

VALLEY SPOKESMEN

Group Ride Schedule and Newsletter

*Come ride
with us!*

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

PRESIDENT'S MESSAGE

HAPPY 45th!

This year we are celebrating the club's 45th anniversary. The anniversary celebration was held on with a BBQ/party that was attended by many. However, it's extremely challenging to keep an all volunteer organization going for 45 years and much of the credit goes to a small group of volunteers who have put significant efforts into making our events and rides successful. In order for us to continue with the events and rides that the club is able to hold each year we need new volunteers who can step into some of the club leadership positions. This could range from managing the club web site to leading one of the club's major events. Don't assume that because someone is currently doing the job that they wouldn't mind a break. In addition to helping those few, it gives you a chance to meet new people and form friendships with like-minded people.

Some of these club events include: Ride hosts (all levels), Feather Pedals, TOSRD (1 or 2 day volunteers needed), Mt. Diablo Challenge, Mid-Winter Party, Cinderella (before, during, or after event), and the annual Paso Robles ride.

We will shortly begin the recruiting process for filling 2017 positions and I would love to hear from people about their interest in taking on key roles. If you have an interest in becoming a volunteer for any event or assuming a leadership position in the club please send me a note at president@valleyspokesmen.org. Feel free to send me a note with questions about roles or your expression of interest in a role. In order for us to keep the club as vibrant over the next 45 years as it has been the last 45 years, it's imperative that we bring in new blood to make change and keep things moving forward. I hope that you have enjoyed participating in club events and would like to step into an active role to make our activities better.

Steve

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 9:00 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.

SEPTEMBER 2016

THURS. 9/1/16 9:00 a.m. 2-M 20-25 miles 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

FRI. 9/2/16 9:00 a.m. 3-L/M 15/23 miles Even Friday Mt Diablo Ride Start at St. Timothy's church, 1550 Diablo Rd., Danville up Mt. Diablo. Out and back - go as far as you like then return. 15 miles total to the junction, 23 miles total to the summit. All riders are welcome! Ride Hosts: Dianne Thompson 925-765-8805 and Mary Hernandez 510-329-9479

SAT. 9/3/16 8:00 a.m. 3M 55 miles Livermore to Delta Ride Start from Starbuck's at Vasco & Scenic in Livermore. <https://ridewithgps.com/routes/13410381> Join us for lunch at an excellent new brewpub in the shopping center (north side) after the ride. Ride Host: Rob Delfosse robfosse@yahoo.com

SUN. 9/4/16 9:00 a.m. (9:20 a.m. ferry from SF) Angel Island ride 10 mile Join us for a day on Angel Island. If you don't have a mountain or hybrid bike, hiking the island is also an option. We'll tour the State Park and have a picnic afterwards. Families are welcome. We will take Bart to the Ferry Building and then take the ferry over to Angel Island. Send Jane an email if you are interested so that she can send you the details. Host: Jane Moorhead jane_moorhead@mac.com

MON. 9/5/16 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. 9/5/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

TUES. 9/6/16 2-3 M 2 miles 8:30 a.m. Shannon Park – Orinda loop. This is our traditional Moraga/Orinda/loop from Shannon Park in Dublin. Please review, print and bring the route sheet and/or download the route to your GPS device. <https://ridewithgps.com/routes/16178265> Ride host: Joe Cheng 925-683-9689

WED. 9/7/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

WED. 9/7/16 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

WED. 9/7/16 7:00 p.m. General Membership Meeting. Non-members and members alike, join us at Round Table Pizza, 7841 Amador Valley Blvd in Dublin, in the Shamrock Village shopping center on the north side just east of San Ramon Rd. Pizza, salad and sodas are complimentary to all attendees. Come early to enjoy a pizza party on us and meet lots of people who share your interests. Non-members - come see what our club is all about! Find out the answers to all your club questions, and see if we're the club for you!

THURS. 9/8/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

THURS. 9/8/16 2-L 20 miles 9:00 a.m. Walt's 85th Birthday Ride. Happy Birthday Walt! Join Walt Thomas on his annual Birthday ride through Coyote Hills and climb to the top of Nike Hill (climb optional) as he celebrates 85 wonderful years on this earth. If you don't know Walt, now is the time to meet this extraordinary man. New start location: Texas Roadhouse in Union City. Take I-880 south to Dyer St. (exit 24); turn left on Dyer S.; turn left on Courthouse Dr. into the shopping center and Texas Roadhouse (32115 Union Landing Blvd). Co-listed with Fremont Freewheelers. Lunch and cake will be at the Texas Roadhouse after the ride with separate checks. Ride Host: Peter Rathmann 925-336-0973 and Lori Sommer (Fremont Freewheelers): 510-693-8624 <https://ridewithgps.com/routes/16056221>

FRI. 9/9/16 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, gvblanco@aol.com, 925-872-1001.

MON. 9/12/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

MON. 9/12/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

MON. 9/12/16 6:30 p.m. Monthly Valley Spokesmen Racing Team meeting. Everyone is welcome! Call Ted Vidnovic at 925-337-2803 or vidnovic@yahoo.com for further information.

WED. 9/14/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

WED. 9/14/16 6:30 p.m. See WAW ride details on WED. 9/7/16.

THURS. 9/15/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

FRI. 9/16/16 9:00 a.m. See Even Friday Mt. Diablo Ride details on FRI. 9/2/16.

SAT. 9/17/16 2-L/M 34/40 miles 9:30 a.m. Feather Pedals Monthly Ride. Livermore Tuscany Classic to Castlewood. Start from East Pleasanton/Dublin BART station (Pleasanton side). Plus to Sunol. Please arrive at least 15 minutes early for pre-ride announcements. Classic (to Castlewood): <https://ridewithgps.com/routes/12652997> - 33.4 miles Plus (to Sunol): <https://ridewithgps.com/routes/12653273> - 40.2 miles. Ride Host: Karin Ball 408-406-2286

SUN. 9/18/16 4-M 53 miles 8:30 a.m. Oakland Zoo – Moraga Loop. Starting from the Park & Ride lot in San Ramon (off Bollinger Canyon Rd.), we'll ride to the Oakland Zoo through Castro Valley and return through Skyline, Moraga, and SRV Boulevard. <https://ridewithgps.com/routes/2273489> Ride host: Kathy Koos 925-417-0387 or 925-963-8506.

MON. 9/19/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

MON. 9/19/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

WED. 9/21/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

WED. 9/21/16 6:30 p.m. See WAW ride details on WED. 9/7/16.

THURS. 9/22/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

FRI. 9/23/16 9:00 a.m. See Odd FriDay Ride details on FRI. 9/9/16.

MON. 9/26/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

MON. 9/26/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

WED. 9/28/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

WED. 9/28/16 6:30 p.m. See WAW ride details on WED. 9/7/16.

THURS. 9/29/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

FRI. 9/30/16 9:00 a.m. See Even Friday Mt. Diablo Ride details on FRI. 9/2/16.

OCTOBER 2016

SUN. 10/2/16 10:00 a.m. Oktoberfest Ride. Ride from San Leandro to Speitzkenheimer restaurant in Alameda for their annual Oktoberfest celebration. Ride Host: Rob Delfosse

MON. 10/3/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

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

MON. 10/3/16 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.

WED. 10/5/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 9/5/16.

WED. 10/5/16 6:30 p.m. See WAW ride details on WED. 9/7/16.

THURS. 10/6/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 9/1/16.

FRI. 10/7/16 9:00 a.m. See Odd FriDay Ride details on FRI. 9/9/16.

SAT/SUN 10/8-9/16 9:00 a.m. 120 miles TOSRD. Annual VS club ride from Brennan Island State Park to Old Town Sacramento and back. Park your car and begin riding on Saturday morning. A lunch is provided on Saturday at mile 40 and a BBQ lunch is provided upon your return to Brennan Island on Sunday. Ride Coordinator: Francie Cushman

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

August 6th Just about perfect weather for Renata's ride to the summit of Mt. Hamilton. A little cool and cloudy at the start but we immediately started climbing which warmed us up fast. And we soon climbed above the fog and haze layer to enjoy the views as we made our way up towards Lick Observatory at the summit. Peter

August 6th - Today Dianne led a ride through Livermore streets and back roads with varying distances (& shortcuts) available. The weather was bicycle friendly, drivers were courteous, and a nice group showed to ride. Doolan Road had been scoped out by some in the group and proved a welcome side road out and back. Thank you, Dianne. Jim and Francie

My pleasure! I think this ride highlights that it is nice to have two rides starting from the same location at the same time. One slower, shorter distance. One longer, more challenging. We can start together and, as we did today, finish together. I'll work with the Valley Spokesmen team to see how we might accommodate more ride schedules like this one. Thanks for joining. Glad you had a nice day. Dianne Breezy but nice day for the local option ride around Livermore. Most of us have never been on Doolan road before. The out & backs gave people choices along the route for some nice options. Here's a picture of some of us at the new craft beer wine bar in the Vasco shopping center. Julie

August 10th Beautiful day for Wendy's birthday ride from Heather Farm - bright sunshine but relatively cool and not much wind. Unfortunately we had too many flats and a traffic citation from the ever vigilant Danville PD. Peter

August 11th Jane hosted today's 'conditioning' ride from the Dublin location of Livermore Cyclery. We headed north over the Westside Dr. hills and then continued up the Blvd. to the Peet's Coffee shop in Danville. Peter

August 13th Good turnout for Kathy's ride up Mines Rd. A little warmer again today so some of us opted for the shorter route with a turn-around at the county line instead of going all the way to the Junction Cafe. Peter

August 15th Pleasant ride in cooler temperature as Bob and Jane led us from Dublin out to Livermore with a stop at the Peet's downtown. Peter

August 18th Today's conditioning ride from the Dublin location of Livermore Cyclery turned into an impromptu route-finding exercise since the original plan involved some sections with road construction. So we cruised through parts of the

Windemere development, The Bridges golf course area, and north into Danville before finding our way to the Peet's in San Ramon. Peter

August 20th Beautiful day for the monthly Feather Pedals ride with cooler temperatures and some lessening of the smoky haze we've been getting from the wild fires. Peter

There were 30+ riders who showed up for a beautiful ride out Foothill to Calaveras and back on Pleasanton Suno! Nearly everyone did the Classic Plus route of 30 miles to the Summit and we did not see a single car on the hill! But we did run into many Valley Spokesmen riders who started at Shannon Park! Many went to lunch at the Corner Bakery or nearby restaurants for lunch after the ride and to shop the sale at Mike's Bikes! Many thanks to SAG Dean Ball for the freshly baked donut holes and support! Thanks to Peter Rathmann for the photos! Rebecca

August 21st Nice day for Kathy's ride from Shannon up the Dublin Grade and then over Redwood and Pinehurst to Orinda. Just a bit cool at the start but we warmed up quickly on the climbs and broke out into the sunshine by the time we crested Pinehurst.

August 22nd Pleasantly cooler for this morning's conditioning ride from the Dublin location of Livermore Cyclery. Headed down to Verona Bridge and then back via Happy Valley and through Pleasanton with a stop at Specialties/Peets. Peter

August 26th A little cool and cloudy at the start before we broke into the sunshine on the ridge below the junction. Most of us turned around at the junction today, but Dianne promised a ride to the summit next week. Peter

August 27th Good to see Dan C. out riding again today as Jim & Francie hosted today's ride from Shannon Center out to Livermore. After a brief stop at the Starbucks on Vasco we continued up the Altamont Pass. The group split with some heading to the summit with a turnaround there while a few of us opted to go up Carroll to the Flynn's. The groups rejoined at Patterson Pass & Greenville which we reached almost simultaneously. Peter

August 28th Thanks to the Kooses, Powers, our ride hosts Rob & Gail, and everyone else involved in the planning and preparation of today's club anniversary ride and BBQ. Just about perfect weather with relatively cool temperature and bright sunshine. Peter

August 31st On Wednesday the Heather Farm ride headed east through Lafayette on the trail to Moraga Commons and then continued on Moraga Way to Orinda for a refreshment break at Theater Square. We returned on the St. Stephen's trail to Lafayette and then back the way we came. Peter

UPCOMING VALLEY SPOKESMEN EVENTS

- September 16 Mt. Diablo Dedication (bike safety improvements)
September 25 Mt. Diablo Challenge
October 8-9 TOSRD (signups due by 9/6)

UPCOMING CYCLING EVENTS

- September
10 Siskiyou Century, Yreka, CA
10 Tour de Fuzz, Santa Rosa, CA

- 11 Tour de Tahoe-Bike Big Blue, Lake Tahoe, NV
- 11 Ride the Parkway (formerly Rex Ride), Sacramento, CA
- 11 Ride to Defeat Diabetes, Vacaville, CA
- 17 Tour de Fresno, Fresno, CA
- 17 Tahoe Sierra Century, Squaw Valley, CA
- 17 V3 Hopfest-Veteran's Victory Velo Bike Ride San Ramon, CA
- 17 Santa Clarita Century Ride, Santa Clarita, CA
- 17 Silicon Valley Tour de Coop, Mountain View, CA
- 24 Bike MS: Vegas, Las Vegas, NV
- 24 Lighthouse Century, Morro Bay, CA
- 24 Canary Challenge, Palo Alto, CA
- 24 McCloud Biketoberfest, McCloud, CA
- 24 Knoxville Fall Classic Double Century Ride, Vacaville, CA
- 25 Princess Challenge Bike Ride, Folsom, CA
- 25 Mt. Diablo Challenge, Danville, CA
- 25 The Harvest Ride, Hopland, CA

Motion made by Bonnie and seconded by Steve to approve the July Executive minutes. All voted in favor. Minutes approved. Please refer to the August Newsletter for the minutes.

TREASURER'S REPORT—Don provided a summary of Cinderella expenses and a Year-to-Date report. From the proceeds of Cinderella, Bonnie made a motion to donate \$1,000.00 to 26 different charities in addition to making donations to the local municipalities impacted by the event. Total amount of recommended donations is \$33,500.00. Don seconded the motion and all voted in favor.

OLD BUSINESS

Ride Report--Rob Del Fosse mentioned that rides have been starting earlier to avoid the recent heat wave. Rob also mentioned a need for ride hosts. Ken mentioned the upcoming Santa Cruz ride.

V.S. Website--Ken reported a total of 618 memberships (427 individual and 191 family memberships). TOSRD currently has 115 registered participants.

Master Plans—Francie mentioned Dublin is progressing with improvements. Bonnie mentioned an upcoming Bicycle/Pedestrian meeting scheduled for Pleasanton.

Correspondence--Bonnie reported there was a Rails to Trails proposal seeking donations. Both Steve and Jim recommended no donation at this time.

NEW BUSINESS

Annual BBQ--There are 18 registered for the BBQ. Kathy will send out a reminder email to members.

TOSRD—Ken mentioned there are 115 registered to participate. There is a need for volunteers for the event. Ken will send out an email. There is a need for SAG support, help at the rest stops, and help with food.

GPS Training—Kathy provided an update and has created a survey in order to determine the skill level of involved participants. She will distribute the survey and plan the event according to the results she receives.

Computer Encryption—Bonnie mentioned the Valley Spokesmen computer has been encrypted with a ransom demand. She is currently trying to address the issue with different repair vendors. Steve will head up a security search to put Valley Spokesmen information on a secure network.

Panjo! Update—Dianne reported that Panjo! is ready to go. Mary H. will post her bike for sale as a test run of the service.

Mid Winter Party—Kathy provided an update of possible venues for next year's event.

Mt. Diablo Challenge—Bonnie mentioned big changes with the Mt. Diablo Challenge this year. It is now a sanctioned USAC (US America Cycling Federation) event. They are anticipating a huge turnout with a catered BBQ at the end of the ride attended by prominent guest speakers and prizes.

Mt. Diablo Dedication—Steve mentioned the Mt. Diablo dedication is scheduled for September 16. Steve made a motion to provide a celebratory cake. Bonnie seconded the motion and all voted in favor. Jim will spearhead organizing and coordinating the cake cutting at the dedication.

GOOD OF THE ORDER

-Valley Spokesmen donated Cinderella shopping bags to Hammer Nutrition for Mt. Diablo Challenge.
-Jim mentioned that Dougherty is completely closed off from

October

- 1 Sacramento Century, Sacramento, CA
- 1 Napa Valley Ride to defeat ALS, Yountville, CA
- 1 Cherry City Cyclists - Best of the Bay, Orinda
- 1 Konocti Challenge, Lakeport, CA
- 1 Grizzly Century, North Fork, CA
- 8 Wine & Roses Bicycle Ride, Templeton, CA
- 8 Bass Lake Powerhouse Double Century, Clovis, CA
- 8 Yuba-Sutter Pink October Ride for Awareness, Yuba City, CA
- 8 Cycling 4 Veterans, Livermore, CA
- 9 Surf City AIDS Ride, Santa Cruz, CA
- 15 Shasta Wheelmen Jamboree Rides, Redding, CA
- 15 Solvang Autumn Double Century, Solvang, CA
- 22 Canyon Classic Century, Patterson, CA
- 29 Wheels for Meals Ride, Pleasanton, CA

VALLEY SPOKESMEN AFFILIATIONS

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

**Valley Spokesmen Bicycle Touring Club
Executive Board Meeting August 10, 2016 7:00 p.m.**

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

Absent: Rebecca Wood

CALL TO ORDER--by Steve Whelan at 6:59 p.m.

July Meeting Minutes – See August Newsletter

Dublin to the San Ramon line. Jim will send out a note to ride hosts to avoid the area while it is under construction.

Meeting adjourned at 8:25 p.m. by Steve Whelan to the General Membership Meeting on September 7, 2016 at Round Table Pizza, 7841 Amador Valley Blvd., Dublin, California.

Respectfully Submitted,
Kathy Koos, Recording Secretary

Valley Spokesmen Bicycle Club Correspondence
Correspondence sent:

1. Check to Minuteman Press to cover printing of August newsletter.
2. Check to Minuteman Press for Feather Pedal SAG flags.
3. Check to Business Card (B of A) for credit card bill.
4. Check to Oakley PC for computer repair.
5. Check to Bob Powers for out-of-pocket expenses for VS anniversary party.

Correspondence received:

1. Checks for TOSRD registration/membership/VS clothing.
2. Request for donations and membership renewals.
3. Advertisements for upcoming events and touring companies.
4. July copy of Sunset magazine.
5. Newsletters and magazines from various clubs, organizations and businesses

❧ ❧ ❧ VALLEY SPOKESMEN CLUB GEAR ❧ ❧ ❧

Contact Jim Duncan for club gear:

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

The following Valley Spokesmen clothing is available:

- short sleeve jersey - club cut - \$65.00
- short sleeve jersey - women's cut - \$65.00
- long sleeve jersey - *(to be discontinued)* \$70.00
- sleeveless wind shell vest - \$60.00
- long sleeve jacket - *(to be discontinued)* \$69.99
- shorts - women / men - \$58.00
- bib shorts - *(to be discontinued)* \$65.00
- arm warmers \$30.00
- gloves - yellow, blue, black - *(changing to blue & black only)* - \$27.00
- socks - white, yellow, black - *(changing to blue & black only)* - \$7.00

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Mileage Report as of August 29, 2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Allen, Cason	463	0	4
Allen, Joe	662	0	10
Ball, Karin	434	2	11
Barbier, Larry	547	0	18
Barnett, Bob	825	0	20
Bartlett, Christine	207	0	4
Blanco, Gail	2188	38	49
Carey, Liz	233	0	5
Carpenter, Don	1053	0	33
Castagnini, Janice	323	0	7
Cheng, Joe	1685	0	32
Choy, Serena	1043	0	41

Mileage Report as of August 29, 2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Cooke, Pam	661	1	20
Cosin, Wendy	2142	19	50
Coyle, Sarah	226	0	1
Crawford, Erin	257	0	5
Crawford, Marlowe	295	0	6
Crawford, Matt	228	0	6
Culshaw, Pete	2179	21	52
Culshaw, Sharon	752	0	25
Cushman, Francie	2486	21	72
Dahlgard, Jackie	360	0	4
Daly, Deb	689	0	12
Davis, Patti	1728	0	39
Dedon, Erica	685	2	15
Dedon, Mark	763	2	15
Delfosse, Rob	712	5	20
Deornelas, Vic	699	0	10
DePasquale, Tammy	305	0	6
Donovan, Deb	1378	0	39
Duncan, Jim	2305	20	66
Dunn, Kathleen	291	1	10
Dunning, Clay	510	0	7
Duvoisin, Marc	262	0	6
Eacret, Wes	872	1	25
Enriquez, Gilbert	415	0	13
Faires, Debbie	244	0	5
Feigenbaum, Larry	715	0	22
Fong-Jean, Lorril	212	0	4
Foster, Danielle	602	1	15
Frasier, Debbie	695	0	18
Fredricks, Larry	284	0	8
Fusco, Bob	673	0	20
Gabe, Jan	333	0	7
Goldman, Ken	215	0	6
Gomez, Lynnette	292	0	6
Goroff, Marc	327	0	7
Groves, Susan	283	0	8
Guarienti, Faye	394	0	9
Hagelin, Craig	666	0	21
Hampton, Julie	474	2	13
Hansen, Renata	754	17	25
Haupt, Chuck	498	0	18
Heady, Bob	1540	37	53
Heggelund, Merel	289	0	5
Hermann, Mark	727	0	18
Hernandez, Ken	1118	0	28
Hernandez, Mary	1244	0	34
Herrera, Gloria	391	0	9
Hsueh, Gary	251	1	7
Jakubowski, Diane	208	0	5
Johnson, Robin	304	0	6
Kaiser, Karen	343	0	9
Kane, Kathy	414	2	11
Kita, Emily	304	0	8
Kita, Jim	479	0	14

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

Mileage Report as of August 29, 2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Koos, Gary	537	0	11
Koos, Kathy	562	9	10
Kowalewski, Steve	692	0	20
Kriebel, Olivia	339	0	7
Kwong, Linda	244	0	5
Kyong, Peter	912	0	30
Lagodzinski, Andrew	318	0	5
Lanzas, Alberto	835	7	14
Lark, Mary	346	0	8
Lisy, Norm	416	0	13
Loofbourrow, Peggy	226	0	6
Low, Ellen	326	0	8
Lowe, Diana	324	0	8
Madelo, Adele	273	0	7
Makink, Marjon	260	0	7
Martinelli, Craig	1029	0	31
Mayfield, Milinda	357	0	9
McGinnis, Steve	250	0	6
Meidberg, Larry	226	0	9
Mertz, Jacqueline	2169	0	48
Michenfelder, Jake	357	0	1
Montevago, Marsha	209	0	5
Moorhead, Jane	1044	14	40
Morson, Kathy	375	0	10
Nadeau, Alaine	660	2	24
Nasstrom, John	355	0	7
Norek, Al	585	0	19
O'Boyle, Maureen	226	0	5
O'Hare, Cindy	269	0	6
Olenberger, Emma	816	5	22
Ondricek, Doug	497	16	19
Ondricek, Janet	367	12	15
Osborn, Sandra	311	0	7
Page, Janie	318	0	9
Pereira, David	997	5	24
Perry, Marta	262	0	5
Pham, Chris	425	3	12
Polley, Ed	939	0	22
Pollock, Terese	293	0	7
Powers, Bob	255	1	2
Powers, Dick	415	0	9
Putnam, Ned	423	0	12
Rafanelli, Pam	310	0	6
Rasmussen, Ron	1147	0	36
Rathmann, Peter	4207	11	117
Reilly, T.J.	1315	0	44
Rodriguez, Vicki	276	0	6
Roe, Joan	226	0	5
Rossiter, Jaynette	1204	0	39
Rudy, Kevin	203	0	6
Rutherford, Nicole	223	0	4
Satoutah, Brahim	618	1	8
Seda, Marta	247	0	6
Serriere, Vianney	978	1	25

Mileage Report as of August 29, 2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Settle, Andy	1656	0	37
Shannon, Geoff	2446	18	59
Shigemoto, Lisa	338	0	8
Shum, Bart	462	0	9
Simpson, Christy	2712	20	80
Skow, Dick	2145	7	51
Soby, Tony	379	0	8
Sovulewski, Larry	246	0	7
Spiegel, Joan	381	0	10
Stevens, Jan	625	0	20
Strain, Bob	496	0	11
Strain, Kathy	1234	0	33
Streit, Ron	763	0	21
Taugher, Vic	281	0	13
Thieben, Kevin	824	0	23
Thomas, Walt	299	0	8
Thompson, Dianne	1377	4	39
Trotman, Traci	326	0	9
Uher, Julie	859	0	30
Uher, Will	540	0	17
Van De Vreugde, Jim	1418	2	28
van Raalte, Marcus	572	0	12
Vergino, Eileen	274	0	2
Weiny, Lorrie	306	0	7
Whelan, Steve	3013	1	81
Wong, Marlene	278	0	7
Wood, Rebecca	823	5	22
Woods, Colleen	316	0	7
Yantis, Marcheale	340	0	9
Zucker, Pam	275	0	7

Thanks to August's Ride Hosts:

Gail Blanco
Joe Cheng
Francie Cushman
Rob Delfosse
Jim Duncan
Renata Hansen
Bob Heady
Mary Hernandez
Kathy & Gary Koos
Jane Moorhead
Doug & Janet Ondricek
Christy Simpson
Dick Skow
Dianne Thompson
Jim Van De Vreugde
Rebecca Wood

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>

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