

# 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

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 6<sup>th</sup> 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 6<sup>th</sup> 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 6<sup>th</sup>.

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 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 vlist, please contact the ride host to confirm start time in case of "beat the heat" or other changes. Ride Host: Gail Blanco, [gvblanco@aol.com](mailto:gvblanco@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](mailto: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, [rckow@astound.net](mailto:rckow@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 Heather 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 (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.

**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.** Monthly Feather Pedals Ride starting from Danville Park & Ride, N/E Corner of Sycamore Valley Rd. & I-680. Please arrive at least 15 minutes early for pre-ride announcements. Ride Host: Chris Pham 925-997-6674

**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.

**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 (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. 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 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@lrl.gov](mailto:hollaway1@lrl.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

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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

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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.

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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 Flynns before heading back towards Pleasanton. Peter

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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

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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

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June 15: Beautiful day for Gail's ride from Danville to Pinole although it did get a little breezy at times. Peter

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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

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June 20: 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

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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

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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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June 27: Started getting warm early today so we chose a pretty short and flat route for the conditioning ride from Livermore Cyclery in Dublin. Headed down to Verona Bridge and then returned via Happy Valley the Marilyn Kane train in Pleasanton. Peter

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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](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 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 meeting June 8, 2016 at 6640 Spruce Lane, Dublin, CA

Respectfully Submitted, Kathleen Koos, Secretary

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**Valley Spokesmen Bicycle Touring Club  
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

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
3. Check to Bob Powers for out-of-pocket Paso Robles expenses.
4. Check to National Parks Conservation Association for centennial donation.
5. Check to Business Card (B of A) for credit card bill.
6. Letters of welcome to old/new members. Membership for 2016 stands at 590.

**Correspondence received:**

1. Use permit to River Delta Unified School District for Tour of the Sacramento River Delta.
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.

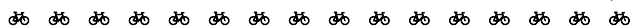
**VALLEY SPOKESMEN CLUB GEAR**

**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



Mileage Report as of June 20, 2016			
Newsletter mileage			
Name	Total of Miles	Rides Led	Total Rides
Allen, Cason	463	0	4
Allen, Joe	600	0	8
Ball, Karin	290	2	7
Barbier, Larry	344	0	11
Barnett, Bob	625	0	16
Bartlett, Christine	207	0	4
Blanco, Gail	1654	28	36
Carey, Liz	233	0	5
Carpenter, Don	447	0	13
Castagnini, Janice	323	0	7
Cheng, Joe	1267	0	23
Choy, Serena	582	0	24
Cosin, Wendy	1583	10	35
Coyle, Sarah	226	0	1
Crawford, Erin	257	0	5
Crawford, Marlowe	260	0	5
Crawford, Matt	228	0	6
Culshaw, Pete	1571	16	35
Culshaw, Sharon	463	0	15
Cushman, Francie	1425	13	41
Dahlgard, Jackie	360	0	4
Daly, Deb	464	0	7
Davis, Patti	1294	0	27
Dedon, Erica	590	2	12
Dedon, Mark	671	2	13
Delfosse, Rob	399	1	10
Deornelas, Vic	645	0	9
DePasquale, Tammy	305	0	6
Donovan, Deb	927	0	26
Duncan, Jim	1274	12	36
Dunn, Kathleen	259	1	9
Dunning, Clay	331	0	3
Eacret, Wes	566	0	14
Enriquez, Gilbert	306	0	9
Faires, Debbie	244	0	5
Fong-Jean, Lorril	212	0	4
Foster, Danielle	432	0	11
Frasier, Debbie	585	0	15
Fusco, Bob	461	0	14
Gabe, Jan	298	0	6
Gomez, Lynnette	292	0	6
Guarienti, Faye	330	0	7

Mileage Report as of June 20, 2016 Newsletter mileage			
Name	Total of Miles	Rides Led	Total Rides
Hagelin, Craig	459	0	14
Hampton, Julie	271	1	7
Hansen, Renata	476	12	17
Haupt, Chuck	325	0	11
Heady, Bob	1152	25	37
Hermann, Mark	527	0	13
Hernandez, Ken	953	0	22
Hernandez, Mary	919	0	24
Herrera, Gloria	330	0	7
Hsueh, Gary	216	1	6
Jakubowski, Diane	208	0	5
Johnson, Robin	278	0	5
Kane, Kathy	272	1	7
Kita, Jim	239	0	6
Koos, Gary	360	0	7
Koos, Kathy	405	6	7
Kowalewski, Steve	642	0	18
Kriebel, Olivia	339	0	7
Kwong, Linda	244	0	5
Kyong, Peter	761	0	26
Lagodzinski, Andrew	213	0	4
Lanzas, Alberto	645	5	10
Lark, Mary	346	0	8
Lisy, Norm	358	0	11
Low, Ellen	263	0	6
Lowe, Diana	212	0	5
Madelo, Adele	211	0	5
Martinelli, Craig	756	0	22
Mayfield, Milinda	303	0	7
McGinnis, Steve	250	0	6
Meidberg, Larry	226	0	9
Mertz, Jacqueline	1524	0	31
Michenfelder, Jake	357	0	1
Moorhead, Jane	698	9	25
Morson, Kathy	256	0	6
Nadeau, Alaine	598	2	22
Nasstrom, John	250	0	6
Norek, Al	467	0	15
O'Boyle, Maureen	226	0	5
O'Hare, Cindy	243	0	5
Olenberger, Emma	653	5	16
Ondricek, Doug	261	8	10
Osborn, Sandra	227	0	5
Page, Janie	298	0	7
Pereira, David	666	3	15
Perry, Marta	262	0	5
Pham, Chris	308	2	8
Polley, Ed	617	0	15
Pollock, Terese	259	0	6

Mileage Report as of June 20, 2016 Newsletter mileage			
Name	Total of Miles	Rides Led	Total Rides
Powers, Bob	226	1	1
Powers, Dick	367	0	8
Putnam, Ned	254	0	7
Rafanelli, Pam	310	0	6
Rasmussen, Ron	757	0	24
Rathmann, Peter	2361	7	65
Reilly, T.J.	852	0	29
Rodriguez, Vicki	276	0	6
Rossiter, Jaynette	1027	0	34
Rutherford, Nicole	223	0	4
Satoutah, Brahim	469	1	6
Seda, Marta	247	0	6
Serriere, Vianney	568	0	15
Settle, Andy	1382	0	29
Shannon, Geoff	1718	13	39
Shigemoto, Lisa	241	0	5
Shum, Bart	267	0	5
Simpson, Christy	2059	12	58
Skow, Dick	1603	6	36
Soby, Tony	285	0	6
Sovulewski, Larry	236	0	6
Spiegel, Joan	251	0	6
Stevens, Jan	337	0	11
Strain, Bob	452	0	9
Strain, Kathy	1109	0	29
Streit, Ron	333	0	10
Thieben, Kevin	576	0	17
Thomas, Walt	208	0	5
Thompson, Dianne	551	0	14
Trotman, Traci	235	0	6
Uher, Julie	571	0	21
Uher, Will	430	0	14
Van De Vreugde, Jim	1080	1	21
van Raalte, Marcus	467	0	10
Vergino, Eileen	226	0	1
Weiny, Lorrie	306	0	7
Whelan, Steve	1585	0	40
Wong, Marlene	244	0	6
Wood, Rebecca	520	4	13
Woods, Colleen	282	0	6
Yantis, Marcheale	286	0	7
Zucker, Pam	249	0	6

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.

**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 33<sup>rd</sup> 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](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.