details on THURS. 4/2/15.

**TUE. 4/7/15 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 Ave. exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Ride Host: Jane Moorhead, 925-980-9889.

**WED. 4/8/15 See 9:00 a.m.** Heather Farm Standing Ride details on WED. 4/1/15.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
WED. 4/8/15 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; 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

THURS. 4/9/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

SAT. 4/11/15 2-L/M 24 miles (both Classic and Plus) 10:00 a.m. 13th and final ride in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. Today's ride starts at the Sycamore Park & Ride lot at the NE corner of the intersection with I-680 in Danville. Beginner Friendly, SAG-supported ride. Be ready at least 15 minutes early for announcements. No host lunch and graduation celebration after the ride at the Tower Grill in Danville (301 Hartz Avenue, 925-820-6996). See online calendar for route map. Ride Host: Karin Ball, 408-406-2286.

SAT. 4/11/15 3-L/M 41 miles 10:00 a.m. Mt. Tamalpais Ride. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Many of us will likely have lunch in the area after the ride. Fifth in a series of hill climbs by the Strains. For details check the online calendar or with the Ride Hosts. Ride Hosts: Kathy Strain, 925-785-4355, and Bob Strain, 925-997-5160.

SUN. 4/12/15 2-L/M 35 miles 10:00 a.m. Wildflower ride! Starting from Shannon Center, we'll ride down to Sunol Regional Park and identify some of the wildflowers along the way and in the park. Optional brief walk in the park. Meet at Shannon Center. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Rd. and immediately right again into the parking lot. Bring water and snacks. Ride Host: Erica Dedon, 925-828-9183.

MON. 4/13/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

TUES. 4/14/15 See 9:30 a.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 4/14/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 4/14/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 4/15/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

THURS. 4/16/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

THURS. 4/16/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

THURS. 4/16/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

SAT. 4/18/15 THIRTY-NINTH ANNUAL CINDERELLA CLASSIC AND CHALLENGE Registration between 7:00 a.m. at the Alameda County Fairgrounds in Pleasanton, CA. Event open to WOMEN and GIRLS ONLY!!! PRE-REGISTRATION ONLY!!! No day-of Registration. For information call: Jim Duncan at 925-209-1369 or Bob Powers at 925-828-5299.

SUN. 4/19/15 2/3-M 25-35 miles 10:00 a.m. Join Peter today on this ride from Dublin to Sunol and back again. Longer options for the return are via Sunol Regional Park or Palomares Rd. Please check the online calendar for the correct starting location in Dublin. The annual post-Cinderella Swap Meet will follow the ride. Ride Host: Peter Rathmann, 925-336-0973.

MON. 4/20/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

TUES. 4/21/15 See 9:30 a.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 4/21/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 4/21/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 4/22/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 4/22/15 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; 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

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
WED. 4/22/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.


THURS. 4/23/15 See 6:00 p.m. T’n’T Evening Ride details on THURS. 4/2/15.

SAT. 4/25/15 3-M 34 miles 9:00 a.m. Shannon Center to Palomares Hills and Cull Canyon. We will start at the Shannon Center, San Ramon Road & Shannon Avenue in Dublin. We will ride to Castro Valley via Dublin Canyon Road, climb into Palomares Hills via Sunnyslope Avenue, then continue to the end of Cull Canyon Road. We will return via Dublin Canyon Road and Schaefer Ranch Road with a stop at Bodhi's Java for coffee. For those inclined to less climbing the Sunnyslope Avenue climb into Palomares Hills can be omitted. Ride Host: Steve Kowalewski 510-246-2815, skowalewsk@aol.com

SUN. 4/26/15 2-M 45 miles 9:00 a.m. Peter will lead a ride from Central Park in San Ramon. We will head toward Danville then out to Livermore, before returning through Dublin to Central Park. Note that this ride goes near the San Ramon Central Park parking lot. Ride Host: Peter Rathmann 925-336-0973.

MON. 4/27/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

TUES. 4/28/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

TUES. 4/28/15 See 6:00 p.m. T’n’T Evening Ride details on THURS. 4/2/15.

TUES. 4/28/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 4/29/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 4/29/15 3-L/M ~50 miles 9:00 a.m. Ride from San Ramon to the Bay Bridge. We'll head north through Danville and Alamo, then west to Moraga, up Pinehurst to Skyline before dropping down to the path on the new part of the Bay Bridge. After checking out how the deconstruction of the old bridge is going we'll return to Emeryville for a lunch stop and then return via BART. Meet at San Ramon Central Park on Bollinger Canyon Rd. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right turn into the park. Ride Host: David Pereira, 925-640-3491.

WED. 4/29/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.

THURS. 4/30/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

THURS. 4/30/15 See 6:00 p.m. T’n’T Evening Ride details on THURS. 4/2/15.

FRI. 5/1/15 2-L/M No Drop 25-35 miles 9:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 5/2/15 2-L/M 44 miles 9:00 a.m. Starting from the Bollinger Canyon Park & Ride Lot, we'll head north to Moraga Common Park as our first rest stop and then continue on Moraga Way to Orinda Theater as our second rest stop. We'll then return through Moraga and Danville to the start point. Take I-680 to the Bollinger Canyon exit. The Bollinger Canyon Park & Ride lot is located at the SW corner of the intersection behind the Chevron station. Please bring food and liquids, and/or money to buy. http://ridewithgps.com/routes/7124683
Ride Host: Joe Cheng, joetcheng@yahoo.com, 925-683-9689.

SUN. 5/3/15 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 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 to Greenville to Tesla and continuing on the route. See online calendar for route sheet.
Ride Host: Peter Rathmann, 925-336-0973.

MON. 5/4/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

MON. 5/4/15 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.

TUES. 5/5/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

TUES. 5/5/15 See 6:00 p.m. T’n’T Evening Ride details on THURS. 4/2/15.

TUES. 5/5/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 5/6/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 5/6/15 3-L/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; 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. 5/6/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
THURS. 5/7/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

THURS. 5/7/15 See 6:00 p.m. T’n’T Evening Ride details on THURS. 4/2/15.

SAT. 5/9/15 3-L/M 60 miles 9:30 a.m. Start at Old Nob Hill Parking Lot on South Livermore and Pacific Avenue and ride out Mines Rd. to the Junction. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Many of us will likely have lunch in the area after the ride. Shorter option with turn around at the county line. Sixth in a series of hill climb rides by the Strains. Ride Hosts: Kathy Strain, 925-785-4355, and Bob Strain, 925-997-5160.

PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

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

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

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

RIDE REVIEWS

February 28th
I want to thank the five (5) riders who showed up to do my ride today (Dave Neal, Jim V., Gilbert, Larry and Richards who rode to the top of Corral Hollow). We had a great ride and we even enjoyed some tail wind on some of the roads. The weather was nice and the hills were great and covered with flowers. Brahim

February 28th
This was the Valley Spokesmen (VS) Feather Pedals (FP) Cinderella Series #7 of 13. We had 55 total riders; 25 riders on the Classic route of 42.9 miles and 15 riders on the Classic+ ride of 50.9 miles; 15 riders who did not indicate a route (please be sure to check off a route box). Of the total riders there were 36 VS members and 19 non-VS members. To show your support and appreciation for the volunteer efforts of the VS Club as well as the many other Club benefits like access to fun events and discounts at local bicycle shops, we suggest joining VS and opt in for eMails to receive updated communications as well as join the Feather Pedals Facebook page where we can share information and comments specific to FP. The Host for this ride was Kathy Kane with Rebecca Wood and Karin Ball as her back ups as Kathy was a bit under the weather and unable to join us for the ride. Wish you wellness wishes Kathy!!! Our weekly SAG, Dean Ball, was unable to join us due to business travel. He and the donuts were greatly missed by many :-( Many thanks to Steve Tracy for volunteering his time to SAG along with Karin Ball. Thank you to all riders for adjusting your miles accordingly to return before the rain started. Karin

March 1st
Beautiful sunny day for Dianne's first ride as host although a little less breeze would have been welcome. Nice mix of mustard yellow and green grasses on the hills around Livermore. Peter

March 7th
Today was the Valley Spokesmen (VS) Feather Pedals (FP) Cinderella Series #8 of 13. We had 152 total riders; 67 riders on the Classic route of 45.9 miles; 75 riders on the Classic+ ride of 52.1 miles; and 10 undecided (please be sure to check off a route box). Of the total riders there were 115 VS members and 37 non-VS members. The Host for this ride was Karin Ball. The New Comers Group was supported by Jim Duncan and other FP volunteers. The ride support team was SAG Dean and Sweep, Charles. Many thanks to Dave and Kathy Anderson for the Crystal Geyser water for the SAG car. And, to Jim and the VS Club for the free bento boxes, socks, and license plate frames saying "Share the Road" / Valley Spokesmen Club and thanks to all the riders who shared their positive comments about how much they enjoyed the group and rides. Karin

March 13th
Another summer-like day for Gail's Odd Friday ride from San Ramon Central Park. We started out heading south to Dublin before taking Dougherty and Bollinger Canyon up to Blackhawk. Camino Tassajara, Diablo, and El Cerro rds. took us to our biggest climb, the loop on El Pintado, before dropping down to downtown Danville for our refreshment stop at La Boulange bakery. Peter

March 14th
This was the Valley Spokesmen (VS) Feather Pedals (FP) Cinderella Conditioning Series #9 of 13. We had 81 total
riders; 47 riders on the Classic route of 46.8 miles; 34 riders on the Classic+ ride of 53 miles. Of the total riders there were 56 VS members and 25 non-VS members. The Host for this ride was Rebecca Wood. The New Comers Group was supported by Jim Duncan and other FP volunteers. The ride support team was SAG Dean and Sweep, Charles. Many thanks to Meredith Nielsen for her training “How to Safely Slow & Stop,” to Dave and Kathy Anderson for the Crystal Geyser water for the SAG car. And, to Jim and the VS Club for the free bento boxes, socks, and license plate frames saying “Share the Road” / Valley Spokesmen Club and thanks to all the riders who shared their positive comments about how much they enjoyed the group and rides. Rebecca

March 15th
Excellent day for Kathy’s ride from Shannon down to Sunol and continuing past the Calaveras Reservoir to Ed Levin Park with a return through Milpitas and Fremont to Niles Canyon and then over Palomares, Dublin grade, and Schaefer Ranch. Warm but with enough cloud cover to keep us comfortable on the climbs. Peter

Thanks, Peter, for taking photos during our rides! They’re always a special treat to look at once we get home! Kathy

March 16th
A little cooler and cloudier today for Dick’s ride from Heather Farm down to Danville and then winding through various neighborhoods in the Blackhawk, Diablo, and Alamo areas on our way to Cherubini’s for our refreshment stop. Peter

March 18th
Beautiful sunny day for Dave’s ride from the San Leandro Marina around Alameda and Bay Farm islands. We enjoyed a number of the waterfront trails in the area, albeit with a few bumps on some of them, clear views across the bay, and some lovely Victorian architecture homes on Alameda. Peter

March 21st
The Valley Spokesmen (VS) Feather Pedals (FP) Cinderella Conditioning Series ride #10 of 13. What a beautiful day it was! We had 80 total riders; 48 riders on the Classic route; 32 riders on the Classic+. Of the total riders there were 62 VS members and 18 non-VS members. On behalf of all the FP Volunteer Organizers, SAG, & Sweep...thank you for joining us, Recumbent Kathy

March 22nd
One down and five to go of the Dunning brothers’ six metric centuries in six days ‘Boot Camp’ series. We started in a light drizzle from Diablo Vista Park and finished with some dark clouds forming again but had just about ideal riding conditions in between. Cool enough for the climbs up ‘Pig Farm’ and the ‘Three Bears’ hills but enough sunshine to enjoy the views of the green hills while they last. Peter

UPCOMING EVENTS

April
4 Pardee Party, Ione, CA
11 Tierra Bella Century, Morgan Hill, CA
11 Mulholland Challenge & Double, Santa Monica, CA
11 Hemet Century & Double, Hemet, CA
16-19 Sea Otter Classic, Monterey, CA
18 Cinderella Classic & Challenge, Pleasanton, CA
18 Mr. Frog’s Wild Ride, Murphys, CA
18 Bike Around the Buttes, Yuba, CA
19 Giant Bay Area Swap Meet, Dublin, CA
19/25 Big Sur Coast, Big Sur, CA
25 SLO Wildflower, San Luis Obispo, CA
25 Cycle East Lake, Chula Vista, CA
25 Alpine Challenge, San Diego, CA
25 Devil Mountain Double, San Ramon, CA
25 Folsom Powerhouse Century, Folsom, CA
26 Primavera Century, Fremont, CA
26 Chico Wildflower, Chico, CA
26 Tour de Cure, Long Beach, CA

May
2 Wine Country Century, Santa Rosa, CA
3 Delta Century, Lodi, CA
3 Grizzly Peak Century, Moraga
3 Tour de Cure, Yountville, CA
8 Ride 2 Recovery, Lake Tahoe, CA
9 Carquinez Century Ride, Martinez, CA
9 Gold Country Challenge, Grass Valley, CA
9 Motherlode Century, Lotus, CA
9 Central Coast Double, Paso Robles, CA

UPCOMING DATES TO MARK ON YOUR CALENDAR

April 18, 2015 – Cinderella Classic and Challenge
April 19, 2015 – Bicycle Swap Meet
April 26, 2015 – Wente Race – VS Race Team

PASO ROBLES – 2015

HAVE YOU HEARD THE NEWS?
When taking everything into consideration, the decision has been made – There will NOT be a ride to Paso Robles this year. It’s been an annual tradition since 1973.

There are just too many variables:
- Lack of interest is the biggie. I have heard from a very few number of persons who wish to ride.
- The large number of members touring in Provence during the Paso week end is a factor
- Scheduling, if we were to leave the end of April/first of May to accommodate those leaving for Europe early, it’s a push so soon after Cinderella
- Then there is the planning, ordering, preparing, I do not feel it is in my best interest to make the effort.

Sorry to the few of you who expressed interest, next year for sure! I PROMISE!

Bonnie

VALLEY SPOKESMEN AFFILIATIONS
Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bike East Bay – www.bikeeastbay.org (formerly EBBC) Bike Trial Council of the East Bay - www.btecb.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
Nature Conservancy – www.nature.org
Planning and Conservation League - www.pcl.org
Rails to Trails – www.railstotrails.org

Valley Spokesman Bicycle Touring Club
General Membership Meeting Minutes

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
Wednesday, March 4, 2015
Meeting called to order at 7:00 p.m. by Marcus Van Raalte.

Old Business

Treasurers' Report - Dan Carhart announced there are close

Ride Report – Peter reported the Feather Pedal rides are
go ing smoothly and are well attended. He also made mention

Community Liaisons: Peter Culshaw provided an update of

Correspondence – None to report at this date. Bonnie will

Cinderella: Jim mentioned that Dan is the soup chef for

Entertainment: Janet Ondricek provided a lovely slide show

Good of the Order: Jane would like to write on article

Valley Spokesmen Bicycle Touring Club

Executive Board Meeting Minutes

Wednesday, March 11, 2015
Meeting called to order at 7:00 p.m. by President, Marcus Van

Present: Bonnie Powers, Marcus Van Raalte, Jim Duncan,

EXECUTIVE BOARD MINUTES

APPROVE FEBRUARY MINUTES and MARCH GENERAL
MEMBERSHIP MEETING MINUTES-approved by Marcus
Van Raalte

Ride Report: Nothing new to report since the General
in the June or September meeting.

**Election Procedures:** Jane prepared a written summary of her proposed nomination and election procedure. Jane suggests a nominating committee of 3-5 participants to include: the President, Vice-President, and three disinterested Valley Spokesmen members. Interested Valley Spokesmen members can submit their names for consideration for the committee in September (September general meeting, September newsletter, and the VS email list). The committee will then meet to determine the positions up for election. Current club members in good standing may self-nominate for open positions or be nominated. Jane will continue to work on the procedures so they may be finalized and approved by the Board. The Task Force for amending the Articles of Incorporation and Bylaws will also present the recommended voting procedures to counsel for review and approval.

**Use of Cinderella Carriage:** It was confirmed that we will have the Cinderella Carriage available at the lunch stop during the Cinderella ride along with an opportunity to have photos taken by a professional photographer.

**Bike Master Plans:** Nothing to report.

**Correspondence:** Bonnie reported that all Club Affiliation and Memberships have been paid.

**NEW BUSINESS**

**Ride Leader Credit Program:** Ken prepared a "Valley Spokesmen Ride Leader Credit Program" to provide incentives for ride hosts. The new program will reward hosts with one credit for each ride led. Ride hosts must be in good standing. Rides must be listed in the VS Newsletter or at least 72 hours in advance of the ride on the on-line Ride Calendar. Ride sign-up sheets must be received by the VS office within 30 days of the ride. Credits can be accumulated from January 1st to December 31st. Credits will not carry over to the next year. One credit is also given for volunteering at the Cinderella Classic and VS Race Team races. The reward system follows: 3 credits = socks, 5 credits = VS Club Membership, 6 credits = VS Club Arm Warmers or Gloves, 12 credits = VS Club Vest, 15 credits = VS Club Jersey or Shorts, 20 credits = $100.00 gift card at your Local Bike Shop. A maximum of 30 Ride Leader Credits may be redeemed per calendar year. Ken made a motion to pass the modified ride leader credit program, Clay seconded the motion and was approved by all.

**Bike to Work Day:** No concrete plans yet. Julie will follow up with Adele to see if Bike East Bay has something planned. The club will donate 1200 bento boxes. Discounted Tickets for Club Members: Julie will be looking into securing discounted tickets for club members to attractions and/or events. She currently has an idea for an A's game and will look into it further.

**New location for quarterly meetings:** Jane inquired about the possibility of hosting the General Meeting at a new location. Bonnie gave a brief history of the club's search for facilities. Round Table was chosen because of the size of its conference room and the overall cost of hosting there. Bonnie mentioned that anyone is welcome to check for a free, cheap and/or reasonable alternative.

**Trademark:** Jim noted we have a trademark for the Cinderella Classic which should be used on any correspondence that references the Cinderella Classic. It was recommended by counsel the trademark be renewed beginning January 23, 2016.

**Cinderella Update:** Jim reported 2,151 registrations for Cinderella, which is a greater number than last year. He will send out another email blast seeking more participants. Jim reported we are in need of more volunteers for sorting, stowages, and sags. There remain eight spots to be filled.

**Swap Meet:** Not confirmed, Bonnie will follow up.

**Wente Race:** Jim confirmed The Wente Race will be April 26. He will send out appropriate forms and volunteer requests.

**Paso Robles Update:** Bonnie reported there are a few interested members in riding to Paso Robles in early May in lieu of the customary ride over Memorial Day weekend. Please let Bonnie know if you're interested.

**Updating the VS Membership List:** Marcus inquired about updating the current VS list. Ken has updated the on-line directory and has suspended members who haven't renewed their membership.

**Management of all VS Lists:** Marcus expressed concern regarding accessibility to all the VS lists. Ken suggested using Google Groups as a central location for all administrative information.

**GOOD OF THE ORDER**

- James Paulos inquired about getting a splitter if we will be hosting the General Meeting at Round Table. Bonnie felt it wasn't necessary at this point.
- Clay will follow up with entertainment for the June General Meeting.
- Julie made a motion for a donation to the Mc Cloud Fire Department in memory of George Ondricek for $200.00. The motion was seconded by Emma and approved by all.
- Jim D. reported that Julie is in good spirits and currently has bright green casts. In the meantime, Will has added shopping and cooking to his line of skills set. Bob heady is doing well and has a Giant's stencil on his cast.

The meeting adjourned at 9:11 p.m. to the Executive Board meeting on April 8, 2015 at 6640 Spruce Lane, Dublin, Ca. Respectfully submitted,

**Kathy Koos, Recording Secretary**

*******

**Valley Spokesmen "Bicycle" Touring Club**

**Correspondence March 2015**

**Sent:**

1. Check to Business Cards (B of A) for charge account.
2. Check to Jane Moorhead for Cinderella kick-off expenses.
3. Check to Kathy Strain for Mid-winter party expenses.
4. Check to Valeshka Sackville for 2015 Cinderella patch design.
5. Check to Minuteman Press for printing of March newsletter.
7. Check to National Park Foundation for annual membership dues.
8. Check to The Nature Conservancy for annual membership dues.
9. Check to Rails-to-Trails for annual membership dues.
10. Check to San Ramon Valley Unified School District for use of Greenbrook School on Cinderella day.
11. Check to Dublin Security Storage for use of truck unloading storage locker of Cinderella supplies.
12. Check to McCloud Fireman's Association in memory of George Ondricek.
13. Check to Bruce Ingrassio for Cinderella worker T-shirts.
14. Check to Julie Hampton for Mid-winter party DJ fee.
15. Check to Amos Productions for balance due on Mid-winter party DJ fee.
16. Check to Purchase Powers for postage on meter.
17. Check to Business Cards (B of A) for charge account.
18. Check to Donahue Fitzgerald Attorneys for By-laws/Incorporation consultation.
19. Check to National Parks Conservation Association for annual membership dues.

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Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
20. Signed contract with Concannon Vineyard for use of grounds for first Cinderella check point.

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

**VALLEY SPOKESMEN CLUB GEAR**

The following Valley Spokesmen clothing is available:

- short sleeve jersey - club cut - $65.00
- long sleeve jersey - club cut - $65.00
- bib shorts - women / men - $58.00
- short sleeve jersey - (to be discontinued) - $70.00
- sleeveless wind shell vest - $60.00
- long sleeve jacket - (to be discontinued) - $69.99
- short sleeve jersey - women's cut - $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

MILEAGE REPORT EXCLUDES NINE FEATHER PEDAL SIGN-IN SHEETS THAT HAVE NOT YET BEEN RECEIVED

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This report represents club members who have ridden more than 200 miles in 2015. There have been 40,779 miles ridden by club members already in 2015!
THE VALLEY SPOKESMEN TOURING CLUB

proudly presents

THE THIRTY-NINTH ANNUAL CINDERELLA CLASSIC
and CHALLENGE

EXCLUSIVELY for Women and Girls!

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

WOMEN AND GIRLS ONLY! No male riders

When: Saturday, April 18, 2015

Where: Alameda County Fairgrounds, Pleasanton, CA
- From I-680 traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12
- From BART (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on We Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

Bring: Bright your emailed confirmation letter AND a photo ID

Cost: ADVANCE REGISTRATION ONLY - $55.00 - Includes registration, Cinderella patch, Food, SAG support and insurance.
NO “DAY OF” REGISTRATION!!! LIMITED TO 2500 RIDERS!!! Registration closes when the rider limit is reached.

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

Helmets: A bicycle helmet is required on this ride!

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

Route: A route sheet will be provided.

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

Rain: The ride is on rain or shine, there is NO make-up day!

T-shirts/Sweatshirts: Special Cinderella Classic shirts will be available for purchase from a vendor.

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

For Additional Information Call: Jim Duncan (925) 209-1369 or e-mail: cinderellaclassic@valleyspokesmen.org
Bob Powers (925) 828-5299 or e-mail: b-bpowers@att.net
webpage: http://www.valleyspokesmen.org

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
2015 CLUB OFFICERS

President: Marcus van Raalte 925-437-3253
Vice-President: Clay Dunning 818-266-2660
Treasurer: Dan Carhart 925-828-8964
Recording Secretary: Kathy Koos 925-963-8506
Corresponding Secretary: Bonnie Powers 925-828-5299

Ride Chairmen: Joe Cheng 925-683-9689
Peter Rathmann 925-838-1973

Newsletter Editor/Typist Julie Hampton 510-685-7103
Electronic Newsletter Editor Jane Moorhead 925-980-9889
Newsletter Publisher: Emma Olenberger 707-479-2549
Past President Mark Dedon 925-828-9183
V.S. Racing Team contacts: Jim Duncan 925-209-1369
Ted Vidnovic 925-337-2803

2015 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.: Adele Madelo 510-773-0693

Mileage Keeper: Jim Paulos 510-200-8125
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: Alan Kalin 925-719-2256
Dublin: Francie Cushman 925-719-2256
Hayward: James Paulos 510-886-7470
Lafayette: Open
Livermore: Open
Oakland: Adele Madelo 510-773-0693
Pleasanton: Bill Rose 925-846-3867
Pleasant Hill: Open
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.

2015 current club members may subscribe to the VS mailing list by following the directions at:
http://www.valleyspokesmen.org/Sys/vs-list

http://www.valleyspokesmen.org