

VALLEY SPOKESMEN

Group Ride Schedule and Newsletter

*Come ride
with us!*

Valley Spokesmen Bicycle Touring Club P.O. Box 2630 • Dublin, CA 94568 • www.valleyspokesmen.org

Helmet hair is good!

I am still amazed at how many people I see out on their bikes without a helmet. In many cases these are families out for a ride. The kids are dutifully wearing their helmets, probably under protest, since their parents are bare headed. Not only does this send a bad message to the kids but exposes the adults to serious head injuries in a fall. I think that the general feeling is that there is little risk on the bike trails at slow speeds. They couldn't be more wrong due to the extreme mix of iPod distracted "traffic". Boarders, bikes, strollers, dogs, walkers, and skaters of mixed skills are all traveling at different speeds.

I have personally experienced two crashes which have resulted in my need to purchase a new helmet. A need I will gladly fill.

I will be the first to admit that I am not an expert bike handler though I have worked hard over the years to improve in this area so as to be safe whether on a solo ride or "Pack" or group ride with "spirited pace lines". In both cases, the sequence of events which resulted in my two, extremely sudden and inescapable impacts with a very unforgiving tarmac, were not the result of erratic or poor bike handling practices or skills in a tight group. Both happened during the common scenario of passing or being passed by non automobile traffic (passing a scooter and being passed by a fellow cyclist).

Both these situations are quite common on the Iron Horse Trail. Passing and being passed on the "trail" is just plain scary; especially with the concentration of bikes, dogs, and strollers, many with iPods turned up and unable to hear bells or verbal warnings.

I can only recommend that while on the bike you should communicate, communicate, communicate whether in a group or on a trail. Call out and signal any change in direction, speed, intent to pass or when encountering obstacles / hazards like holes, branches and glass. Never assume that anyone or anything around you is aware. Protect yourself and your partners. Always wear the appropriate safety gear when on the bike, board or blades. Bad things happen and they happen fast. I don't care how experienced or skilled you are.

Keep on spinning....safely.

Dan

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 regroupings.
- M) Moderate, occasional regroupings.
- 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 regroupings 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 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 regroupings. 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.

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HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

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

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

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

CAR POOLING: 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!

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

Be informed: current VS members can register for the VS e-mail list:
<http://www.valleypokesmen.org/Sys/vs-list>
and follow the prompts.

STANDING RIDE OVERVIEW:

MONDAY and WEDNESDAY morning ride from Heather Farms leave at 9:00 a.m.

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

TUESDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:30 a.m.

TUESDAY and THURSDAY evening TnT conditioning rides from Shannon Center (Dublin) leave at 5:30 p.m.

WEDNESDAY evening WAW rides from Livermore leave at 6:00 p.m.

ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

OCTOBER 2015

THURS. 10/1/15 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.

THURS. 10/1/15 2-M/B 25-35 miles 5:30 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.

SAT. 10/3/15 2-L to 3-M 12, 26, or 36 miles 9:00 a.m. Two Bridges Ride ... 26 miles...800 feet of climbing, S L O W, with an option for the real riders to go to Pig Farm, Pinole, Benicia and back to Martinez. Meet at the Martinez Waterfront Park. From Marina Vista Ave. turn right on Ferry St. Restrooms are available. There is an awesome bakery in Benicia that has AMAZING macaroons....bring money to buy....we can share packages. Ride Hosts: Michelle McBee, mymcbee@gmail.com (short option); Clay Dunning (med. option), 818-266-2660; Kevin Thieben (long option), 925-437-5919.

SUN. 10/4/15 2.5-M 35 miles 9:30 a.m. Tandem Ride - Livermore Valley. Join us on a Tandem ride this Sunday along the Livermore Valley. This is an opportunity to dust off the tandems, and share your love of group riding with a partner or friend. We will be riding out on Tesla Rd towards Cross Rd & Greenville before heading to North Livermore along Highland Rd and returning into town on Collier Canyon Rd. Meet at the "Old Nob Hill" parking lot at the intersection of S. Livermore and Pacific Ave. Single bike riders are welcomed to join us! 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. We're hoping to socialize after the ride at Tap 25/Swirl in Livermore. <http://ridewithgps.com/routes/7605761> Ride Hosts: Gail Blanco & Alberto Lanzas, 925-872-1001.

MON. 10/5/15 3-M 50 miles 9:00 a.m. 'Odd Monday Ride' Meet us at the old Nob Hill shopping center and join us for a ride into Tracy via Coral Hollow. Please bring plenty of fluids and food. There will be a regroup at the top of Coral Hollow

and again in Tracy. <http://ridewithgps.com/routes/9621603>
Ride Host: Kathy Koos, 925-963-8506.

MON. 10/5/15 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. 10/5/15 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 email: vidnovic@yahoo.com, for further information.

TUES. 10/6/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

TUES. 10/6/15 See 5:30 p.m. T'n'T Evening Ride details on THURS 10/1/15.

TUES. 10/6/15 Mtn-3 8-13 miles 7:00 p.m. Lake Chabot Loop – Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, 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. 10/7/15 2-L/M 31 miles 8:20 a.m. This is the usual EZ PZ Livermore ride from San Ramon Central Park. <http://ridewithgps.com/routes/2264393> Ride Host: Joe Allen, 925 708-7692.

WED. 10/7/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

WED. 10/7/15 3-B ~ 20 miles & 2-L ~15 miles 6:00 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. 10/8/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

THURS. 10/8/15 See 5:30 p.m. T'n'T Evening Ride details on THURS 10/1/15.

FRI. 10/9/15 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. – SUN. 10/10-11/15 TOSRD (Tour Of The Sacramento River Delta) 2015 See VS calendar for details.

SUN. 10/11/15 2-M 35 miles 8:30 a.m. 2-M 32 miles Shannon to Niles Canyon Imagine riding on Niles Canyon Road without cars and big rigs following you. It becomes a reality today as it is closed to cars and open only to hikers and bikers. Let's take advantage of this rare opportunity to ride through this historic and scenic canyon without automobile traffic. Starting from Shannon Park we'll head south on Foothill Road to the Sunol Train Station for a rest stop and then continue on Niles Canyon Road to the end in Fremont and then return. Options to add miles, such as returning through Palomares. See more info on Niles Canyon open to hikers and bikers on this day at the link below.
http://www.independentnews.com/community/niles-canyon-road-open-for-one-day-to-hikers-and/article_3cc72a6c-6212-11e5-b6da-4fe577eb4701.html
<http://ridewithgps.com/routes/10601677>
Ride Host: Joe Cheng 925 683-968-9925 or 683-9689

MON. 10/12/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

TUES. 10/13/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

TUES. 10/8/15 See 5:30 p.m. T'n'T Evening Ride details on THURS 10/1/15.

TUES. 10/13/15 See 7:00 p.m. Lake Chabot Mountain Bike Ride details on TUES. 10/6/15.

WED. 10/14/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

WED. 10/14/15 See 6:00 p.m. Livermore 'WAW' ride details on WED. 10/7/15.

WED. 10/14/15 7:00 p.m. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THURS. 10/15/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

THURS. 10/15/15 See 5:30 p.m. T'n'T Evening Ride details on THURS. 10/1/15. Last T'n'T ride of the year.

SAT. 10/17/15 3-L/M 100 miles 7:00 a.m. The 5th annual Santa Cruz ride is on for Saturday, October 17, 2015. This is a 100 mile point to point ride that will depart the Dublin Shannon Center parking lot at 7:00 am and end in Santa Cruz. We'll start at the Shannon Center at Shannon and San Ramon Rd. in Dublin and ride out Foothill Rd. to the Sunol Train Station for a quick stop. This is also a good starting point for those not able to make the Dublin start. We'll then head down Niles Canyon to the Alameda Creek Trail. We then ride to and across the Dumbarton Bridge and into Palo Alto for a break at Starbucks. We'll continue up towards

Stanford then cut over to Sand Hill Rd. and up Old La Honda Rd. to Skyline for a regroup at the summit before going Old La Honda & Hwy 84 to our lunch stop at the La Honda Market parking lot. Then it's on to Pescadero and Gazos Creek roads to Hwy 1 and on to the Davenport Bakery for our last break before heading into Santa Cruz. The payoff is the spectacular ride along West Cliff Drive to the Santa Cruz Wharf before heading to the Motel. I hope to have a sag vehicle lined up for support but you may want money for coffee, snacks, and lunch if we don't have a sag vehicle. This ride will require carpooling and dropping off of some vehicles in Santa Cruz on Friday 10/16/15. If you have room in your vehicle and can bring riders back to Dublin or need to drop vehicles off in Santa Cruz please send an email to the VS list so we can coordinate the return transportation.

Route: <http://ridewithgps.com/routes/2737980> Ride Host: Ken Hernandez, kenhernandez52@gmail.com

SAT. 10/17/15 2-L/M 25 & 28 miles 9:30 a.m. Feather Pedals Monthly Ride. All are welcome on these monthly rides. Starting from the Danville Park&Ride lot at the NE corner of the I-680 and Sycamore Valley Blvd. intersection we'll head south through San Ramon and Dublin and then return a little farther to the east through the Windemere development. The 'Plus' option adds a little climbing through Blackhawk and Alamo.

Classic: <http://ridewithgps.com/routes/4341559> Classic

Plus: <http://ridewithgps.com/routes/4341637>

Ride Host: Kathy Kane 925-323-5611.

SUN. 10/18/15 3-L/M 42 miles 9:00 a.m. Starting in San Ramon Central Park 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; make a U-turn at Alcosta and a right into the parking lot. Bring water and snacks. Ride Host: Peter Rathmann, 925-336-0973.

MON. 10/19/15 3-M 47 miles 8:30 a.m. Odd Monday Ride. Starting from Shannon Center we'll climb Mt. Diablo to the Junction and then descend into Walnut Creek before returning. <http://ridewithgps.com/routes/10286697> Ride Host: Kathy Koos, 925-417-0387.

MON. 10/19/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

TUES. 10/20/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

TUES. 10/20/15 See 7:00 p.m. Lake Chabot Mountain Bike Ride details on TUES. 10/6/15.

WED. 10/21/15 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/5/15.

WED. 10/21/15 See 6:00 p.m. Livermore 'WAW' ride details on WED. 10/7/15.

THURS. 10/22/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

FRI. 10/23/15 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. 10/24/15 2-L/M 54 miles 10:00 a.m. Oktoberfest Ride. If you are able to keep a 12 mph pace, you will not be dropped. Bring a friend along as this is a social ride, not a training ride. It is a relatively level ride (~1400') that goes over Highland Rd. to 3 breweries/taprooms in Livermore and Dublin. In the case of extreme heat, we may roll early (and send a message on the VSlist) missing out on some brew stops. Please drink responsibly. Rain cancels. Call if you are not on the VS member mail list and the weather looks "iffy". Ride host: Julie Hampton, psyyclejulz@sbcglobal.net, 510-685-7103.

SUN. 10/25/15 3-M 38 miles 9:00 a.m. Five Canyons Ride. We'll go over Dublin Grade to Castro Valley and then ride through the 5 Canyons area into the Hayward hills. Meet at San Ramon Central Park. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right turn into the park. Bring food and fluids. Ride Host: Peter Rathmann, 925-336-0973.

MON. 10/26/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

TUES. 10/27/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

TUES. 10/27/15 See 7:00 p.m. Lake Chabot Mountain Bike Ride details on TUES. 10/6/15.

WED. 10/28/15 3-M 42 miles 9:00 a.m. Starting at San Ramon Central Park, we'll head over Dublin grade into Castro Valley and then north to the end of Cull Canyon. Our return will include a refreshment stop in Castro Valley. Meet at the south end of Central Park. Take I-680 to the Bollinger Canyon exit and go east to Alcosta; make a U-turn and then the first right into the park. Ride Host: Gail Blanco, 925-872-1001.

WED. 10/28/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

WED. 10/28/15 See 6:00 p.m. Livermore 'WAW' ride details on WED. 10/7/15.

THURS. 10/29/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

SAT. 10/31/15 2-L/M 65 miles 9:00a.m. Martinez to Davis via Pleasants Valley. It's time for the 5th Annual Halloween ride to Davis! Please join us for a romp through the beautiful fall countryside. Starting in Martinez we will cross the Benicia Bridge, ride up through Cordelia and around Fairfield, follow rural Pleasants Valley Rd. to Winters, and end in Davis. 1,585 ft. of elevation gain. Lunch is optional in Winters or Davis. A relaxing ride on the Capitol Corridor Amtrak train will take us back to Martinez. Bring water, food, money and a PHOTO ID (mandatory to purchase an Amtrak ticket). The return trip home is 43 minutes. No services between Fairfield and Winters so please plan accordingly at the rest stops. Rain cancels, look for an email the morning of the ride. It is HIGHLY ENCOURAGED to take the first train back when you arrive in Davis to spread out the number of bikes on the trains. Trains leave at 12:25pm, 2:25 pm, 4:10pm, 4:55 pm, 5:55 pm and 7:25 pm; fare is \$16. Over 62 - \$13.60.

Everyone MUST have a PHOTO ID otherwise you will not be allowed on the train. Please show your Halloween spirit and dress in costume to add to the fun!!

<http://ridewithgps.com/routes/1850419> Hosts: Julie Hampton, Kevin Thieben, Jane Moorhead

NOVEMBER 2015

SUN. 11/1/15 3-L/M, M, M/B 52-60 miles 9:30 a.m. STANDING VS 1st Sunday of the Month Ride. We will be riding a 52-60 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. Significant chance of rain will cancel this ride. Route Sheet: [San Ramon Livermore Loop 52.pdf](#) Ride Host: Peter Rathmann, 925-336-0973.

MON. 11/2/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

MON. 11/2/15 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 email:vidnovic@yahoo.com, for further information.

TUES. 11/3/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

TUES. 11/3/15 See 7:00 p.m. Lake Chabot Mountain Bike Ride details on TUES. 10/6/15.

WED. 11/4/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

THURS. 11/5/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

SAT. 11/7/15 4-M 40 miles 8:30 a.m. Starting from the intersection of Mt. Hamilton Rd. and Alum Rock Rd. (park along the side on Alum Rock), we'll wind our way up the mountain to Lick Observatory at the summit.

<http://ridewithgps.com/routes/2187671> Ride Host: Kathy Koos, 925-417-0387.

SUN. 11/8/15 2-L/M ~60 miles 10:00 a.m. PROGRESSIVE DINNER at Pam & Steve Giffords. Bring Salad----OR----Dessert----OR---- loaves sliced, buttered French bread. Drinks will be provided. Must sign up by Thursday 11/5/15. Please RSVP Bonnie Powers at 925-828-5299. Hosts: Steve and Pam Giffords. Suggested Carpool @ Park & Ride lot @ I-680 & Bollinger (SW corner of intersection) by 8:45am. Valley Spokesmen club members, family, and friends are invited to this ride. Pam & Steve live in a circa 1854 farm house in the almond & walnut orchards, cornfields, and dairy farms of rural Escalon. Family friendly intermediate ride loops planned on mostly level terrain, totaling 50 miles. Hammerheads – don't despair! Each loop has additional distance just for you giving you a total of 65 miles. The first ride skirts the limits of Escalon and turns back thru the center of town for the return and our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank, speeding

through town towards Modesto but turn back across the river and return to our second meal of cool salad. Then it's off to the east on the days long ride out thru Oakdale and back thru Riverbank, returning to home base to feast on the chef-prepared frozen dinner. For those that want more exercise, we have a quick six mile ride thru another quiet contry corner just down the road and back to the Giffords for dessert and socializing. Plan on a 1 hr drive from Dublin. See flyer at end of this newsletter for directions and details. This promises to be a fun day for the whole family!

22549 Burwood Road, Escalon, CA, 95320.
STEVE'S CELL PHONE IS 925.487.9150.

MON. 11/9/15 3-M 58 miles 8:30 a.m. Starting at Diablo Vista Park we'll ride through Blackhawk and Diablo country clubs on our way to Walnut Creek and Pleasant Hill and then continue on Alhambra Valley Rd. up 'Pig Farm' hill to Bear Creek rd. and the 3 Bears. After a stop at Orinda's Theater Square we'll return through Lafayette. Take I-680 to the Crow Canyon exit and go east to Tassajara Ranch Rd.; turn right and right again into Diablo Vista Park.

<http://ridewithgps.com/routes/5345645> Ride Host: Kathy Koos, 925-417-0387.

MON. 11/9/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

TUES. 11/10/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

TUES. 11/10/15 See 7:00 p.m. Lake Chabot Mountain Bike Ride details on TUES. 10/6/15.

WED. 11/11/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 10/5/15.

WED. 11/11/15 7:00 p.m. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THURS. 11/12/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 10/1/15.

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 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

RIDE REVIEWS

September 3rd

Bob hosted the Thursday morning ride from Livermore Cyclery in Dublin today and we first headed north through San Ramon before reversing course back to Dublin and then heading east to climb over Fallon. Our coffee stop was at Peet's in the shopping center at Dublin Blvd. and Tassajara. Peter

September 5th

Beautiful day for one of our area's most scenic rides. Starting at the Danville Park & Ride lot we headed northwest through Alamo and Walnut Creek to Lafayette and Orinda. After a stop at Theater Square, we continued up Wildcat Canyon Rd past Inspiration Pt. to Grizzly Peak Rd. in Berkeley and took it south to Skyline. We took Skyline through various regional parks along the ridgeline while enjoying beautiful views of San Francisco Bay below. Then our route took us on a nice descent of Redwood Rd. followed by a climb and another descent on Pinehurst before taking Canyon Rd. into Moraga. We stopped for snacks at the Commons before continuing on St. Mary's Rd. to Reliez Station and Olympic Ave. and then returned on the same route we had taken on our way out. Peter

September 6th

Kathy was the host of the 1st Sunday ride heading out from San Ramon Central Park to Livermore and returning via Pleasanton with two Starbuck's stops along the way. Nice day for the ride which avoided the heat that came later in the afternoon. Peter

September 7th

Kathy K. hosted today's ride from Danville north through Alamo, Walnut Creek, and Pleasant Hill before climbing Pig Farm hill on Alhambra Valley Rd. and the Three Bears on Bear Creek Rd. We then headed into Orinda for a refreshment break at Theater Square before returning via Lafayette and the Blvd. back to the start. Peter

September 10th

Walt's birthday ride was organized by the Fremont Freewheelers and co-listed by the Valley Spokesmen. Starting at Don Edwards Wildlife Refuge we headed north on Thornton and then entered Coyote Hills Park for Walt's usual assault on 'Nike Hill' (a fairly short but steep climb divided into thirds). We then continued through the Coyote Hills before

taking a variety of neighborhood streets to Anderson's Bakery. Tables had been arranged for us outside and we enjoyed their sandwiches and birthday cake with the company of friends from both clubs.

- 14-15 Giro Della Costa Century GranFondo, Avila Beach CA
- 14 Tour de Foothills, Upland, CA
- 14 Palm Desert Century, Palm Desert, CA

September 12th

Rather dramatic change in the weather from the heat wave of the last couple days, but the cooler temperature was welcome on the climbs to the Calaveras reservoir and over Palomares and Dublin Canyon rds. We even got a few sprinkles as we passed the monastery on Palomares. Peter

September 13th

Only had one tandem on this ride today - hope we see a few more when 'Gailberto' are back hosting it. Not as cool as yesterday and it seemed more humid as well but we had a nice loop out to and around Livermore before returning with a climb up Collier Canyon and Camino Tassajara. Peter

September 19th

Beautiful day for the monthly Feather Pedals ride hosted today by Rebecca W. Didn't get nearly as hot as I had anticipated based on the forecast as we headed out to Livermore, stopped for refreshments at Starbucks on Portola and returned via Jack London and Fallon through Dublin. Peter

About 31 cyclists joined our September Feather Pedals Ride from Sycamore Valley Park & Ride in Danville down Camino Tassajara through Livermore and back through Dublin and San Ramon. The majority did the 38 mile Classic route as they wanted to try to beat the heat with a few going for the 42 mile Classic Plus! Several enjoyed lunch at Amici's after the ride! Rebecca

September 20th

An early start let us escape most of today's heat wave and the cooler temperatures in the hills helped as well. So we had a very pleasant day for Kathy's Moraga Loop ride with beautiful views of the hills and reservoirs. In consideration of the forecast, most of us opted to leave out the option at the end of the route to detour through Blackhawk and Windemere and instead returned straight down the Blvd. Peter

UPCOMING EVENTS

October

- 3 Levi's Grand Fondo, Santa Rosa, CA
- 3 Konocti Challenge, Kelseyville, CA
- 4 Mt Diablo Challenge, Danville, CA
- 10 Shasta Wheelmen Jamboree Ride, Redding, CA
- 10 Sacramento Century, Sacramento, CA
- 10-11 TOSRD, Brannan Island, CA
- 10 Golden Hills Century, Knights Ferry, CA
- 10 Bass Lake Powerhouse Double, Clovis, CA
- 10 Asti Tour de Vine, Cloverdale, CA
- 10 Wine & Roses Bicycle Ride, Templeton, CA
- 10 Pink October Ride for Awareness, Yuba City
- 17 Solvang Autumn Double, Solvang, CA
- 17 Foxy's Fall Century, Davis, CA
- 17 Santa Barbara Century, Santa Barbara, CA
- 17 Tour de Sewer, Bell Gardens, CA

November

- 4 Giro d'Vino, Lodi, CA
- 14 Ride the Point, San Diego, CA

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.btceb.org
- C.B.C. - California Bicycle Coalition - www.calbike.org
- California State Parks Foundation - www.parks.ca.gov
- East Bay Regional Parks - www.ebparks.org
- Greenbelt Alliance – www.greenbelt.org
- L.A.B. - League of American Bicyclists - www.bikeleague.org
- National Parks Conservation Association - www.npca.org
- Nature Conservancy – www.nature.org/legacy
- Planning and Conservation League - www.pcl.org
- Rails to Trails – www.railstotrails.org
- Yosemite Conservancy

VALLEY SPOKESMAN GENERAL MEMBERSHIP MEETING September 2, 2015

Meeting called to Order by Marcus at 7:02 p.m
Present: Marcus Van Raalte, Jim Duncan, Jane Moorhead, Julie Hampton, Peter Rathmann, Bonnie Powers, Dan Carhart, Kathy Koos
Absent: Mark Dedon, Ken Hernandez

Marcus and Clay welcomed new members Jacqueline, Lisa, and Harris.

Treasurer's Report: Dan Carhart reported that it is a good year for Valley Spokesmen finances. Cinderella did very well due to multiple circumstances: increased attendance, increased registration fees, and decreased overall costs. The net result was that Valley Spokesmen was able to send out \$30,000 in donations to women's based charities in addition to making donations to the five municipalities that the Cinderella impacts.

Ride Report: Peter was gone for half the month, so had little to report on the rides hosted in his absence. He was, however, back in time to participate in the anniversary ride which he deemed an excellent event.

VS Website: Ken was also out of town, so there is nothing new to report.

Ride Library: Alberto has been working on the ride library and exploring a premium account with GPS which would provide access to a sizable library of rides for members. Peter mentioned that Valley Spokesmen will, more than likely, opt for the premium account which will allow members, who sign up for a free GPS account, to access to the club's premium account library. Peter Culshaw mentioned the premium account will also allow members to pin a ride to their phone. Gail discussed the ease of use and efficiency of the premium account that allows a registered user to upload a route directly to their Garmin device.

Community Liaison's Report: Bonnie mentioned that all liaison reports are in the newsletter.

Correspondence: Bonnie mentioned that all correspondence is also in the newsletter. Of special note, Bonnie sent out donation checks (from Cinderella proceeds) and also mentioned that we have been receiving thank-you notes. Marcus mentioned he had received a note from San Jose Next Door.

Status update on Articles and Bylaws: Clay provided a summary on the efforts of the Organizational Task Force that was formed earlier this year. The Task Force was formed to review and make current the Bylaws and Articles of Incorporation so that Valley Spokesmen was consistent, current, and conforming to our status of 501(c)(4) non-profit. Clay mentioned that motions have been made and approved and we currently have a second draft in the works. The Task Force members are reviewing the second draft and will submit them to the board at the next meeting or at a special meeting. Items in the document revision include: defining a quorum, defining time and place of meetings, corrections to language, securing documents of consent for electronic communication and voting. In addition, the club will have the potential for eight elected officials including four official directors. Clay also noted that the Corporations Code allows for one vote per member including family memberships, however, this club decided to continue its one vote for individual membership and two votes for family membership the 2016 election occurring in 2015 only. After 2016, there will be one vote only for every type of membership.

Bonnie inquired about making the revised documents available to the membership. Clay confirmed that the Task Force has to go through the last set and present it to the Board for review. Once the Board approves the document changes, the Bylaws and Articles will be included with the ballots for the upcoming election. Clay noted the only change to Articles was that the name of club changed from "Valley Spokesmen Touring Club" to "Valley Spokesmen Bicycling Club."

Finally, Clay noted that the new documents will govern what takes place in the future of the club including the next election.

Status update on Election Procedures: Clay mentioned that the attorney has the proposed election procedures and we are awaiting her comments.

Good of the Order: Bonnie mentioned that the annual Progressive Dinner will be held on November 8, 2015. The dinner will take place in Escalon. Bonnie mentioned that it is a 45 minute drive from the Tri-Valley area and a delightful event to attend.

Erica mentioned that she and Mark had been promoting the Cinderella Ride and TOSRD event to other cyclists on their Oregon Bike Ride at the end of July.

The meeting was adjourned at 7:27 by Marcus to the Executive Board meeting on September 9, 2015 at 6640 Spruce Lane, Dublin, CA.

Entertainment: Clay, Peter, Bob B., and Joe provided a lovely Power Point presentation of their cycling adventures in Canada. Gary and Kathy Koos provided a summary of the stories they experienced on The Death Ride.

VALLEY SPOKESMAN EXECUTIVE BOARD MEETING

September 9, 2015

7:00pm – 6640 Spruce Ln., Dublin, CA

Marcus CALLED TO ORDER at 6:58

Present: Marcus Van Raalte, Bonnie Powers, Jane Moorhead, Kathy Koos, Julie Hampton, Ken Hernandez, Jim Duncan, Peter Rathmann, and Joe Cheng

Absent: Mark Dedon, Clay Dunning

APPROVE AUGUST MINUTES

TREASURER'S REPORT: Dan reported that we are doing quite well fiscally with a surplus which includes the donations we have made.

OLD BUSINESS

Ride Report: Peter reported the same as he had at last

week's General Meeting. Peter took over Brahim's route along Skyline and Grizzly Peak. Peter mentioned it was a scenic ride with clear views and good turnout. Peter also mentioned that Dick Skow will be hosting a four day ride (RATBAT) from Tuesday to Friday which includes approximately 70 miles of riding per day while touring the Bay Area.

V.S. Website: Ken reported nine new memberships which include six individual memberships and three family memberships. Total membership is 763; 408 individual and 355 family memberships. Ken inquired when we want to turn off the 2015 membership. Bonnie will send a letter after November 1, 2015 regarding membership renewal. There was a discussion concerning the newsletter list for hard copies. Ken verified each member who requested a hard copy of the newsletter. Marcus pointed out that in the future, membership renewal will provide club information and members will be able to conduct all club business via electronic means on the website, including access to the Newsletter.

Master Plans: Nothing to report

Correspondence: Bonnie mentioned nothing new to report other than we have been receiving a lot of thank-you letters from the donations the club has made.

NEW BUSINESS

Report from Organizational Task Force on Amendment of Articles and Bylaws: Marcus reported in Clay's absence. There have been several rounds of drafting and reviewing of the revised documents with the Task Force and Attorney. A final document should be ready sometime next week for review by the Task Force. If the Task Force approves, the documents will be submitted to the Executive Board for review and approval. Julie recommended that any changes be tracked for reference.

Adopt Election Procedures: Jane Moorhead will get the finalized documents to the Board for review. Marcus asked the Board to review the voting procedures by next week.

Revisit Procedure and Protocol for Rider Violation of VS Standards for Safety: The Board had a lengthy discussion on extending the right to exclude Ride Hosts from hosting rides if they exhibit unsafe cycling behavior. In previous meetings, unsafe cycling behavior on the part of a cyclist was addressed and the board decided hosts could exclude a cyclist from riding on an organized ride. The Ride Host always reserves the right to exclude a rider from a ride if they deem that rider jeopardizes the safety of other riders and themselves. A Ride Host would have the obligation to present to the Board the reason for such an exclusion. The discussion then revolved around what action to take when a Ride Host exhibits unsafe or disrespectful behavior. One Ride Host, specifically, was discussed with concrete examples presented of unsafe and dangerous behavior that could potentially jeopardize the safety of all cyclists. Dan made the motion that we communicate to the specific Ride Host that due to the number of complaints, we can no longer have them host rides at this time. However, this can always be revisited in the future if said Ride Host can exhibit a consistent and ongoing change in riding ability. Jane seconded the motion and the motion was voted on. Marcus, Jane, Julie, Joe, Dan voted to support the motion. Peter voted against. Kathy and Bonnie abstained from the vote. Jane agreed to write a policy that addresses the conditions under which a Ride Host could be removed from hosting rides.

Mt. Diablo Challenge: Jim confirmed we have enough volunteers for the Mt. Diablo Challenge.

TOSRD: Francie mentioned the plans for TOSRD are moving

along. Ken reported that we have 159 people attending the event. There is a cap of 200 people including volunteers. Francie mentioned the need for a volunteer for the rest and water stops on Saturday and Sunday. The Walnut Grove stop will be open from 9:00 a.m. until the course closes at about 2:00 - 3:00. Julie will check with Dick W. for volunteers. Bonnie mentioned that we could go to 240; however, Francie said 200 was an easy quantity to work with. Julie noted TOSRD is posted on the Fremont Freewheelers website. Ken inquired when registration should be closed. Bonnie and Francie asked that it remain open until max capacity is reached instead of the close date posted.

Mid Winter Party: The midwinter party was brought up and discussed. It was decided that the party would be moved to Kathy K.'s house. Kathy K. became chair of the event and is putting together a committee. The proposed date will be February 20, 2015.

GOOD OF THE ORDER

Bonnie made a motion to make a donation in memory of Dan Granahan. Jane seconded the motion. The motion was voted on unanimously and carried.

Joe Cheng inquired about accepting electronic copies of sign-in sheets. Bonnie reiterated that Valley Spokesmen must have the original sheets for the insurance purposes.

Marcus adjourned the meeting at 8:10 p.m. to the Executive Board meeting on October 14, 2015 at 6640 Spruce Lane, Dublin, Ca.

Respectfully Submitted, Kathy Koos, Recording Secretary

**Valley Spokesmen Bicycle Club Correspondence
September 2015**

Correspondence sent:

1. Check to Greenbelt Alliance for membership renewal.
2. Check to Bob Powers for out-of-pocket VS birthday expenses.
3. Check to Purchase Powers for Pitney Bowes expense.
4. Check to Business Card (B of A).
5. Check to Donahue Fitzgerald Attorneys for update of by-laws; corporation papers.
6. Check to Minuteman Press for TOSRD post cards.
7. Check to Pitney Bowes Global Financial Services LLC for postal meter lease and tax.

Correspondence received:

1. Thank you letter from Greenbelt Alliance for membership renewal.
2. Thank you letters from A Safe Place, Asian Women's Shelter; Assistance League of Amador Valley; Assistance League of Diablo Valley; Building Futures; Cancer Support Community; Center for Domestic Peace; Charlotte Maxwell Complimentary Clinic; Child Abuse Prevention Council of Contra Costa; CORA Community Overcoming Domestic Violence; Empower Yolo; Girl Ventures; NEWS – Napa Emergency Women's Services; Next Door Solutions to Domestic Violence; Rainbow Community Center of Contra Costa County; Shelter Inc. of Contra Costa County; STAND! Against Domestic Violence; techbridge; WomenCARE; Women's Center – Youth & Family Services; and Women's Daytime Drop-In Center; Pleasanton Police Department and Livermore Police Department for Cinderella donations.
3. September copy of Sunset magazine.
4. 2016 Catalogue from Vermont Bicycle Touring including bicycle and walking tours.
5. 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
- short sleeve jersey - women's cut -\$65.00
- long sleeve jersey - *(to be discontinued)*\$70.00
- sleeveless wind shell vest - \$60.00
- long sleeve jacket - *(to be discontinued)*.....\$69.99
- shorts - women / men -\$58.00
- bib shorts - *(to be discontinued)*.....\$65.00
- arm warmers\$30.00
- gloves - yellow, blue, black - *(changing to blue & black only)* -\$27.00
- socks - white, yellow, black - *(changing to blue & black only)* -\$7.00

Contact Jim Duncan for club gear:

hey-you@comcast.net or 925-209-1369

Mileage Report as of September 16, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Agostino, Val	329	0	8
Allen, Joe	888	1	24
Ammann, Alicia	279	0	6
Bachman, Janette	246	0	6
Ball, Karin	449	4	12
Barbier, Larry	1534	0	47
Barnett, Bob	1785	0	45
Bartlett, Christine	308	0	7
Bezdek, Larry	1863	0	45
Blain, Bob	430	0	12
Blanco, Gail	2809	37	63
Buckingham, Charles	599	0	17
Carey, Liz	235	0	5
Carhart, Dan	2540	40	71
Carpenter, Don	1356	0	38
Castleman, Ellen	368	0	8
Cheng, Joe	1981	8	47
Choy, Serena	1097	0	35
Chronister, Kelli	238	0	5
Cohen, Sahrye	231	0	6
Conger, Jim	563	6	18
Cosin, Wendy	1529	10	42
Crawford, Erin	343	0	7
Crawford, Marlowe	491	0	10
Crawford, Matt	383	0	8
Culshaw, Pete	2210	22	57
Culshaw, Sharon	632	0	21
Cushman, Francie	1206	3	33
Daly, Deb	707	0	14
Dangerfield, Melba	386	0	10
de la Motte, Janelle	344	0	9
Dedon, Erica	373	1	11

Mileage Report as of September 16, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Dedon, Mark	1281	2	37
Delfosse, Rob	1705	10	44
Deornelas, Vic	1621	1	32
DePasquale, Tammy	238	0	5
Derrick, Peter	222	0	6
Donovan, Deb	433	0	13
Duncan, Jim	1814	6	59
Dunning, Clay	1018	5	21
Dunning, Craig	736	5	15
Duran, Veronica	464	0	17
Duvoisin, Marc	401	0	9
Dworkin, Doug	314	0	8
Eacret, Wes	358	0	8
Earby, Karen	261	0	6
Enriquez, Gilbert	1257	0	36
Faires, Debbie	362	0	8
Ferriere, Karen	208	0	5
Flusche, Tony	560	0	16
Frantz, Pat	315	0	8
Fraser, Jack	298	0	7
Fraser, Maribel	284	0	6
Frasier, Debbie	342	0	7
Fredricks, Larry	241	0	8
Fujii, Bob	459	0	9
Fujii, Vivian	312	0	7
Fusco, Bob	1017	0	30
Gabe, Jan	568	0	17
Garcia, Dave	1454	0	44
Gelder, Jacki	269	0	7
Goldman, Ken	247	0	7
Gomez, Lynnette	448	0	11
Goroff, Marc	887	0	20
Graves, Gretchen	268	0	6
Green, Jan	300	0	7
Grinols, Susan	290	0	8
Groves, Susan	494	0	12
Guarienti, Faye	388	0	8
Haar, Crista	237	0	5
Hagelin, Craig	725	0	23
Hambrecht, Jeannie	287	0	6
Hampton, Julie	964	5	26
Hansen, Renata	872	0	20
Harral, Maria	372	0	10
Haupt, Chuck	1037	0	30
Heady, Bob	948	31	43
Healy, Theresa	841	0	17
Hermann, Mark	300	0	9
Hernandez, Ken	2148	5	56
Hernandez, Mary	1545	2	43

Mileage Report as of September 16, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Hirt, Janice	217	0	6
Huey, Jeanine	251	0	5
Jakubowski, Diane	499	0	11
Janer, Mark	241	0	6
Jensen, Cori	244	0	8
Kane, Kathy	519	1	12
Kiely, Mary Ann	348	0	8
Koos, Gary	667	0	13
Koos, Kathy	1632	10	31
Kovisto, Mark	209	0	5
Kowalewski, Steve	729	6	22
Kriebel, Olivia	281	0	5
Kwong, James	230	0	4
Kwong, Linda	282	0	5
Kyong, Peter	1339	0	41
Lagodzinski, Andrew	333	0	7
Lanzas, Alberto	1879	17	40
Lecklikner, Jan	216	0	4
Leddon, Dave	1649	0	43
Lee, Karen Klimkosky	230	0	6
Licata, Barbara	343	0	8
Lifter, Jill	391	0	9
Lisy, Norm	604	0	15
Louis, Ken	387	0	12
Low, Ellen	201	0	5
Lund, Shauneen	286	0	8
Madelo, Adele	919	0	22
Maggio, Lauren	422	0	11
Makkink, Marjon	305	0	7
Martin, Robin	213	0	5
Mayfield, Milinda	349	0	7
Meidberg, Larry	345	0	12
Meyers, Leslie	389	0	9
Miller, Kristen	453	0	10
Moore, Janet	386	0	9
Moorhead, Jane	1620	50	78
Morson, Kathy	438	0	11
Moyer, Greg	201	0	7
Murdock, Kristina	247	0	6
Murphy, Julie	270	0	5
Nadeau, Elaine	801	0	27
Neal, Carolyn	200	0	4
Neal, Dave	300	0	6
Norek, Al	649	0	22
Nowell, Keith	312	1	8
Nowell, Linda	433	2	10
O'Boyle, Maureen	293	0	7
Ondricek, Doug	942	19	30
Page, Janie	328	5	19

Mileage Report as of September 16, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Parrish, Charles	1117	0	34
Pearsons, Ruth Ann	226	0	6
Pellerin, Mary	246	0	6
Pereira, David	1391	8	37
Pham, Chris	357	1	11
Pickard, Lisa	281	0	7
Piekarski, Sharon	446	0	10
Po, Ismael	1652	0	44
Powers, Dick	891	0	20
Putnam, Ned	682	0	19
Rafanelli, Pam	455	0	10
Rasmussen, Ron	749	0	20
Rathmann, Peter	5337	19	143
Reilly, T.J.	1479	0	44
Roberts, Mary	203	0	4
Roberts, Susan	316	0	9
Roe, Joan	285	0	7
Roe, Larry	203	0	6
Rossiter, Jaynette	927	0	31
Rossiter, Jennifer	230	0	6
Sandoval, Veronica	296	0	8
Satoutah, Brahim	1326	3	27
Seda, Marta	443	0	10
Selby, Joe	265	0	7
Serriere, Vianney	1096	0	26
Settle, Andy	1705	0	43
Shannon, Geoff	2247	20	61
Shigemoto, Lisa	278	0	8
Shum, Bart	961	0	20
Simpson, Christy	2059	5	63
Skow, Dick	2003	14	53
Slagle, Pete	212	0	6
Smith, Jerry	486	0	12
Smith, Kimberly	244	0	4
Smith, Maren	386	0	10
Sovulewski, Larry	281	0	18
Spiegel, Joan	371	0	11
Stevens, Jan	931	0	26
Stewart, Mike	1782	0	48
Strain, Kathy	1197	4	27
Strain, Robert	1483	6	34
Stucky, Jane	464	0	10
Sukovich, Drew	311	0	6
Talbot, Chris	381	0	12
Thieben, Kevin	1123	2	24
Thomas, Walt	513	0	14
Thompson, Dianne	1696	3	42
Tracy, Steve	251	0	5
Uher, Julie	464	0	14

Mileage Report as of September 16, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Uher, Will	760	0	18
Van De Vreugde, Jim	820	0	17
van Raalte, Laurie	384	0	10
van Raalte, Marcus	1530	0	31
Vergino, Eileen	415	0	8
Vergino, Michael	200	0	4
Ward, Dick	774	0	26
Weiny, Ira	309	0	8
Weiny, Lorrie	462	0	11
Whelan, Steve	2026	0	45
Williams, Siobhan	365	0	9
Wong, Liane	366	0	8
Wood, Rebecca	591	3	15
Woods, Colleen	363	0	9
Woodward, Linda	260	0	6
Yantis, Marcheale	664	3	19
Zak, Kelly	330	0	7
Zucker, Pam	367	0	9

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2015.

Total miles ridden by club members so far this year is 159,564!!!

DON'T FORGET – Ride Hosts of club rides earn points toward FREE club clothing. The more rides you lead, the more clothing you receive.

Ride Hosts – Please turn in your sign-in sheets as quickly as possible. Members enjoy keeping track of their mileage and are anxious to know what their total is each month. Currently there are 43 sign-up sheets missing since the first of the year.



PROGRESSIVE DINNER

WHEN: Sunday, November 8, 2015
HOW: By bicycle, covering about 50 or 65 miles
HOUR: festivities begin @ 10:00 a.m.
WHERE: Pam and Steve Gifford's farmhouse,
22549 Burwood Rd., Escalon, 95320
BRING: Salad---OR---Dessert---OR---2 loaves sliced,
buttered French bread.
DRINKS: Will be provided.
MUST SIGN UP BY THURSDAY, 11/05/15
ORGANIZER: Bonnie Powers, 925-828-5299.
R.S.V.P. Bonnie

Suggested Carpool: Park & Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.

Valley Spokesmen Club members, families, and friends are invited to this year's Progressive dinner ride at Pam and Steve Gifford's circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don't despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it's off to the east on the day's long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Gifford's for dessert and socializing.

Plan on a 1 hour drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca.

Bear right onto Rte. 99 south. Exit Jack Tone Road, go east (left). Turn right onto River Road. Go approx. 10 miles. Turn right on Burwood Lane, which becomes Road at the 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees.

Welcome!

STEVE'S CELL PHONE IS: 925-487-9150.

VS DISCOUNT BIKE SHOPS

Missing Link, 1988 Shattuck Way
Berkeley, CA 94704 510-843-7471
www.missinglink.org

Mike's Bikes of Berkeley 2161 University Ave
Berkeley, CA 94704 510-845-BIKE (2453)
<http://mikesbikes.com/contact/berkeley-pg49.htm>

Ace Bicycle Co. 3313 Village Cr.
Castro Valley, CA 9546 510-538-5000

Castro Valley Cyclery 20515 Stanton Ave.
Castro Valley, CA 94546 510-538-1878
<http://castrovalleycyclery.com>

Eden Bicycles 3318 Village Dr.
Castro Valley, CA 94546 510-881-4000
<http://edenbicycles.com/>

Endless Cycles
3300 E Castro Valley Blvd. Ste K
Castro Valley, CA 94552 510-470-3551
<http://www.endlesscyclesonline.com>

Clayton Cyclery, 5411 Clayton Rd
Clayton, CA 94517 925-672-2522
<http://encinabicyclecenters.com>

California Pedaler 295 South Hartz Ave.
Danville, CA 94526 925-820-0345
<http://calped.com>

Danville Bike,
175 North Hartz Ave.,
Danville, CA 94526 925-837-0966
<http://www.danvillebikes.com>

Pegasus Bicycle Works 114 Propect Ave.
Danville, CA 94526 925-362-2220
www.pegasusbicycleworks.com

Fifteen Cycle, 3430 Camino Tassajara
Danville, CA 94506 925-217-4563
<http://www.6fifteencyclery.com/about/whats-6fifteen-pg60.htm>

Dublin Cyclery 7001 Dublin Blvd.
Dublin, CA 94568 925-828-8676
www.dublincyclery.com/

Livermore Cyclery, 7214 San Ramon Rd.
Dublin, CA 94568 925-829-4310
www.livermorecyclery.com

The Pedaler, 3826-A San Pablo Dam Rd
El Sobrante, CA 94803 510-222-3420
<http://www.theped.com>

Cyclepath, 22510 Foothill Blvd.
Hayward, CA 94541 510-881-8070
<http://cyclepathhayward.com>

Hank and Frank Bicycles 3377 Mt. Diablo Blvd.
Lafayette, CA 94549 925-284-BIKE
www.hankandfrankbicycles.com

Sharp Bicycle 969 Moraga Rd
Lafayette, CA 94549 925-284-9616
<http://sharpbicycle.com>

Livermore Cyclery 2752 First St.
Livermore, CA 94550
925-455-8090
www.livermorecyclery.com

Area Bikes 2424 Webster St
Oakland, CA 94612 510-763-2453
<http://bayareabikes.com>

Hank and Frank Bicycles 6030 College Ave.
Oakland, CA 94606 510-654-2453
www.hankandfrankbicycles.com

Big Dave's Bikes, 609 Gregory Ln., #120
Pleasant Hill, CA 94523 925-954-1954
<http://www.bigdavesbikes.com>

Pleasant Hill Cyclery,
25-A Crescent Dr., #607 Pleasant Hill, CA
94523 925-676-2666
www.pleasanthillcyclery.com

Bicycles Pleasanton 537 Main St.
Pleasanton, CA 94566
925-462-9777
<http://bicyclespleasanton.com>

Crank 2, 5480-9 Sunol Blvd
Pleasanton, CA 94566 925-462-4272
<http://www.crank-2.com/store>

Mike's Bikes, 6754 Bernal Ave #710
Pleasanton, CA 94566 <http://mikesbikes.com/about/mikes-bikes-of-pleasanton-pg1062.htm>

Breaking Away Bicycle Shop, 7 Ross Common
Ross, CA 94957 415-272-6847
<http://breakingawaybikes.com>

City Bicycle Works 2419 K St.
Sacramento, CA 95816 916-447-2453
<http://citybicycleworks.com>

Delta Cyclery 6555 Pacific Ave.
Stockton, CA 95209 209-951-5665

Tracy Cyclery, 130 West 11th ST., #A
Tracy, CA 95376 209-835-7151

Encino Bicycle Center 2901 Ygnacio Valley Blvd.
Walnut Creek, CA 94598 925-944-9200
<http://encinabicyclecenters.com>

Mike's Bikes, Walnut Creek 1615 North California Blvd.
Walnut Creek, CA 94596 925-954-1490
<http://mikesbikes.com/contact/walnut-creek-pg751.htm>

Sports Basement – New 1881 Ygnacio Valley Rd.
Walnut Creek, CA 94598
<http://www.sportsbasement.com/stores/walnut-creek/>

VALLEY SPOKESMEN
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568

2015 CLUB OFFICERS

President:	Marcus van Raalte	925-437-3253
Vice-President:	Clay Dunning	
Treasurer:	Dan Carhart	925-828-8964
Recording Secretary:	Kathy Koos	
Corresponding Secretary:	Bonnie Powers	925-828-5299
Ride Chairmen:	Joe Cheng	
	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	Open	
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-886-7470
Lafayette	Open	
Livermore:	Open	
Oakland	Open	
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.

VALLEY SPOKESMEN

<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>