

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

PRESIDENT'S MESSAGE

Most years we are blessed with a mild climate that allows us to ride year round. That didn't happen this year. I know I am trying to recover from not being able to ride very much. However, now that it's drying out, it's time to hit the road again and work towards our cycling goal for the year.

Some riders have already set their goal for the year - to complete the Cinderella Classic or Challenge. That's a wonderful goal and has successfully introduced cycling to many women. But Cinderella is at the beginning of the cycling season and there are more opportunities to set a goal that build on your training throughout the summer. For example, last year Kathy Koos set a goal of completing the Death Ride. Having set this as her goal, Kathy trained hard during the summer. She did numerous long distance rides and lots of climbing (multiple trips up and down Diablo). The training made her a stronger and faster rider which allowed her to successfully complete all five passes in the Death Ride. Last year was so much fun that she intends to participate in the Death Ride again this year and she will be joined by Clay Dunning and Will Uher. Good luck to all three of you.

Setting a gonzo goal to ride long distances or climb many mountains isn't for everyone. For the rest of us, a reasonable goal might be to improve our riding skills, cycling form, or explore new territory. What's important is to set a goal for yourself that can inspire you and provides the drive for self-improvement. All that's needed is to identify something that you would like to improve about your riding and then set a goal that's attainable. A goal to improve your riding skills might take advantage of the rider skills courses that Feather Pedals has offering during their Cinderella training series. Meredith Nielson of Wenzel Coaching has volunteered her time to offer basic skills classes on certain Saturday's to help new riders. Taking lessons from a trained coach isn't just for new riders. Many racers do it because of the benefits that can come from the guidance. Additionally, there is a lot that the rest of us could gain from an experienced professional giving us pointers on how to improve.

If we can do this each year then we will be come much better cyclists over time, have a lot more fun cycling and we can be the rider that others enjoy riding with. Enjoy the nice weather and I look forward to seeing everyone on our club rides.

Steve

STANDING RIDE OVERVIEW:

MONDAY and WEDNESDAY morning ride from Heather Farms leave at 9:00 a.m. (8:30a.m. start beginning April)
 TUESDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:30 a.m.
 ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

MARCH 2016

TUES. 3/1/16 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.

WED. 3/2/16 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at: <http://ridewithgps.com/users/74695/routes> at least 48 hours before the ride. Be sure to check for the ride listed with the correct date. Ride Host: Richard Skow, 925-939-6964, rcskow@astound.net for ride details.

WED 3/2/15 7:00 p.m. General Membership Meeting. Non-members and members alike, join us at Round Table Pizza, 7841 Amador Valley Blvd in Dublin, in the Shamrock Village shopping center on the north side just east of San Ramon Rd. Pizza, salad and sodas are complimentary to all attendees. Come early to enjoy a pizza party on us and meet lots of people who share your interests. Non-members - come see what our club is all about! Find out the answers to all your club questions, and see if we're the club for you!

THURS. 3/3/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/2/16.

SAT. 3/5/16 2 L/M 48/55 miles 9:00 a.m. Pleasanton BART Station. 9th in a series of weekly Feather Pedals conditioning rides leading up to the Cinderella Classic. This week's ride starts at Pleasanton BART Station southwest parking lot. Arrive 15 minutes early for ride announcements. Classic: <http://ridewithgps.com/routes/11349395%C2%A0-> Plus: <http://ridewithgps.com/routes/11349507%C2%A0-> Ride Host: Karin Ball, 408-406-2286

SAT. 3/5/16 4M 102 miles 8:00 a.m. Come join us for this spring ride through Corral Hollow and Del Puerto Canyon. This advanced ride will take you over Corral Hollow into south of Tracy. We will travel along country roads to Patterson for our lunch stop. We will then ascend Del Puerto and return via Mines. There is a campground with facilities on Del Puerto and there is a fire station that provides water to cyclists on Mines. Please note that there will be limited opportunity for

food and water. Please plan accordingly. ***The Junction Cafe is closed*** <https://ridewithgps.com/routes/12291886>
 Ride host: Kathy Koos 925-417-0387 925-963-8506

SUN. 3/6/16 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: Alberto Lanzas, 510-825-9581.

MON. 3/7/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

MON. 3/7/16 9:00 a.m. Recovery Ride. Start: Old Nob Hill Parking Lot at S. Livermore & Pacific in Livermore Ride host: Kathy Koos 925-417-0387 925-963-8506

TUES. 3/8/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

TUES. 3/8/16 3M 25-45 miles 11:00 a.m. Tuesday Calaveras Ride. This will be a moderately paced ride from Crank 2 to Calaveras Reservoir with options of going to the 1st Summit, the top of the Wall, or down to Ed Levin Park. Let's take advantage of this beautiful weekday riding road while we can before it closes on weekdays for 18 months beginning in June 2016. Meet at Crank 2 (5480 Sunol Blvd, Pleasanton) for an 11:00 departure. There is no food or water on this route, please come prepared. Ride Host: Gail Blanco 925-872-1001

WED. 3/9/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

THURS. 3/10/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

FRI. 3/11/16 9:30 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. 3/12/16 2 L/M 50/55 miles 9:00 a.m. Pleasanton BART Station. 10th in a series of weekly Feather Pedals conditioning rides leading up to the Cinderella Classic. This week's ride starts at Pleasanton BART Station southwest parking lot. Arrive 15 minutes early for ride announcements. Classic: <http://ridewithgps.com/routes/11556111%C2%A0-> Plus: Add miles to first summit or wall
 Ride Host: Kathy Kane, 925-323-5611

SAT. 3/12/16 2 L/M 50/55 miles 9:00 a.m. 3-4M 8:30 a.m. Redwood + 3 Bears 6,600 ft. climbing. Details to follow. <https://ridewithgps.com/routes/6708863> Ride host: Kathy Koos 925-417-0387 925-963-8506

SUN. 3/13/16 2 M/B 47 miles 9:30 a.m. Start at Diablo Vista park on Tassajara ranch Rd. (just east of Crow Canyon). 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 regroup.

<http://ridewithgps.com/routes/7605761>

Ride Hosts: Alberto Lanzas & Gail Blanco, 925-872-1001

MON. 3/14/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

TUES. 3/15/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

WED. 3/16/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

THURS. 3/17/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

SAT. 3/19/16 2 L/M 55/60+ miles 9:00 a.m. Pleasanton BART Station. 11th in a series of weekly Feather Pedals conditioning rides leading up to the Cinderella Classic. This week's ride starts at Pleasanton BART Station southwest parking lot. Arrive 15 minutes early for ride announcements. Classic: <http://ridewithgps.com/routes/11211229%C2%A0->

Plus: Continue to Del Valle and/or Continue on Mines Rd.
Ride Host: Chris Pham, 925-997-6674

SAT. 3/19/16 4M 70 miles 8:30 a.m. Hamilton to Livermore, Alum Rock, San Jose. Details to follow.
<https://ridewithgps.com/routes/12306599> Ride host: Kathy Koos 925-417-0387 925-963-8506

MON. 3/21/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

TUES. 3/22/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

WED. 3/23/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

THURS. 3/24/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

FRI. 3/25/16 9:30 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. 3/26/16 2 L/M 58/62+miles 9:00 a.m. Pleasanton BART Station. 12th in a series of weekly Feather Pedals conditioning rides leading up to the Cinderella Classic. This week's ride starts at Pleasanton BART Station southwest parking lot. Arrive 15 minutes early for ride announcements. Classic: <http://ridewithgps.com/routes/11706997%C2%A0->
Plus: Continue to the first summit or the wall
Ride Host: Rebecca Wood, 925-577-3842

MON. 3/28/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

TUES. 3/29/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

TUES. 3/29/16 3M 25-45 miles 11:00 a.m. Tuesday Calaveras Ride. This will be a moderately paced ride from Crank 2 to Calaveras Reservoir with options of going to the 1st Summit, the top of the Wall, or down to Ed Levin Park. Let's take advantage of this beautiful weekday riding road while we can before it closes on weekdays for 18 months beginning in June 2016. Meet at Crank 2 (5480 Sunol Blvd, Pleasanton) for an 11:00 departure. There is no food or water on this route, please come prepared. Ride Host: Gail Blanco

WED. 3/30/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

THURS. 3/31/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

FRI. 4/1/16 9:30 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. 4/2/16 2 L/M 25 miles 9:00 a.m. Livermore Blacksmith Square. 13th in a series of weekly Feather Pedals conditioning rides leading up to the Cinderella Classic. This week's graduation ride starts at Blacksmith Square in downtown Livermore (address: 21 So. Livermore Ave). Classic ride only – no plus option. Food & wine for sale at Swirl. Wine purchases at John Christopher cellars and beer purchases available at Tap 25. Food, wine, & beer also available at Artistic Table across the street at 56 South Livermore Ave. Arrive 15 minutes early for announcements. Classic: <http://ridewithgps.com/routes/11045849%C2%A0->
Ride Host: Karin Ball, 408-406-2286

SUN. 4/3/16 3-L/M, M, M/B 52-60 miles 9:30 a.m. STANDING VS 1st Sunday of the Month Ride. See Standing First Sunday Ride 3/6/16.
Route Sheet: [San Ramon Livermore Loop 52.pdf](#)
Ride Host: Alberto Lanzas, 510-825-9581.

MON. 4/4/16 8:30 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

TUES. 4/5/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

TUES. 4/5/16 3M 25-45 miles 11:00 a.m. Tuesday Calaveras Ride. This will be a moderately paced ride from Crank 2 to Calaveras Reservoir with options of going to the 1st Summit, the top of the Wall, or down to Ed Levin Park. Let's take advantage of this beautiful weekday riding road while we can before it closes on weekdays for 18 months beginning in June 2016. Meet at Crank 2 (5480 Sunol Blvd, Pleasanton) for an 11:00 departure. There is no food or water on this route, please come prepared. Ride Host: Gail Blanco 925-872-1001

WED. 4/6/16 8:30 a.m. See Heather Farm Standing Ride details on WED. 3/2/16.

THURS. 4/7/16 9:30 a.m. See Tues./Thurs. Morning Standing Ride details on TUES. 3/1/16.

SAT. 4/9/16 7:00 a.m. 40th CINDERELLA CLASSIC & CHALLENGE Bike Ride! Plus Vendor Expo (9:30)

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

Feb 3: Gail's ride used a slight modification of our usual Moraga Loop route using Norris Canyon to reach Castro Valley instead of Dublin Canyon. A little chilly at the start but sunnier than forecast which helped us warm up - especially with the climbs up Norris, Redwood, and Pinehurst. We kept a moderate pace (as advertised) with plenty of regroupings along the way.

Feb 6: Beautiful warm and sunny day for today's Feather Pedals ride. Starting at the Sycamore Ave. Park&Ride in Danville we headed north through Alamo and Walnut Creek and then turned west past Rossmoor into Lafayette. A short loop through the hills north of town on Happy Valley Rd. before climbing Deer Hill and returning through Walnut Creek

and Alamo.

Feb 10: Beautiful warm day for Peter C's ride from Heather Farm over to Berkeley by way of Moraga, Canyon, Pinehurst, Skyline, and Tunnel. In Berkeley we stopped in at Performance Bikes for some shopping and then had refreshments at the original Peet's Coffee location. Our return took us up Spruce to Wildcat Canyon Rd. and we then got in some bonus miles and climbing as a landslide had closed the road and we had to detour via Park Hill and Shasta before getting back on Wildcat Canyon past the slide. Peter

Feb 13: Summer seems to have returned for today's Feather Pedals ride - warm with minimal wind and a cloudless sky. We rode from Danville out to the north side of Livermore through the green hills on Highland, Collier Canyon, and Manning. Had a refreshment stop at the Starbucks on Portola before returning up Collier Canyon to Highland and then south on Tassajara to Windemere. Peter
+++++
Today was a Beautiful day! We had 156 riders enjoying the warm weather and green hills. 128 were VS members and 28 non-members. Meredith provided an informative lesson on group riding skills which was greatly appreciated. Thank you, Meredith! Next week will begin our rides from the East Pleasanton Bart station. Ride start will be 9am, so mark your calendars for the change! Keep up the good work and enjoy the ride! ~Recumbent Kathy

Feb 14: Great day for Emma's ride from Martinez out to the Jelly Belly factory. Jackets and other extra outerwear came off early as the temperature approached 80F. Peter
+++++
Thank you to the 11 other cyclists who joined me for today's ride. We had one slow leak/flat that was repaired early on and a battle ensued between the wind and a wardrobe change at the Lopes Road lookout. Thankfully Christy eventually won. Once everyone had purchased their goodies at the Jelly Belly Factory, half of the riders returned back to Martinez while the other half pushed on up towards Gordon Valley. A believe a good time was had by everyone. Emma

Feb 16: Strange to be looking for shady rest stops to avoid the heat on a ride in February, but that was the case on Gail's ride today. We started from the Crank-2 bike shop in Pleasanton and rode south to Sunol and continued on Calaveras rd. A couple of us turned around at the first summit but most continued on past the reservoir. Peter

Feb 17: Turned out to be a nice day for the ride from Heather Farm although the clouds looked a little threatening early in the day. The wind out of the south picked up later and gave a nice push on the way back. I cut the ride short a bit by riding from home and meeting the group as they headed south through Alamo. Peter

Feb 19: Good timing for Gail's odd-Friday ride today which allowed us to enjoy sunny skies for almost the whole ride before the darker clouds started rolling in again.

Feb 20: Nice day for our first FP ride from our location in Pleasanton! We had 93 riders, 27 non members and 66 members. Chris Pham

Feb 20: Thank you Kathy for leading this beautiful ride (Del Puerto & Mines)! The challenge of the hills and distance were

rewarded with gorgeous wildflowers and scenery and great camaraderie. Much appreciated! -Mark

Feb 23: Great day for Bob's usual conditioning ride this morning. Noticed that the new rest stop areas along the Iron Horse trail in San Ramon are now open. Peter

Feb 24: Thanks to Gail B for hosting a late morning ride today from Crank2. Wonderful weather, green hills, spring flowers, and a great day for biking to the top of the wall on Calaveras Road. Jim V

Feb 27: Just about perfect weather for the Feather Pedals ride today - sunny, very little wind, and mid-60s temperature. A good assortment of wildflowers is starting to come out along the roadsides. Peter

UPCOMING CYCLING EVENTS

March

- 12 Solvang Century & 1/2 Century, Solvang, CA
- 13 Senorita Century Women's Bike Ride, San Marcos, CA

April

- 2 Party Pardee, Lone, CA
- 2 California Classic Century, Fresno, CA
- 2 Ride to Recovery Honor Ride, Ventura, CA
- 9 Cinderella Classic/Challenge, Dublin, CA
- 14-16 Sea Otter Classic, Monterey, CA
- 16 Sierra Century, Plymouth, CA
- 16 Mr. Frog's Wild Ride, Murphys, CA
- 16 Cycle for Sight, Napa, CA
- 16 Bike Around the Buttes, Sutter, CA
- 16 Hemet Century/Double, Hemet, CA
- 17 Primavera Century, Union City, CA
- 23 Wildflower Century, Creston, CA
- 23 Mtn. Charlie Challenge, Scotts Valley, CA
- 24 Chico Wildflower, Chico, CA
- 30 Devil Mountain Double, San Ramon, CA
- 30 Motherlode Century, Lotus, CA
- 30 Alpine Century, El Cajon, CA
- 30 Mt. Hamilton Challenge, Santa Clara, CA
- 30 Tierra Bella, Gilroy, CA
- 30 Healdsburg Bicycle Tour, Healdsburg, CA

UPCOMING TOUR

PASO ROBLES 2016 – from Wednesday, May 25th to Friday, May 27th riding from Sunol to Paso Robles and the Great Western Bicycle Rally. There will be two nights of lodging in Hollister and King City. The total cost of the trip is anticipated to be \$350.00 or less. This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders. If interested please sign up ASAP with a \$200.00 deposit (made payable to Valley Spokesmen). For additional information you may contact Bonnie Powers at 925-828-5299 or b-bpowers@att.net.

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/
- Planning and Conservation League - www.pcl.org
- Rails to Trails – www.railstotrails.org
- Yosemite Conservancy

VALLEY SPOKESMEN EXECUTIVE BOARD MEETING
As reported in January, no February meeting due to lack of quorum.

Valley Spokesmen Bicycle Club Correspondence February 2016

Correspondence sent:

1. Check to Rails-to-Trails for membership renewal
2. Check to National Parks Conservation Assn. for membership renewal.
3. Refund check to Susan Eldridge for Cinderella registration and Cinderella jersey.
4. Check to Cycle California! Magazine for Cinderella advertisement.
5. Check to The Nature Conservancy for membership renewal.
6. Check to National Park Foundation for membership renewal.
7. Check to Kathryn Chang for Mid-winter party vocalist.
8. Check to Joe Magdaleni for Mid-winter party pianist.
9. Check to Sri Thai/Sophia Sonnari for Mid-winter caterer.
10. Check to City of Dublin for Cinderella permit.
11. Check to Kathy Koos for Mid-winter party out-of-pocket expenses.
12. Check to California Highway Patrol for Cinderella permit/coverage.
13. Check to Alameda County Fairgrounds for Cinderella deposit.
14. Check to Julie Hampton for postage for December/January newsletter.
15. Check to Jim Duncan for Mid-winter party out-of-pocket expenses and printer toner.
16. Check to Laurie van Raalte for Mid-winter awards.
17. Check to Dublin Security Storage for storage locker (13 months).
18. Check to Mark Dedon for Mid-winter party decorations.
19. Check to Bob Powers for Mid-winter party out-of-pocket expenses.
20. Checks to Sandy Zenner, Tracey Meyers and Mary Conway for Cinderella refunds.
21. Letters of welcome to old/new members. Membership for 2016 stands at 486 members.

Correspondence received:

1. Thank you letter from Koinonia for Cinderella donation.
2. Announcement from City of Dublin of Amador Plaza Road Bicycle and Pedestrian improvements project from March to May
3. Annual reports from STAND! For Families Free of Violence and SAVE (Safe Alternatives to Violent Environment).

- 4. February copy of *Sunset* magazine.
- 5. Newsletters and magazines from various clubs, organizations and businesses.

☸ ☸ ☸ **VALLEY SPOKESMEN CLUB GEAR** ☸ ☸ ☸

**Contact Jim Duncan for club gear:
hey-you@comcast.net or 925-209-1369**

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

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**VALLEY SPOKESMEN BICYCLE
SWAP MEET**

1:00 a.m. – 4:00 p.m.
 Wells Middle School – Multi-purpose
 6800 Penn Drive, Dublin, CA 94568
Sunday, April 10, 2015
 Join us as you SWAP – Sell – or just plain Look
 For information call Bob or Bonnie Powers
 at (925) 828-5299

FREE!! FREE!! FREE!! FREE!! FREE!! FREE!!

Mileage Report as of 2/23/16 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Blanco, Gail	452	8	10
Carpenter, Don	204	0	5
Cheng, Joe	230	0	5
Culshaw, Peter	225	4	6
Dedon, Erica	275	1	6
Dedon, Mark	355	1	7
Heady, Bob	260	8	10
Hernandez, Ken	269	0	7
Koos, Kathy	261	4	5
Kowalewski, Steve	205	0	6
Kyong, Peter	420	0	13
Lagodzinski, Andrew	213	0	4
Olenberger, Emma	273	2	6
Rathmann, Peter	721	1	20
Reilly, T.J.	247	0	10
Rossiter, Jaynette	206	0	6
Shannon, Geoff	255	2	7
Simpson, Christy	442	2	13
Thieben, Kevin	202	0	4
Uher, Will	309	0	9
Van De Vreugde, Jim	257	0	4
Whelan, Steve	225	0	5

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2016.

Total miles ridden by club members so far this year is 14,629.

CONGRATULATIONS and THANKS

The following people received a \$100.00 gift certificate from the bike shop of their choice for having led 20 or more club rides during 2015.

- Gail Blanco
- Dan Carhart
- Peter Culshaw
- Bob Heady
- Kathy Koos
- Alberto Lanzas
- Jane Moorhead
- Doug Ondricek
- Peter Rathmann
- Dick Skow
- Geoff Shannon

Next time you ride with them, let them know how much they're appreciated!

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

2016 CLUB OFFICERS

President:	Steve Whelan	925-964-7209
Vice-President:	Dianne Thompson	925-765-8805
Treasurer:	Don Carpenter	510-406-3205
Secretary:	Kathy Koos	925-963-8506

Admin Services Director:	Bonnie Powers	925-828-5299
Cycling Director:	Rob Delfosse	925-522-6270
Events Director:	Jim Duncan	925-209-1369
Communications Director:	Rebecca Wood	925-577-3842
Past President:	Marcus vanRaalte	925-437-3253

Non Elected Positions:

Bike East Bay Rep.:	Adele Madelo	510-773-0693
Webmasters:	Ken Hernandez	510-329-9481
	Steve Whelan	925-964-7209

Community Liaisons:

Alamo	Linda Kwong	925-891-4600
Castro Valley	Maureen O'Boyle	510-582-2704
Concord:	Jean Watts	925-676-6164
Danville/Diablo/MDSP:	Al Kallin	alkalin@yahoo
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-200-8125
Lafayette	Open	
Livermore:	Richard Fryar	925-872-4466
Oakland	Adele Madelo	510-773-0693
Pleasanton:	Kathleen Koos	925-963-8506
Pleasant Hill:	Joan Spiegel	925-705-7183
San Ramon:	Peter Rathmann	925-828-1973
Walnut Creek:	Peter Culshaw	925-932-0790

VALLEY SPOKESMEN
<http://www.valleyspokesmen.org>

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