PRESIDENT’S MESSAGE

The month of June was a terrible month for cycling in the Bay Area with three fatalities. As long as people take the view that accidents will happen, they will continue to occur. We need to look at our behaviors that increase risk, educate drivers about cycling, and work with authorities to engineer risk out of the design of our roads.

Next month the State Parks will complete bike safety improvements on Mount Diablo designed to increase driver awareness of cyclists and prohibit passing where visibility is limited. These changes have been implemented in what seems like a short period of time for a state agency to analyze the issue, develop a plan, fund and execute the work. Al Kalin (VS Community Liaison for Danville and Mount Diablo State Park) has been tireless in pursuing this project and deserves a lot thanks for his efforts in support of this work.

An event is tentatively being planned for August 6th to celebrate the road safety improvements designed to improve the safety for cyclists. The improvements include solid yellow center lines where visibility is impaired (to prevent vehicles from passing) and signage to instruct drivers to not pass on blind turns. Signage will also be installed to caution cyclists about watching their speed while descending. All of this work is being done to reduce the risk of a car-on-cyclist collision or a car-on-car collision. This provides safety benefits for vehicle drivers and cyclists in a park that is extremely popular.

I would also like to ask all VS members to look for a ride posting on or around August 6th for a ride to the junction for the celebration of these improvements. An event is being planned with representatives of the State Parks system and local elected officials who helped to make this happen. It helps our cause if we can have a large turnout for this event to let local government officials know there is a large number of constituents in our area who are interested in improving the safety of cyclists on the road. Attending sends a strong message that they understand.

While riding, do think about your behaviors that increase your risk (running red lights or stop signs) and try to take action to improve your safety on the road. Let’s work towards zero cycling accidents. Please also join us at the Mt Diablo Road Safety Celebration on August 6th.

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 regroups.
M) Moderate, occasional regroups.
B) Brisk, few stops.
S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:
On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:
L=12 mph  M=16 mph  B=19 mph  S=22 mph-plus.

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroups and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

Rides listed as "Beginner Friendly" will often be ridden by our most experienced riders, who just prefer to ride at a more leisurely pace. They will assist newer riders if requested. There will be slower-paced riders on these rides and will sometimes be listed as ND. Rides may be listed as Beginner Friendly if the route is an out-and-back and can be done at your own pace with your own turn-around point. Calaveras would be a good example of this. If in doubt, contact the ride host to get detailed information about a specific ride.

Rides listed as "Advanced Rides" are at a fast pace where riders will work together in a pace-line with minimal / no regroups. Not recommended for new riders.

All riders are welcome to show up for any ride scheduled, as long as you are prepared for possibly riding the route alone if it is above your level. Route slips are distributed at the start of a ride unless it is listed as a Show-n-Go, in which case the group will decide the route and no route slips are used. It is our goal to provide as many varied rides as possible and to help guide our members and guests to the rides best suited to their riding preference / experience.

MOUNTAIN BIKE RIDE RATINGS

All rides graded according to predicted difficulty as follows:
1) EASY: Mostly flat with few hills.
2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
4) STRENUOUS: Long, steep ascents and descents & very rough terrain.
5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles. Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

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

ATTENTION: All riders must sign a liability waiver form, which is on the ride sign-in sheet, from the ride leader.

WEATHER: If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an 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

Be informed: current VS members can register for the VS e-mail list: http://www.valleyspokesmen.org/Sys/vs-list

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
STANDING RIDE OVERVIEW:
MONDAY and WEDNESDAY morning ride from Heather Farms leave at 8:30 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.

JULY 2016

FRI. 7/1/16 2 L/M 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) If you are not on the vslist, please contact the ride host to confirm start time in case of “beat the heat” or other changes. Ride Host: Gail Blanco, gb blanco@aol.com, 925-872-1001.

SAT. 7/2/16 2-3M 45/59 miles 8:30 a.m. Today we will have two routes from the old Nob Hill Shopping Center on S. Livermore Ave in Livermore up Mines Road. Both routes are “out and back” on the same route, so you can turn around at any time. The CLASSIC route will turn around at the County Line. The CHALLENGE route will turn around at the Junction. Following the ride, we will stop at Tap 25 in Livermore for lunch. Bring plenty of water and food for the ride. On the CLASSIC route, there is no opportunity to get water or food. Ride Host: Dianne Thompson dt33@comcast.net

SUN. 7/3/16 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. Route Sheet: San_Ramon_Livermore_Loop_52.pdf
Ride Host: No Ride Host for July at press time.

MON. 7/4/16 8:30 a.m. 2-L/M 25-50 miles 8:30 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. 7/4/16 9:30 a.m. 2-M 20-25 miles 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. July is a show & go due to host being unavailable.

WED. 7/6/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

WED. 7/6/16 3-B ~20 & 2L/M ~15 miles 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. 7/7/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

MON. 7/11/16 8:30 a.m. See Heathen Farm Standing Ride details on MON. 7/4/16.

MON. 7/11/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

MON. 7/11/16 6:30 p.m. Monthly Valley Spokesmen Racing Team meeting (1st Monday of the month). Everyone is welcome! Call Ted Vidnovic at 925-337-2803 or vidnovic@yahoo.com for further information.

WED. 7/13/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

WED. 7/13/16 6:30 p.m. See WAW ride details on WED. 7/6/16.

THURS. 7/14/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

FRI. 7/15/16 9:00 a.m. See Odd FriDay Ride details on FRI. 7/1/16.

SAT 7/16/16 2-L/M 28/39 miles 8:30 a.m. This Odd FriDay ride will start from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

WED. 7/20/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

MON. 7/18/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

MON. 7/18/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

WED. 7/20/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

WED. 7/20/16 6:30 p.m. See WAW ride details on WED. 7/6/16.

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

Valley Spokesmen

July 2016

THURS. 7/21/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

MON. 7/25/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

MON. 7/25/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

WED. 7/27/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

WED. 7/27/16 6:30 p.m. See WAW ride details on WED. 7/6/16.

THURS. 7/28/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

FRI. 7/29/16 9:00 a.m. See Odd FriDay Ride details on FRI. 7/1/16.

AUGUST 2016

MON. 8/1/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

MON. 8/1/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

MON. 8/1/16 6:30 p.m. Valley Spokesmen Racing Team meeting (1st Monday of the month). Everyone is welcome! Call Ted Vidnovic at 925-337-2803 or vidnovic@yahoo.com for further information.

TUES. 8/2/16 7:00 p.m. See MTB Lake Chabot Loop details on TUES 7/5/16.

WED. 8/3/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 7/4/16.

WED. 8/3/16 6:30 p.m. See WAW ride details on WED. 7/6/16.

THURS. 8/4/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 7/4/16.

FRI. 8/5/16 9:00 a.m. See Odd FriDay Ride details on FRI. 7/1/16.

SUN. 8/7/16 9:30 a.m. See Standing First Sunday of the Month Ride details on SUNDAY 6/5/16. No host for August press time.

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

**********************************************************************
June 1: Still a little warm, but seemed cooler than the last couple days for Emma's Birthday Celebration ride out to Livermore and through the 'Tuscany' vineyard area south of town. Peter
**********************************************************************
June 3: Gail appropriately rode her Bike Friday on today's Odd Friday ride. In recognition of the current heatwave we started early and used a relatively flat route down to Verona Bridge.
**********************************************************************
June 5: Julie led today's 1st Sunday ride from San Ramon Central park out to Livermore. A little cooler than the last few days but still got rather warm toward the end - at least for those of us who took the option to head over the Flynn climb before heading back towards Pleasanton. Peter
**********************************************************************
June 10: Emma's ride today took us up to the Las Trampas staging area on Bollinger and then south to Old Ranch before heading back north on Dougherty, Crow Canyon, El Capitan, and assorted neighborhood streets to Danville for a stop at Peet's. Peter
**********************************************************************
June 11: Nice sunny day for our ride from the SF Ferry Bldg. across the Golden Gate into Sausalito, Mill Valley, and Corte Madera before taking Paradise Dr. to Tiburon for our refreshment break. Our return took us through Belvidere and then back through Sausalito the way we had come out. Peter
**********************************************************************
June 15: Beautiful day for Gail's ride from Danville to Pineville although it did get a little breezy at times. Peter
**********************************************************************
June 19: Saturday was a lovely day for the June Feather Pedals monthly ride. We had a strong turn out for our route to Lafayette which returned with a spin through Roundhill. There was a 3 rider pile up on Castle Hill Rd early in the ride and fortunately there were no major injuries. The paramedics were on the scene very quickly and one rider was taken by
Sagarella Dean to WC Kaiser for a hurt shoulder. We hope all riders involved have recovered and will be back on the road soon. Please join us for the next Feather Pedals ride on July 17. Check the VS ride calendar for details. Until then, ride safe and have fun! Recumbent Kathy

**********************************************************************

June 26: Some additional details of Saturday's ride and reminders...43 total riders; 36 VS members, 7 non-members; 21 rode the classic route, 22 rode the classic plus route. Next FP ride on July 17th @ 8:30a "Beat the Heat" start time @ Sycamore Park & Ride in Danville. Host: Chris Pham.

Note: Due to the closing of Crank2 at the end of June, the August monthly/birthday ride start location and route TBD. Watch for updates. Karin Ball

**********************************************************************

June 22: Refreshingly cooler weather for Gail’s ride this morning from San Ramon to Castro Valley with out-and-backs to the ends of Cull and Eden Canyon Roads. Eden Canyon was made more interesting by the presence of a trio of dogs toward the top that delighted in a coordinated chase of the lead rider. But they did recognize the end of their property line. Peter

**********************************************************************

June 25: Today's fun VS 35 mile ride from Shannon Park to Calaveras with a stop into Crank2 to say thank you and good bye to Bryon and Peggy. We are so sad to see them close the store. © Thanks Dianne and to everyone for the ride today! Karin

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UPCOMING CYCLING EVENTS

July

9  Death Ride-Tour of CA Alps, Markleeville, CA
9  Bike 4 Breath, Atherton, CA
16  Fall River Century, Fall River Mills, CA
16  Windmill Century, Santa Maria, CA
17  Beach Babe Classic, Long Beach, CA
23  Tour de Malt, Nicasio, CA
23  Devil’s Slide Ride, Pacifica, CA
24  Graeagle Centur Ride, Graeagle, CA
30  Santa Cruz Mountain Challenge, Santa Cruz

August

6  Marin Century & Double Century, Marin County, CA
14  Tour d'Organics, Sebastopol, CA
20  Tour de Menlo, Menlo Park, CA
21  Tour of Napa Valley, Yountville, CA

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UPDATE ON TOSRD (October 8-9, 2016)

Due to new hotel management, ALL TOSRD Registrations MUST be received NO LATER THAN September 6, 2016, NO EXCEPTIONS.

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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
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 Bicycle Club
General Membership Meeting DRAFT Minutes
June 1, 2016

Meeting called to order at 7:00 p.m. by Steve Whelan.

Old Business

Treasurer’s Report - Don Carpenter was absent. No report.

Ride Report – Rob talked about the Paso Robles ride and an upcoming series of rides coordinated with 6Fifteen Cycle Shop in Danville.

Community Liaisons --No report.

Correspondence – None to report at this date. Bonnie will present an update on correspondence at the Executive Meeting next week.

TOSRD – Bonnie gave an update on plans for TOSRD this year. She discussed the importance of registering no later than Labor Day weekend when registration will be cut off.

Ride With GPS Training - Kathy gave a brief update on a proposal to provide GPS training. She will provide greater detail at the Executive meeting next week.

Good of the Order

Entertainment: Mary gave a wonderful presentation on her recent sojourn in Spain along the Camino de Santiago pilgrimage trail.

Meeting adjourned at 7:45 p.m. to the Executive Board

Executive Board Meeting June 8, 2016  7:00 p.m.

Present:  Dianne Thompson, Bonnie Powers, Jim Duncan, Kathy Koos, Rob Delfosse, Rebecca Wood
Absent:  Don Carpenter, Steve Whelan, Ken Hernandez

CALL TO ORDER by Dianne at 7:00 p.m.

APPROVE MAY EXECUTIVE MINUTES--Kathy made a motion to approve the May Minutes, Jim seconded the motion and all voted in favor. Minutes approved.

TREASURER’S REPORT--Don was absent. No report. Bonnie and Jim mentioned there is one outstanding bill from Pleasanton Fairgrounds for use during Cinderella.

OLD BUSINESS

Ride Report - Rob Delfosse talked about a combined ride series coming up with 6fifteen cycle shop. Either Rob or Rebecca will be present to sign Valley Spokesmen members in.

Valley Spokesmen Website – Ken was absent. No report

Master Plans--Francie and Jim talked about upcoming changes in Dublin.

Correspondence - Bonnie made a motion to donate $100.00 to the National Parks Foundation. The motion was seconded by Jim and approved by all.

Feather Pedal SAG Flags - Rebecca will have the art work and budget prepared by the next executive meeting.

Paso Robles – Due to low overall participation in the Great Western Bike Rally, Bonnie is considering moving the start

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
date of the VS Paso Robles cycling trip to Monday before the event. This would give participants the opportunity to enjoy some of the events taking place at the rally.

**Donations from Cinderella proceeds** – Tabled until next executive meeting.

**Market Place** - Dianne asked Board members to take a look at the proposed market place site “Panjo” and offer categories for consideration.

**NEW BUSINESS**

**TOSRD** – Registration is up and running. To date, twenty-two participants have signed up.

**INSURANCE** - Kathy handed out germane portions of the insurance policy coverage for Valley Spokesmen and gave a discussion on exposure. It was agreed that coverage will remain as it stands.

**Ride With GPS Training** – Kathy will send out an email soliciting interest in training.

**Executive Absents** – Dianne requested that Executive Members prepare a brief report in the event they will be absent from a board meeting.

**GOOD OF THE ORDER**

With sadness, it was reported that Crank 2 Performance will be closing its doors by the end of the month.

Meeting adjourned at 8:25 p.m. to Executive Board meeting on July 13, 2016 at 6670 Spruce Street, Dublin.

Respectfully Submitted, Kathleen Koos, Secretary

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**Valley Spokesmen Bicycle Club Correspondence**

**May 2016**

**Correspondence sent:**

1. Check to Postmaster for annual post office box fee.
2. Check to Minuteman Press for printing of June newsletter.
4. Check to National Parks Conservation Association for centennial donation.
5. Check to Business Card (B of A) for credit card bill.

**Correspondence received:**

2. Thank you letter from Adventure Cycling Assoc. for donation towards the U.S. Bicycle Route System.
3. Thank you letter from the Bay Area Ridge Trail Council for membership renewal.
4. Cinderella refund check from City of Livermore.
5. Request for donations and membership renewals.
6. Advertisements for upcoming events and touring companies.
7. June copy of Sunset magazine.
8. 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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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 83,169.

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

Ride Hosts: There are 16 sign-up sheets outstanding.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
TOUR OF THE SACRAMENTO RIVER DELTA
October 8-9, 2016

The Valley Spokesmen Touring Club invites you to venture with us onto the levee back roads of the Sacramento River Delta during the 33rd Tour of the Sacramento River Delta (TOSRD), an overnight bicycle tour from Brannan Island State Park to the state capital and back.

All you have to do is check your gear in at the starting point and it will be waiting for you in Sacramento when you arrive.

Enjoy the Sights! Delta Levees, Ferry and More!

TOSRD is proud to provide our riders with a modification of a favorite route. Starting between 8:30-9:00 a.m., you meander on levee roads from Brannan Island through Isleton; then, further down the road encounter the Howard Landing ferry for a short river crossing. Continue at treetop level along Steamboat Slough, and on to Delta High School for lunch. After lunch your path takes you along the picturesque Sacramento River and into the Old Sacramento Historical District near the state capitol and on to the motel. After you are settled into the motel, you can return to wander through the many shops, enjoying the “old town” atmosphere. The motel provides a shuttle. Don’t forget to visit the renowned California Railroad Museum, too!

At the motel you may stretch out those muscles in the swimming pool. Dinner can be purchased at local restaurants.

The next day the sun rises early on riders eager for the return trip. After a breakfast provided by the motel, you head out of town and tour the river path. Along the levee route you go through the historic Chinese community of Locke, on to Walnut Grove and Isleton, and finally to Brannan Island for a barbecue feast. At Brannan Island, you will find your gear awaiting you.

The route is flat both days with probable headwinds Sunday. There will be 13 hours of daylight. All stragglers will be picked up by 4:30 p.m. each day. Each day is a little more than 60 miles.

Riders bring themselves, a bicycle and water bottles. Bring extra clothing, swimsuit, and personal toiletries in a SMALL duffel bag.

NOTE: At Brannan Island there will be a two-day fee for entering the park and leaving your car overnight ($10.00 in the past).

VALLEY SPOKESMEN will provide:
Food – Motel – SAG support – Gear transportation – Commemorative gift

COST: $110.00 Individual (double occupancy); $170.00 single occupancy
$230.00 Family (2 adults & minor children sharing a room)
$60.00 for Riders not staying at motel
$60.00 for persons not riding but joining rider at motel

REGISTRATION IS LIMITED to 200 entries. Due to new management at the motel, all entries MUST be received by September 6, 2016, no exceptions.

REGISTRATION form available on club web site: http://www.valleyspokesmen.org

CONTACTS for registration forms and additional information:
Francie Cushman, 925-719-2256 for general questions
Bonnie Powers, 925-828-5299 for registration questions
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  
http://castrovallycleycracy.com

Castro Valley Cyclery 20515 Stanton Ave.
Castro Valley, CA 94546 510-538-1878  
http://castrovallycleycracy.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  
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  
http://www.dublincyclery.com/

Livemorercycle 7214 San Ramon Rd.
Dublin, CA 94568  925-829-4310  
http://www.livemorercycle.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  
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  
http://www.livemorercycle.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://citybicyclerworks.com

Delta Cyclery 6555 Pacific Ave.
Stockton, CA 95209  209-981-5665

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/warehouse-creek-pg751.htm

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

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.

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 925-437-3253
                              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

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