

# 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](http://www.valleyspokesmen.org)

### PRESIDENT'S MESSAGE

All of the signs show we are heading into the peak of the cycling season. The Feather Pedals graduation ride is on April 2<sup>nd</sup> and the Cinderella will be held on April 9<sup>th</sup>. The wonderful volunteers pull off some amazing feats to make this ride come off as smoothly as possible. As of late, finding volunteers has been quite a struggle. The club depends on its members to support our events and rides. Much of the burden for supporting events falls on a few people who do a lot of work to make the events a success. If you have enjoyed riding at any of our events, please consider volunteering to help out at an event. It makes everyone's life so much easier if people are willing to stand up and help out.

If you have a good riding base and are looking for a great ride to get you in shape for the summer check out the Valley Spokesmen's Paso Robles ride. The ride is open to all club members and is scheduled to start on May 25<sup>th</sup>. I have done the ride several times and plan to do it again this year. For those who have never done the ride, on Day 1 we start in Sunol and ride to Hollister (85 miles). Day 2 is from Hollister to King City (62 miles) and Day 3 is from King City to Paso Robles (71 miles). Once we clear San Jose, the ride travels on remote country roads that are really scenic and are great for cycling. The ride includes a gear van driven by Bonnie Powers. In addition to gear management, the ride also includes snacks/sodas for our after ride social hour, 2 nights lodging, and two lunches. The cost of the ride is estimated at approximately \$300 per person. At the end, you have the option of riding back, taking the train from Paso Robles (although the train does not allow bikes, ride to San Luis Obispo and take the train (allows bikes) or get a loved one who isn't riding to join you in Paso with a car equipped with a bike rack. Details can be found our web site under Events (<http://www.valleyspokesmen.org/paso>). For additional questions, contact Bonnie Powers at: 925-828-5299 or [b-bpowers@valleyspokesmen.org](mailto:b-bpowers@valleyspokesmen.org). If this sounds like fun, check the clubs Paso Robles ride. I highly recommend it!

Hopefully, I will see you out on a ride during the beautiful long days to come!

Steve

## 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.



### 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. Carpools 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](http://www.valleyspokesmen.org/ridecalendar)**

**Be informed: current VS members can register for the VS e-mail list:**

<http://www.valleyspokesmen.org/Sys/vs-list>

**STANDING RIDE OVERVIEW:**

MONDAY and WEDNESDAY morning ride from Heather Farms leave at 9:00 a.m.  
 MONDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:30 a.m.  
 WEDNESDAY evening WAW ride from Les Knott Park (Livermore) at 6:30 p.m.  
 ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

**APRIL 2016**

**FRI. 4/1/16 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](mailto: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 First Sunday 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.

**SUN. 4/3/16 2 L/M 38 miles 9:30 a.m.** Wildflower ride to Sunol Regional Park on Sunday, April 3<sup>rd</sup> starting at 9:30 am from Shannon Center in Dublin (off San Ramon Valley Blvd). See the attached PDF for the route. Ride host: Erica Dedon [earthye@comcast.net](mailto:earthye@comcast.net) [Shannon to Sunol Regional Park.pdf](#)

**MON. 4/4/16 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, [rskow@astound.net](mailto:rskow@astound.net) for ride details.

**MON. 4/4/16 9:30 a.m.** Monday and Thursday morning conditioning 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.

**MON. 4/4/16 6:30 p.m.** Valley Spokesmen Racing Team meeting (1<sup>st</sup> Monday of the month). Everyone is welcome! Call Ted Vidnovic at 925-337-2803 or [vidnovic@yahoo.com](mailto:vidnovic@yahoo.com) for further information.

**TUES. 4/5/16 3M 25-45 miles 11:00 a.m.** Crank 2 to Calaveras Reservoir. 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. Host Gail Blanco 925-872-1001

**WED. 4/6/16 9:00 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**WED. 4/6/16 6:30 p.m. 3 B 20 mi. & 2 L/M 15 mi. 6:30 p.m.** WAW (Wednesday After Work) weekly evening training ride series leaving from Les Knott Park, 655 N. Mines Rd., Livermore. Doug will lead a B paced ride intended to get the heart rate up quickly and keep it there for an hour. These rides are a good mid-week workout and are generally pretty brisk paced. Routes will vary and are usually posted on the calendar prior to the ride. For those looking for something a bit tamer, Janet will lead a Feather Pedaler friendly ride most weeks. Please check the ride calendar to confirm that a route is posted for the week as work sometimes interferes with Janet's ride hosting. Ride Hosts: Doug Ondricek (925) 980-2490 & Janet Ondricek (925) 579-4573

**THURS. 4/7/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

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

**SUN. 4/10/16 2 M/B 47 miles 9:30 a.m.** "Tandemonium" Start at Diablo Vista park on Tassajara Ranch Rd. (just east of Crow Canyon). 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 regroupings. <http://ridewithgps.com/routes/7605761>  
 Ride Hosts: Alberto Lanzas & Gail Blanco, 925-872-1001

**SUN. 4/10/16 2/3-M 25/35 miles 10:00 a.m.** Dublin to Sunol and Swap Meet. Join Peter on this ride from Dublin to Sunol and back. Longer options for the return are via Sunol Regional Park or Palomares Rd. Meet at Wells Middle School in Dublin (6800 Penn Dr.). Take Amador Valley Rd. to Penn Dr. and go south. Wells School is on the right. Bring water.

The annual post-Cinderella swap meet will follow the ride.  
Ride Host: Peter Rathmann 925-336-0973

**MON. 4/11/16 9:00 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**MON. 4/11/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**TUES. 4/12/16 11:00 a.m.** See Tues. Calaveras Ride details on TUES. 4/5/16.

**WED. 4/13/16 9:00 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**WED. 4/13/16 6:30 p.m.** See WAW Ride details on WED. 4/6/16.

**THURS. 4/14/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**FRI. 4/15/16 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.

**MON. 4/18/16 9:00 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**MON. 4/18/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**TUES. 4/19/16 11:00 a.m.** See Tues. Calaveras Ride details on TUES. 4/5/16.

**WED. 4/20/16 9:00 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**WED. 4/20/16 6:30 p.m.** See WAW Ride details on WED. 4/6/16.

**THURS. 4/21/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**MON. 4/25/16 9:00 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**MON. 4/25/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**TUES. 4/26/16 11:00 a.m.** See Tues. Calaveras Ride details on TUES. 4/5/16.

**WED. 4/27/16 9:00 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**WED. 4/27/16 6:30 p.m.** See WAW Ride details on WED. 4/6/16.

**THURS. 4/28/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**FRI. 4/29/16 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.

## MAY 2016

**SUN. 5/1/16 3-L/M, M, M/B 52-60 miles 9:30 a.m.** Standing First Sunday Ride. See details on SUN. 4/3/16.

**MON 5/2/16 8:30 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**MON. 5/2/16 6:30 p.m.** Monthly meeting Valley Spokesmen Racing Team. See MON. 4/4 for details.

**MON. 5/2/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**TUES. 5/3/16 11:00 a.m.** See Tues. Calaveras Ride details on TUES. 4/5/16.

**WED. 5/4/16 8:30 a.m.** See Heather Farm Standing Ride details on MON. 4/4/16.

**WED. 5/4/16 6:30 p.m.** See WAW Ride details on WED. 4/6/16.

**THURS. 5/5/16 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 4/4/16.

**SUN. 5/8/16 2 M/B 47 miles 9:30 a.m.** See Tandemonium Ride details on SUN. 4/10/16.

### 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](mailto: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 1<sup>st</sup> 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.  
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**RIDE REVIEWS**

Mar 1: Another beautiful day before the forecast storm system later this week. Bob's ride took us from Livermore Cyclery in Dublin up to Blackhawk via Dougherty and Crow Canyon and then through the Diablo Country Club to the Peet's in downtown Danville. Peter  
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Mar 10: Nice day for Bob's ride from Livermore Cyclery in Dublin this morning before the rain is expected to return. We headed north on the Blvd. to Greenbrook and then meandered through Danville to Peet's coffee downtown. Peter  
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Mar 14: Nice day for Bob's ride this morning after yesterday's showers. From the usual start at the Dublin location of Livermore Cyclery we headed over to Dougherty and went north to Blackhawk before continuing on Tassajara to the east and south. Windemere and East Branch took us back to Dougherty and we went east on Dublin Blvd. to the new Whole Foods for our refreshment break. Peter  
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Mar 19: A little better weather forecast for this week's Feather Pedals ride and we enjoyed sunny skies and comfortable temperatures on our ride from Pleasanton BART to a loop around the outskirts of Livermore including an out-and-back on Mines Rd. however far people wanted to go. Peter  
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Mar 19: Thank you Kathy for hosting this beautiful ride from Mt. Hamilton to Livermore. It was amazing to witness the marvelous spring that is happening in those green hills... ponds full, streams flowing and wildflowers blooming in the meadows. Mark  
\*\*\*\*\*

Mar 25: Gail's ride today took us north from San Ramon Central Park through Danville and past the Blackhawk and Diablo country clubs on our way to Peet's Coffee for our refreshment stop. Peter  
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Mar 26: Looked like a good turnout for today's 12th Feather Pedals ride of the year starting from the Pleasanton BART station and heading down to Sunol and Calaveras with and out-and-back on Kilkare thrown in. After returning from Calaveras we took Vineyard over to Livermore before taking Stanley back to Pleasanton. Peter  
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Yesterday was an absolutely gorgeous day for our longest and final conditioning ride 57+ miles to Sunol, Calaveras, Livermore and back to Pleasanton. We had 90 riders join us -- 18 non-members and 72 VS members. A big thank you to all of our Feather Pedal volunteers, especially Dean Ball and Julie Hampton for their awesome SAG support and Charles Parrish for his job as our Sweep!  
Next week is our 25 mile Graduation Ride hosted by Karin Ball starting from Blacksmith Square Parking Lot in downtown Livermore at 10 am. See you there! Happy Cycling! Rebecca  
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Mar 27: Nice day for Dianne's impromptu ride from Shannon Center out to Sunol and Calaveras Rd. Peter  
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Mar 28: A bit breezy but otherwise a nice day for the usual ride from the Dublin location of Livermore Cyclery with Christy substituting as host in Bob's absence. Peter  
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**UPCOMING CYCLING EVENTS**

**April**

- 2 Party Pardee, Ione, 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

**May**

- 1 Grizzly Peak Century, Moraga, CA
- 1 Delta Century, Lodi, CA
- 1 Tour de Cure, Napa, CA
- 7 Wine Country Century, Santa Rosa, CA
- 7 Race Across America Cycling Challenge, Oceanside, CA
- 7 Tour of the Unknown Coast, Ferndale, CA
- 7 Cruisin the Conejo, Thousand Oaks, CA
- 7 3F Century, Colusa, CA
- 14 Tour of Long Beach, Long Beach, CA
- 14 Tour of Novato & West Marin Century, Novato, CA
- 12-15 NorCal AIDS Challenge, Auburn, CA
- 14 Central Coast Double Century, Paso Robles, CA
- 15 Strawberry Fields Forever, Watsonville, CA
- 21 Davis Double Century, Davis, CA
- 21 Tour de Cure-Roseville, Rocklin, CA
- 21 Tour de OC, Costa Mesa, CA
- 21 San Diego Century Bike Tour, Encinitas, CA
- 22-26 Climate Ride CA North Coast, Fortuna, CA
- 22 Mendocino Monster, Ukiah, CA
- 27-30 Great Western Bike Rally, Paso Robles, CA

**UPCOMING TOUR**

**PASO ROBLES 2016** – from Wednesday, May 25<sup>th</sup> to Friday, May 27<sup>th</sup> 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 \$300.00 or less. This includes lodging, truck rental, two lunches, snacks, drinks, etc.

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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.

(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](mailto:b-bpowers@att.net).

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#### VALLEY SPOKESMEN AFFILIATIONS

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

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VALLEY SPOKESMEN GENERAL MEMBERSHIP MEETING  
 March 2, 2016 7:00 p.m. Round Table Pizza, Dublin, CA

**Board Members Present:** Bonnie Powers, Jim Duncan, Kathy Koos, Don Carpenter, Rebecca Woods, Marcus Van Raalte

**Board Members Absent:** Dianne Thompson, Steve Whelan, Rob Del Fosse

**CALL TO ORDER** by Jim Duncan at 6:58 p.m.

**ENTERTAINMENT:** Ginger, a representative from Bike East Bay (BEB) gave a presentation on the many activities that BEB engages in to support cycling advocacy. Briefly, BEB has been around and active since 1972 and currently has over 4,000 members. Some of the things BEB has accomplished include access on BART for cyclists. In addition, BEB also has a hazards reporting page with directions on how to report a hazard ([bikeeastbay.org/hazards](http://bikeeastbay.org/hazards)). She also provided a handout with alternative sources for reporting hazards and with guidelines to follow for reporting hazards.

#### Guidelines:

1. Accurate location - use GPS or smartphone to record geocoded location
2. Be specific: make single report for each pothole
3. Detailed description – Add as much detail as possible
4. Helpful to circle pothole with spray paint
5. Take a photo-show street content with pothole

Where to report:

1. Dublin – 925-833-6630, [public.works@dublin.ca.gov](mailto:public.works@dublin.ca.gov)
2. Pleasanton – Mike Truscott, Streets Maintenance, 925-931-5555
3. Livermore – 925-960-8020, Public Works/Streets

#### Maintenance

4. Contra Costa County Public Works – Potholes, 925-313-7000
5. Alameda County Public Works – 510-670-5480
  - a. Online: [www.acgov.org/pwa/requests](http://www.acgov.org/pwa/requests)
  - b. Use mobile app: Mobile Citizen

Ginger also mentioned a phone application called SeeClickFix (<http://en.seeclickfix.com/>) which is linked to multiple municipalities.

Ginger mentioned Bike to Work day is May 12. BEB is

currently seeking volunteers to set up and run aid stations.

Ginger can be reached at: [ginger@bikeeastbay.org](mailto:ginger@bikeeastbay.org)

**DECEMBER'S GENERAL MEETING MINUTES:** Jim mentioned that approval for December's General Meeting can be done on line.

**TREASURER'S REPORT:** Don reported that we are solvent with significant money from Cinderella.

**RIDE REPORT:** Nothing to report.

**MID WINTER PARTY:** Kathy gave a summary of the Mid-Winter Party. Overall, the party was a success. However, due to the crowded conditions, the committee is exploring other options.

**PASO ROBLES:** Bonnie gave a brief overview and summary of the Valley Spokesmen ride to the Great Western Bike Rally in Paso Robles. The ride departs on Wednesday May 25. Day one of the ride will be from Sunol to Hollister, day two will be from Hollister to King City, and day three will be King to Paso Robles. Bonnie pointed out that riders must make their own arrangements to return home. She indicated most people drive cars down the previous day and car pool back or they make arrangements for people to come get them. Cost for the trip will be \$300.00 and includes two nights lodging, two lunches, and assorted snacks and drinks. Peter Rathmann is planning an alternate route down the coast. Peter's route will be a completely self-sustained trip that will stage from Daly City Bart. Peter's route has been posted on the calendar.

**SWAP MEET:** The annual swap meet will be held the day after Cinderella from 1:00-3:00 p.m. at Wells Middle School, 6800 Penn Drive (Off of Amador Valley), Dublin.

**CINDERELLA UPDATE AND DRAWING:** Jim reported there are 2,000 registered riders. We still have a need for volunteers. For those that previously signed up to volunteer, there was a drawing for a free registration to one of eight different centuries. Winners were announced at the General Meeting.

**MEMBER'S FORUM:** Julie Hampton asked when the jerseys were available. Jim indicated they should be mailed in March. Jim mentioned that 826 jerseys and vests were sold. There will be a few extra at the event.

**GOOD OF THE ORDER:** Bob Heady asked if SeeClickFix could be linked to our website. Jim will ask Ken to post it. -Julie asked about the Valley Spokesmen Market Place. The Market Place is on hold pending return of its coordinator, Dianne.

Meeting adjourned at 7:47 p.m. to the Executive Meeting on March 9, 2016, at 6640 Spruce Lane, Dublin.

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#### VALLEY SPOKESMEN EXECUTIVE BOARD MEETING March 9, 2016 7:00 p.m. 6640 Spruce Ln., Dublin, CA

**Present:** Dianne Thompson, Bonnie Powers, Steve Whelan, Marcus Van Raalte, Rebecca Woods, Rob Del Fosse, Kathy Koos, Jim Duncan

**Absent:** Don Carpenter

**CALL TO ORDER** at 7:00 by Steve.

**APPROVE JANUARY EXECUTIVE MINUTES:** Bonnie motioned for approval of January's minutes. Steve seconded the motion and all voted in favor.

**TREASURER'S REPORT:** provided at General Meeting.

#### OLD BUSINESS

**Ride Report:** Bonnie reiterated the purpose of the ride report is to discuss past rides of note during the month. Rebecca mentioned that the Feather Pedal rides are going well and are well attended. Kathy discussed the century ride through Del Puerto Canyon and Mines Road.

**V.S. Website:** Ken reported membership is currently at: 285 individual, 116 family, and 128 additional family members. Total membership is 694. Ken offered a brief summary on

issues of reaching capacity on the Apricot software package we have purchased. Ken will eliminate duplications which should free up some space.

**Master Plans:** Bonnie mentioned that Dublin is reconfiguring Amador Plaza Road for pedestrian and cycling traffic. In the future, vehicles will only be allowed to turn right when exiting driveways of businesses along Amador Plaza Road (REI, etc.) Marcus clarified that community liaisons should provide updates to the Director of Administration Services (Bonnie). Steve suggested that we bring liaisons together to discuss what needs to be done in the role. Francie and Bonnie will spearhead training for new liaisons.

**Correspondence:** Bonnie gave a review of Al Kalin's report on the progress of Mt. Diablo.

**NEW BUSINESS**

**Cinderella Update:** Jim mentioned there are currently 2100 registered for Cinderella. He also mentioned we could use more volunteers. Bob will begin to recruit more volunteers from last year's list. Jim and Ken will coordinate transfers as they arise. Bonnie secured Wentle for the first rest stop. Rebecca received a call from TV 30 to do interview with Jim and Bonnie regarding Cinderella and Cycle California (March 2016) wrote a three page article concerning the event.

**Paso Robles Discussion:** Bonnie has four people signed up. Others have expressed interested. Richard Hedges asked if there could be a pre-trip meeting. Tentatively, May 16, 2016, was discussed as that date.

**Mid-Winter Party Summary:** Kathy provided a summary of the surveys collected and discussed other options for next year's soiree. She will follow up on one location provided by Clay.

**Valley Spokesmen Market Place on Website:** Dianne provided a summary of the work she's been doing on finalizing the Valley Spokesmen Market Place. She will research what other similar Market Places have used to establish their guiding principles.

**Explore GPS Training:** Kathy discussed the possibility of arranging a training session for Valley Spokesmen users of the GPS mapping program. She will organize the training session.

**Quarterly News Brief:** Bonnie reported that Jane delivered the newsletters today.

**Suspended Ride Host Discussion:** The Board decided to remain with the status quo on the current host suspension.

**GOOD OF THE ORDER:** Bonnie mentioned the Napa Valley Tour is celebrating its 40th year this year.

Meeting adjourned 8:09 p.m. to the Executive Meeting April 13, 2016 at 6640 Spruce Lane, Dublin, CA at 7:00 p.m.

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**Valley Spokesmen Bicycle Club Correspondence  
March 2016**

**Correspondence sent:**

1. Check to Minuteman Press for printing of February and March newsletters.
2. Check to Purchase Power for meter postage and tape strips.
3. Check to San Ramon Valley Unified School District for Greenbrook School on Cinderella day.
4. Check to Hammer Nutrition Global for Cinderella photo back drop.
5. Check to Harburn Enterprises, Inc. for Cinderella patches.
6. Check to Business Card (B of A) for charge account (Cinderella; Mid-winter party; March club -meeting; ride leader certificate; Wild Apricot; fees).
7. Check to Bob Powers for Swap Meet star-up cash.

8. Check to League of American Bicyclists for annual membership dues.
9. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
10. Check to Amador Valley Industries for Cinderella dumpsters (15 cubic ft./Handy Hauler).
11. Fifteen Cinderella refund checks.
12. Letters of welcome to old/new members. Membership for 2016 stands at 560 members.

**Correspondence received:**

1. Thank you letter from Rails-to-Trails and The Nature Conservancy for annual membership renewal.
2. Annual report from Next Door and Hope Hospice.
3. Invitation from Women's Cancer Research Center to attend 30<sup>th</sup> Annual Anniversary Gala, April 11<sup>th</sup>.
4. Thank you letter from past financial support from Dream Catcher Youth Services.
5. Advertisements for upcoming events and the Vineyard Lodge in Forestville, CA.
6. March copy of Sunset magazine.
7. Newsletters and magazines from various clubs, organizations and businesses.

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☪ ☪ ☪ **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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Mileage Report as of 3-24-16 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Ball, Karin	207	1	5
Barnett, Bob	232	0	5
Blanco, Gail	637	13	15
Carpenter, Don	274	0	7
Cheng, Joe	389	0	9
Cosin, Wendy	572	4	16
Crawford, Matt	203	0	5
Culshaw, Pete	465	7	13
Cushman, Francie	234	1	5
Davis, Patti	437	0	13
Dedon, Erica	372	1	8
Dedon, Mark	393	1	8
Deornelas, Vic	214	0	4
Donovan, Deb	305	0	9
Duncan, Jim	234	1	5
Eacret, Wes	306	0	6

Mileage Report as of 3-24-16 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Foster, Danielle	232	0	6
Frasier, Debbie	244	0	6
Fusco, Bob	230	0	5
Gabe, Jan	231	0	5
Heady, Bob	460	10	16
Hernandez, Ken	320	0	8
Herrera, Gloria	263	0	6
Koos, Kathy	261	4	5
Kowalewski, Steve	245	0	7
Kyong, Peter	445	0	14
Lagodzinski, Andrew	213	0	4
Lisy, Norm	220	0	7
Martinelli, Craig	267	0	8
Mayfield, Milinda	201	0	5
Mertz, Jacqueline	475	0	13
Moorhead, Jane	307	2	11
Nasstrom, John	250	0	6
Olenberger, Emma	398	2	9
Pereira, David	288	0	7
Pham, Chris	283	2	7
Polley, Ed	486	0	12
Rasmussen, Ron	275	0	9
Rathmann, Peter	1102	3	30
Reilly, T.J.	436	0	14
Rossiter, Jaynette	329	0	9
Settle, Andy	353	0	10
Shannon, Geoff	599	6	17
Simpson, Christy	555	2	17
Skow, Dick	562	2	16
Strain, Kathy	280	0	7
Thieben, Kevin	224	0	5
Thompson, Dianne	273	0	6
Uher, Julie	200	0	7
Uher, Will	309	0	9
Van De Vreugde, Jim	297	0	5
Weiny, Lorrie	223	0	5
Whelan, Steve	374	0	8
Wood, Rebecca	373	2	9

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 33,670.

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

## VALLEY SPOKESMEN BICYCLE SWAP MEET

1:00 p.m. – 3:00 p.m.

Wells Middle School – Multi-purpose  
6800 Penn Drive, Dublin, CA 94568

**Sunday, April 10, 2016**

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!!



VS DISCOUNT BIKE SHOPS

Missing Link, 1988 Shattuck Way  
Berkeley, CA 94704 510-843-7471  
[www.missinglink.org](http://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](http://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/](http://www.dublincyclery.com/)

Livermore Cyclery, 7214 San Ramon Rd.  
Dublin, CA 94568 925-829-4310  
[www.livermorecyclery.com](http://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](http://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](http://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](http://www.hankandfrankbicycles.com)

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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](http://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

**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>

**2016 current club members may subscribe to the VS mailing list by following the directions at:**  
<http://www.valleyspokesmen.org/Sys/vs-list>

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.