Don’t Give It All Back

In the weeks leading up to the Cinderella Classic the roads were packed with large groups of women riders, heads down, focused on training for the “Big Event”. Now that the day has come and gone, the roads seem almost empty in comparison. If you were one of those hard training riders and have since taken a break from riding or stopped all together, don’t stop now. You have completed the most difficult and painful first phase of training. This initial level of fitness is the hardest to reach and the quickest to go away. Keep riding, keep the focus, the best is yet to come. Don’t Give It All back now!!

Congratulations to all the intrepid cyclists who completed the 2015 Cinderella Classic and Challenge. Mother Nature was more than cooperative with mild temperatures and moderate winds and mercifully did not produce any rain that we so desperately need in our reservoirs and rivers. Spirits were high and all the riders seemed to be having a great time. This year’s Cinderella’s totaled 2359 registered riders with 1902 on the road representing 14 states and Vancouver BC, Riders participated from 233 Cities in California. The largest group represented San Francisco then San Jose, Oakland, Livermore and Pleasanton. A total of 125 riders completing the Challenge loop. Many were dressed to appropriately reflect the true spirit of the event. Some of the outfits were TUTU much!

For many of the riders the Cinderella is their first Metric Century and the successful completion of a challenging goal. I hope that many of the First Timers will build on this experience and it will only be the first of many cycling successes. They will integrate the bike into their lives as a key element of a healthier active lifestyle. This is what the Cinderella Classic and Challenge is all about.

I would also like once more to congratulate Jim Duncan, Bob and Bonnie Powers and the small army of 185 volunteers who dedicated the hundreds of hours necessary to make this event another major success…..the participants words (as recorded in the comment books), not mine. The Cinderella Classic and Challenge is truly one of the premier cycling events in the state if not the country.

I would also like to thank all of the Law Enforcement professionals who help make this event run smoothly and safely once on the road, minimize the impact on the local traffic and increase the safety factor at the high traffic stress points.

Keep on Spinning
Dan Carhart
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:  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’nT rides will resume in March
ODD FRIDAY morning ride from Central Park at 9:00 a.m. Beginner Friendly.

May 2015

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, gblanco@aoel.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 Lafayette 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 on 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 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.

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 2-M 20-25 miles 9:30 a.m. Tuesday and Thursday morning ride 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.

TUES. 5/5/15 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.

TUE. 5/5/15 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 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. Ride Host: Jane Moorhead, 925-980-9889.

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

WED. 5/6/15 3-M 40 miles 9:30 a.m. San Ramon Central Park – Diablo Jctn. – W.C. 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 Hoppyard (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 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. 5/7/15 See 6:00 p.m. T’n’T Evening Ride details on TUES. 5/5/15.

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.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
**SUN. 5/10/15** 2-M+/B 30 miles 9:30 a.m. **Mother's Day Tandemonium Ride.** We're breaking out the tandems again and hoping to get a few more tandems, and a more diverse group of riders. We'll have a fast tandem group, as well as a slower tandem group. The single bikes can ride as their own group or off the back of the tandems. Tandems are a little slower up hill, but the descents are FAST and fun to ride in the drafts if you can. We will be doing a few regroups and with it being Mother's Day, it will be a little bit shorter ride. If you're able to join in this Tandemonium, meet at Diablo Vista Park on Tassajara Ranch Rd. just east of Crow Canyon Rd. RideWithGPS link-http://ridewithgps.com/routes/7605761 Ride Host: Gail Blanco & Alberto Lanzas, 925-872-1001.

**MON. 5/11/15** See 9:00 a.m. **Heather Farm Standing Ride details on MON. 5/4/15.**

**TUES. 5/12/15** See 9:30 a.m. **Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.**

**TUES. 5/12/15** See 6:00 p.m. **T'n'T Evening Ride details on TUES. 5/5/15.**

**TUES. 5/12/15** See 7:00 p.m. **Lake Chabot MTB Ride details on TUES. 5/5/15.**

**WED. 5/13/15** See 9:00 a.m. **Heather Farm Standing Ride details on MON. 5/4/15.**

**WED. 5/13/15** 2-L/M 44 miles 9:00 a.m. We'll start at San Ramon Central Park, ride north through Lafayette to Orinda for a refreshment break at Theater Square. Our return will be via Moraga and Lafayette. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right into the Central Park lot. Ride Host: David Pereira, 925-640-3491.

**WED. 5/13/15** See 6:30 p.m. **Wednesday After Work (WAW) Ride details on WED. 5/6/15.**

**WED. 5/13/15** 7:00 p.m. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane, Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

**THURS. 5/14/15** See 9:30 a.m. **Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.**

**THURS. 5/14/15** See 6:00 p.m. **T'n'T Evening Ride details on TUES. 5/5/15.**

**FRI. 5/15/15** 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. 5/16/15** 4-M 53 miles 9:30 a.m. This route includes the best roads in Santa Cruz county and avoids all the bad roads; Eureka Canyon, Glen Canyon, Bean Creek, and one of the greatest climbs in the entire coastal mountain range: Mt. Charlie. I think good old LA has the KOM on Mt. Charlie. Park at top of Mt. Charlie at Summit Road. Exit Hwy 17 at Summit, or park on the south side if there is space. If not, go north on Summit .2 miles and turn left onto Mt. Charlie Road. There is parking along the road on the right. Lunch at Gayle's in Capitola at mile 32. Route: http://ridewithgps.com/routes/7335618 Suggested carpool from the Park&Ride lot at the NE corner of the Stoneridge-I-680 interchange off Johnson Dr. with an 8:00am departure. Ride Host: Rob Delfosse, 925-216-4823, robfosse@yahoo.com


**SUN. 5/17/15** 3-L/M 35 miles 8:30 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-680 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.

**MON. 5/18/15** See 9:00 a.m. **Heather Farm Standing Ride details on MON. 5/4/15.**

**TUES. 5/19/15** See 9:30 a.m. **Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.**

**TUES. 5/19/15** See 6:00 p.m. **T'n'T Evening Ride details on TUES. 5/5/15.**

**TUES. 5/19/15** See 7:00 p.m. **Lake Chabot MTB Ride details on TUES. 5/5/15.**

**WED. 5/20/15** See 9:00 a.m. **Heather Farm Standing Ride details on WED. 5/6/15.**

**WED. 5/20/15** 3-M 40 miles 9:30 a.m. We'll start at San Ramon Central Park, ride north through Lafayette to Orinda for a refreshment break at Theater Square. Our return will be via Moraga and Lafayette. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right into the Central Park lot. Ride Host: David Pereira, 925-640-3491.

**WED. 5/20/15** See 6:30 p.m. **Wednesday After Work (WAW) Ride details on WED. 5/6/15.**

**WED. 5/20/15** 7:00 p.m. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane, Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

**THURS. 5/21/15** See 9:30 a.m. **Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.**

**THURS. 5/21/15** See 6:00 p.m. **T'n'T Evening Ride details on TUES. 5/5/15.**

**THURS. 5/21/15** See 9:30 a.m. **Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.**

**FRI. 5/22/15** 2-L/M 44 miles 9:00 a.m. The 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. 5/23/15** 2-L/M 55 miles 8:30 a.m. Starting at the Don Edwards Wildlife Refuge, we'll head across the Dumbarton Bridge for a loop through Menlo Park and San Mateo. Meet at

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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.
Don Edwards Visitor Center, Marshlands Rd, Fremont (off Thornton Rd, just south of the Dumbarton Bridge). Carpool option from the Sycamore Ave. Park&Ride in Danville with a 7:30 a.m. departure. Ride Host: Julie Hampton, 510-685-7103.

SUN. 5/24/15 3-L/M 42 miles 9:00 a.m. Starting in San Ramon we'll have a leisurely ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Bring water and snacks. Ride Host: Peter Rathmann, 925-336-0973.

MON. 5/25/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 5/4/15.

TUES. 5/26/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.

TUES. 5/26/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 5/5/15.

TUES. 5/26/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 5/5/15.

WED. 5/27/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 5/4/15.

WED. 5/27/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 5/6/15.

THURS. 5/28/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.

THURS. 5/28/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 5/5/15.

FRI. 5/29/15 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. 5/30/15 3-L/M 47 miles (75 km) 8:30 a.m. Shannon to Moraga loop. First we'll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we'll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids. Ride Host: Peter Rathmann, 925-336-0973.

SUN. 5/31/15 2-L/M 30 miles 10:00 a.m. Starting at the San Francisco Ferry Building we'll take a scenic loop around the city including Lake Merced and Golden Gate Park. Meet at the front of the Ferry Building at the end of Market St. (only a couple blocks from the Embarcadero BART station). Ride Host: Julie Hampton, 510-685-7103.

June 2015

MON. 6/1/15 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/4/15, but note earlier start time.

TUES. 6/2/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.

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

TUES. 6/2/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 5/5/15.

WED. 6/3/15 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/4/15, but note earlier start time.

WED. 6/3/15 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Junction - 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. 6/3/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 5/6/15.


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

FRI. 6/5/15 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. 6/6/15 3-L/M 47 miles 8:30a.m. Shannon to Moraga loop. First we’ll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we’ll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids. Ride Host: Peter Rathmann, 925-336-0973.

SUN. 6/7/15 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.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
MON. 6/8/15 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/4/15, but note earlier start time.

TUES. 6/9/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 5/5/15.

TUES. 6/9/15 See 6:00 p.m. T’n’T Evening Ride details on TUES. 5/5/15.

TUES. 6/9/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 5/5/15.

WED. 6/10/15 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/4/15, but note earlier start time.

WED. 6/10/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 5/6/15.


THURS. 6/11/15 See 6:00 p.m. T’n’T Evening Ride details on TUES. 5/5/15.

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

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

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

EVERY 1st SATURDAY MORNING each month. 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neal Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a “no-drop” ride on rolling terrain that is close to 16 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

RIDE REVIEWS

March 27-The cooler temperature was welcome on today’s culminating ride of the Dunning brothers’ ‘Boot Camp’ series of 6 rides of 60 miles each on successive days. Today we followed the ‘Cal-Pal’ route; leaving from Shannon center and heading down to Sunol, continuing past the Calaveras rsvr. to Ed Levin Park and then returning through Milpitas and Fremont with a refreshment stop near Ohlone College before riding through Niles Canyon and up and over Palomares and Dublin Grade back to the start.

April 12-Beautiful day for Erica’s ‘Wildflower’ ride down to Sunol Regional Park. The early morning fog had lifted by the time we started and left the air nice and clear. Although the minimal rain this year resulted in fewer wildflowers than usual, Erica was able to point out quite a few varieties on our ride to and through the regional park.

Peter, Thanks for the pics.

Erica, Thanks for organizing the ride.

To everyone else thanks for the company. My Wife (Lorrie) and I are new members (~1 year) and this was our first no-drop ride. I think we enjoyed the camaraderie as much as the riding today. Thanks! Ira

April 14-Jane hosted this morning’s ride from the Dublin location of Livermore Cyclery down to Sunol and returning through Pleasanton with a stop at Specialty Cafe/Peet’s. We took the Mary Murphy Kane trail south of Bernal and encountered a bobcat right by the side of the trail. Unfortunately he scampered off before I was able to get a picture.

April 19-Lovely day for our ride down to Sunol RR station with three return options. There was the hilly return route via Niles Canyon, Palomares, and Dublin Grade, the Regional Park option heading out Calaveras to Geary and into the park, and the direct return through Pleasanton. I went with the group heading down Niles Canyon to Palomares and enjoyed riding up the creek that’s still flowing nicely. A small rattlesnake on the road took exception to our passing and tried to strike out at my foot but it fell a bit short. After the ride we stopped at the club’s annual Swap Meet to see what bargains were available.

UPCOMING EVENTS

May
2 Wine Country Century, Santa Rosa, CA
3 Delta Century, Lodi, CA
3 Grizzly Peak Century, Moraga
3 Napa Valley 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
16 Lodi Sunrise Century, Lodi, CA
16 Anderson Century, Anderson, CA
17 Strawberry Fields Forever, Watsonville, CA
23 Indian Valley Century, Greenville, CA
22-25 Great Western Bike Rally, Paso Robles, CA
30 Sierra Century, Plymouth, CA

June
7 America’s Most Beautiful Ride, Lake Tahoe, CA
13 Best of the Bay Ride, Orinda, CA
14 Bike the Bridges, Martinez, CA

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
UPCOMING DATES TO MARK ON YOUR CALENDAR
May 14, 2015 – Bike to Work Day

VALLEY SPOKESMEN AFFILIATIONS
Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bike East Bay – www.bikeeastbay.org (formerly EBBC)
Bicycle Trail Council of the East Bay - www.btcub.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 Spokesmen Bicycle Touring Club
Executive Board Meeting Minutes
Wednesday, April 8, 2015
PRESENT: Kathy Koos, Marcus VanRaalte, Mark Dedon, Bonnie Powers, Peter Rathmann, James Paulos, Jim Duncan, Jane Moorhead, Clay Dunning, Dan Carhart, Julie Hampton
Absent: Joe Cheng, Ken Hernandez, Emma Olenberger

CALL TO ORDER by Marcus at 7:01 p.m.

TREASURER’S REPORT - Dan reported that Valley Spokesmen is fiscally solid.

OLD BUSINESS
Ride Report - Peter reported that the Feather Pedals rides are continuing with 100 or more riders each week. Other significant rides for March included Clay’s Boot Camp series of rides spanning six days and the Strain’s Hill Climbing Series.
V.S. Website - Ken updated us via email. There are 2,345 completed Cinderella registrations and 14 pending registrations. There are 29 cancellations.
Master Plans - none to report.
Correspondence - Bonnie is caught up except for membership.

NEW BUSINESS
Report from Organizational Task Force on Amendment of Articles and Bylaws- Clay reported on several accomplishments regarding updating the Articles of Incorporation and Bylaws. Retained Counsel has created four documents. Clay and the task force have reviewed the documents and are satisfied that they reflect the changes the Board previously approved. Clay will forward the documents to the Board for review and approval at the Board Meeting in May.
Jane and the Task Force collectively created an Organizational Flow Chart. The chart defines eight elected voting positions (Executive and Directors). The Chart will be ready to roll out by the next election cycle along with the changes in the Bylaws. There was a discussion on the need for an organizational chart. Peter pointed out the chart implies a different way of running the club than what we currently have. Dan felt that an effective work chart should take on a life of its own based on what people are willing to do. Bonnie recommended that the committee come up with job descriptions. The Task Force Committee was unanimous with

the organization of the flow chart. There was concern for succession planning for future administrations and having documented resources available to ensure an organized transition. Kathy offered to help organize and create event and organizational binders so that all activities and procedures are documented, although the Policies and Procedures Committee have not been given any additional tasks. The committee will include Kathy once they have projects assigned to them.

Election Procedures: Jane previously circulated procedures at the March Executive Board Meeting. She will be rewriting them into a single procedure.

Swap Meet: Bonnie secured Wells Middle School (6800 Penn Drive, Dublin) on Tuesday. We will have access to the multipurpose room as well as the black top. Bonnie has asked our webmaster to update the site and Peter will change the calendar tonight to reflect the change in location of the annual Swap Meet.

Wente Race: There will be one Wente Race this year with no criterium. We will be doing Cyclecross later in the year. Ken will send out volunteer requests for the Wente Race.

Cinderella: Jim’s numbers are consistent with Ken’s email report. We have more funding this year due to increased registrations.

GOOD OF THE ORDER
-Bonnie mentioned that we received a thank-you note from Doug’s Ondricek’s mom for VS’s $200.00 donation to the Fire Department in memory of Dong’s father.
-Julie was able to secure discount tickets to the A’s game on August 1, at 6:05. Tickets will be field level and are $30.50 each. Julie will send out an email to the VS list for this event. Please contact Julie for more information.
-Camp parks have closed their entrance off of Dublin Blvd. There is an entrance open on Dougherty.
-Jane - New Briefs were delivered by Bonnie and Mary Well in Emma’s absence. Emma had made arrangements for delivery by Jane & Julie prior to her trip.
-Julie asked about exploring options for the mid-winter party for 2016. Bonnie felt that exploring options at this point to be premature, but is certainly open to new ideas and/or locations.

Meeting adjourned at 8:17 p.m. to Executive Board meeting May 13, 2015 at 7:00pm at 6640 Spruce Lane, Dublin, CA

Valley Spokesmen “Bicycle” Touring Club
Correspondence April 2015

No correspondence for April 2015 due to Cinderella activities.

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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) - ……………………………..…………$7.00

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

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
Pedaling Paths to Independence – VS Tandems Assist Blind Stokers

On February 28th, 14 VS members set out for Linden, CA to do Pedaling Paths to Independence. This ride benefits the Community Center for the Blind and Visually Impaired.

During this same ride last year, Doug Ondricek thought it would be nice to get VS members together with their tandems and play “captain” to blind stokers.

This year, 5 VS tandem captains took the opportunity to share their love of cycling with sightless stokers. It was greatly appreciated by the stokers and, as Bob Strain put it, “Good for the soul,” for the captains.

Bob Strain had a great stoker. His stoker, Jennifer, was in her 40’s and had sight until she was about 10 years old when she started going blind slowly. She is still able to see light and her other senses are heightened. Bob said she’s a natural for being stoker. She does one ride a year – this ride – probably due to lack of opportunity but rode well during the entire 25 miles. Jennifer provided great assistance in hearing traffic to help with safety and very good at just riding for the fun of it even during wrong turns. Pace was casual allowing for good conversation and sharing of dialog between captain and stoker.

Kevin Thieben’s stoker, Eric, is 39 and it was his sixth time participating in this event. He has been completely blind since about age 6 but was proud to point out that he attended public school his entire education. He lives in Escalon and is not only a blind “b-ball” player but an avid all around sports fan. He knows the hometown of every Giants player and follows the California minor league teams like the Stockton Ports and Sacramento Rivercats. The ride itself was a blast. Most of the tandems stayed together which made it even more of a social event. Kevin and Eric had to take a short break because Eric was getting motion sickness – something we can’t imagine. Eric challenged Kevin by making frequent reference to his previous pr’s so of course they pushed it at the end and finished first.

Doug felt fortunate to have a veteran stoker riding in his seventh Pedaling Paths event. In true tandem style they had nearly identical kits.

Vic DeOrnelas probably had the toughest ride of the day as his stoker had never been on a bike before. The ride out to the rest stop was stressful but they had things ironed out and were a smooth tandem team by the end.

Hayim “Hy” Cohen was Mark Dedon’s intrepid stoker. Hy hadn’t been on a bike since ninth grade, yet he figured out the routine within the first few blocks in Linden. Hy is legally blind, however, he can read large 36-point type, but even then, it’s blurred. Hy is a Computer and Adaptive Technology Instructor during his “day job” and an advocate for guide dogs for the blind. In fact, in 2001, Hy authored Washington State Bill SB 5942, called “Layla’s Law” (named after his guide dog at that time) that prohibits people or animals from interfering with guide dogs in the performance of their duties. Hy enjoyed the ride and is looking forward to next year’s event.

For those considering doing this in future years there are a few things to consider. The stokers are fearless. There is no problem with balance. They very much look forward to the adventure. Most of them know each other so you can make it as social as you like. 25 miles may not seem like much to us but it is plenty for them. They have no equipment - helmets, shoes, padded shorts, so consider bringing something for them with you. Kevin stated he could and would have done a second loop if there were more stokers waiting. Overall it was a unique and fulfilling experience that the VS captains would highly recommend. Our captains did VS proud and they all felt it was a rewarding experience.

How many tandems can we get for 2016?
CINDERELLA COMMENTS and STATS

Here are some interesting stats:
- 2359 registered riders; 1902 on the road
- 125 did the challenge loop
- 14 states were represented – AL, AZ, CA, CO, FL, ID, IL, MT, NV, OH, OR, UT, VA, WA, WY and Vancouver, BC.
- 233 Cities in California were represented, the largest being San Francisco; then San Jose, next Oakland then Livermore and Pleasanton with 172 or more riders.
- An amazing number of volunteers helped pull off this event – 185!!!
  * 25 workers Wednesday, Thursday and Friday
  * 162 workers on Cinderella day
  * 15 assisted with clean up, repacking, and storing the days after the Cinderella

A MILLION TIMES OVER, THANK YOU! We can't do this event without you!

And now for a few comments:
- I had such a great ride today! Beautiful route, well-marked, and great support. Can't wait for next year.
- What's with all the men? Please keep this a "Cinderella" ride.
- Thank you so much. Always a fabulous ride and well supported.
- Excellent as always! Riders were very courteous this year.
- Need more route indicator signs! Ended up missing one!
- Wonderful organization – women camaraderie – great. I wish for more celebratory at finish line.
- Best ever ride. Loved the menu change. Loved the 3rd rest stop. Loved the whole thing! Good job VS.
- Great ride – Sags everywhere. Sell jerseys every year! I'd buy one.
- New and different challenge pin each year, Please!
- This is such an awesome ride and a great group of supporters, thank you.
- Ice at rest stop 4 was amazing, what a treat! Thank you.
- Seven Cinderella's – their first time today. We are so happy we finished. We LOVED the ride! It will encourage us to do more. Sorry so sloppy . . . a little tired.
- Love the ride! Really love the Lemon Drop Men.
- The changes to the first rest stop and course were welcome! Thank you for a fine job of organizing. This is my sixth Cinderella ride and it was enjoyable again this year. Thanks!
- Please consider opening registration earlier. Also a 100 mile option would be nice.
- Route choices GREAT! Did the Classic and loved the route this year. Thanks for all the hard work.
- Very well organized and plenty of SAG support. The princes were all very charming. Thank you.
- Please bring back the mailed registration forms. Also, can you speed up check-in!
- Best ride ever! I ate so much I don't need nourishment for another week. Really well organized. super job to everyone behind the scenes!
- Wonderful!!! Keep the winery rest stop – much better than the old 1st stop.
- Thank you so much – I did not much like waiting in line at the start but after things got going all went quickly. EXCELLENT support, rest stops along the way. I'll be back – came from Washington.
- Great food at rest stops, but need recycling and compost places. Thanks for great SAG support too.
- It was my first ride and it was awesome. No better way to bike. I can't believe how much food and drinks you had. Perfect!
- Would you consider adding a shorter route? Some of us "older" gals would like a 35-40 mile route. Thank you for all of your hard work!!
- First time out! Most beautiful!! Best run ride ever!
- So wonderful! Always a pleasure. My only suggestion would be something more gluten free at lunch with protein. Thank you for all of your hard work!!
- Down from Portland OR! Great support on the route. Stops well planned and food . . . Yum! See you next year. Thanks!
- Great job with the route tweaks – Really liked the exit to the bike path from the 3rd rest stop.
- I'm a first timer and loved it! Thank you to all the Prince Charming's.
- How about a banner at the finish line and some cheer leaders too!!
- Thank you so much, always a fabulous ride and wo well supported. Thank you a zillion times for the urn of coffee at the end. I so needed and longed for that! Until next year (my 13th Cinderella). I'm getting old!!

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
Cinderella 2015 – A great day with wonderful people. Thanks for the memories!!
Valley Spokesmen Members & Guests are invited to:

A night with the A’s!

Saturday, August 1, 2015   6:05pm   versus the Cleveland Indians

Lower Box seats – Section 106 – Rows 13-17


Special Pricing of $30.50 per person for Valley Spokesmen members & guests (Regularly $47 + processing fees)

Checks must be received BY June 30th.

Valley Spokesmen Bicycle Club will be displayed on the Jumbotron as a group celebrating an evening at the stadium.

Come out, enjoy the comradery, and root on your Oakland Athletics!

Checks must be received by June 30th.
Checks payable to: Julie Hampton
Mail checks to:     87 Woodmont Ct., Danville, CA 94526

Name: ___________________________________________________

Address: _________________________________________________

City/State/Zip: ____________________________________________

Phone #: _________________________________________________

Email address (in case of problems): ___________________________

Received by June 30, 2015.

# of tickets: ___ @ $30.50/ticket   =   Total Enclosed $_________

Tickets will be mailed to your address 1 week prior to the game.
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
Dublin Francie Cushman 925-719-2256
Hayward James Paulos 510-200-8125
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.

http://www.valleyspokesmen.org

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