Hard to believe but 2016 is almost over. Time to start thinking about your 2017 club membership. You should receive your notice to renew your club membership for 2017 shortly. At $25 for an individual member and $35 for a family membership it’s a great deal. Between the Holiday party, BBQ, daily rides and other club events, members realize significant benefits.

For 2016 this included:

- A 10% discount at local bike shops
- Holiday Party – club subsidizes about 50% of the costs
- VS Anniversary & BBQ – the club pays for food and drinks
- Quarterly Club Meetings – the club pays for pizza and salads for members attending
- Santa Cruz Ride – club reimbursed hosts for lunch and fuel costs
- Angel Island Bike Ride – club reimbursed hosts for lunch and fuel costs
- Feather Pedals – club reimburses SAG drivers for fuel costs
- Bike Swap Meet – club rents the room for the swap meet
- Ride Leader Clothing – if you lead rides you become eligible for free club clothing
- Administrative – your membership fee also covers maintaining the web site, publishing the newsletter, maintaining insurance and completing all of the necessary legal and financial tasks required of a 503(c).

If you have let your membership lapse, now is the time to rejoin. Membership for 2017 is open. If you sign up now you will become a member for the balance of 2016 for no additional cost. I would encourage you to renew your membership for 2017 as soon as convenient.

Looking forward to seeing you at one of our many club rides in 2017.

Safe riding

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. No Drop are the ones specifically stated ND.
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 9:00 a.m.
MONDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:00 a.m.
ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

WED. 11/2/16 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at: [http://ridewithgps.com/users/74695/routes](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.

THURS. 11/3/16 2-M 20-25 miles 9:00 a.m. Monday and Thursday morning conditioning ride starting at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route will be determined by the participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18 mph pace. This is a social ride involving a Peet’s Coffee stop. Ride Host: Bob Heady 925-980-7989

SAT. 11/5/16 2-L/M 40 miles 9:30 a.m. Exploratory ride to check out the new connection from the Bay Bridge bike path to Yerba Buena and Treasure islands. Meet at the Stoneridge Mall side of the station by the BART parking garage entrance. Starting at the south side of the W. Dublin/Pleasanton BART station we’ll head across the Dublin grade to Castro Valley and continue past Lake Chabot into Oakland and the Bay Bridge path. We’ll take a short tour of the islands before recrossing the bridge to the W. Oakland BART station and ride back on the train. [https://ridewithgps.com/routes/17289786](https://ridewithgps.com/routes/17289786) (link doesn’t include ride on the islands) Ride Host: Peter Rathmann 925-336-0973

SUN. 11/6/16 2-L/M 45-60 miles 10:00 a.m. Annual Progressive Dinner Ride in Escalon. Meet at home of Pam & Steve Gifford, 22549 Burwood Rd., Escalon, CA 95320. Valley Spokesmen Club members, families, and friends are invited to this year’s Progressive Dinner ride at Pam and Steve Giffords circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite! We have family-friendly intermediate ride loops planned on mostly level terrain, totaling 45 miles. Hammerheads, don’t despair! Each loop has additional distances just for you, giving you a total of 65 miles. The first ride of 15 miles skirts the town limits and returns back thru the center of town for the return to our first course of delicious soup. The second ride of 30 miles goes east thru Oakdale and crosses the Stanislaus River into Riverbank. Then we return for our last meal of cool salad, lasagna, and dessert. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road and back to the Giffords for dessert and socializing.

Plan on 1 hour drive from Dublin. Suggested Carpool: Park & Ride lot I-680 & Bollinger (SW corner of intersection) by 8:45 a.m.

Directions: Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the RTE. 120 east exit towards Maneca. Bear right onto RTE. 99 south. Exit Jack Tone Road, go east (left). Turn right onto River Road. Go approx. 10 miles. Turn right on Burwood Lane which becomes Burwood Road at the 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome! The day’s activities will begin at 10:00 a.m. at the Giffords, 22549 Burwood Road, Escalon, CA 95320. Steve’s Cell Phone: 925-487-9150

MON. 11/7/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 11/2/16.

MON. 11/17/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 11/3/16.

MON 11/7/16 9:00 a.m.

FRI. 11/11/16 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.

SAT. 11/12/16 4M, 28 or 42 miles 10:00 a.m. MTB – Gazos Beach to Big Basin, China Grade, Butano State Park. Park at Gazos Creek Beach free parking, northwest corner of HWY 1 and Gazos Creek Rd., which is 23 miles south of Half Moon Bay. Driving over HWY 92 is fastest route. Two options: Short route - 28 miles

This route rides all the way up Gazos Creek Road to the Big Basin general store for lunch, then returns to the start on the same roads. While my group will continue east to China Grade, returning via Butano State Park. [https://ridewithgps.com/routes/17381675](https://ridewithgps.com/routes/17381675)

Ride Host: Steve Whelan
Long route - 42 miles
Fire roads and paved roads. Technical challenges are: some short steep sections, some sand. All climbs are ride-able. 4,750’ of climbing. Lots of redwood and oak forests, lots of shade. Break at Big Basin Store around 13.8 miles. Lunch in Pescadero or HMB after ride. Blue lines on map are paved roads. Red lines are fire roads. Rain cancels. [https://ridewithgps.com/routes/16760043](https://ridewithgps.com/routes/16760043)

Ride Host: Rob Delfosse robfosse@yahoo.com 925-522-6270

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
MON. 11/14/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 11/2/16.

MON. 11/14/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 11/3/16.

WED. 11/16/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 11/2/16.

THURS. 11/17/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 11/3/16.

Plus (to Sunol): https://ridewithgps.com/routes/12653273 - 40.2 miles
Ride Host: Chris Pham 925-997-6674

WED. 11/16/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 11/2/16.

Plus (to Sunol): https://ridewithgps.com/routes/12653273 - 40.2 miles
Ride Host: Chris Pham 925-997-6674

WED. 11/30/16 9:00 a.m. See Heather Farm Standing Ride details on WED. 11/2/16.

THURS. 12/1/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 11/3/16.

PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

DAILY LUNCHTIME TRAINING RIDES: Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: hollaway1@llnl.gov

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
Oct 1: Thanks to Ken for hosting todays Santa Cruz ride. A great ride with wonderful support. A special thanks to our SAG drivers (Teresa Thieben and Laurie van Raalte) who where there when we needed help with flats. This is the 6th year that Ken has done this ride and it gets better each year. Thanks to everyone who participated in the ride or helped to organize the ride. A day of fun and I bet that everyone who did the ride will sleep well tonight. Steve

Oct 2: The clouds looked a bit threatening at times, but we only got a few drops on Rob's ride north from the Hayward Shoreline Interpretive Center into Alameda and Bay Farm Island. We enjoyed our lunch stop at the Speisekammer where they are celebrating Oktoberfest with a band and dancing. Peter

Oct 7: Great day for our ride to Curry Point to the ceremony for the recent safety improvements on the Mt. Diablo roads.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
Well attended by local cycling clubs and individuals as well as representatives of the park and government agencies involved in the project. Peter

Thanks to everyone who participated in todays ride. We had over 20 VS members attending the ceremony. It looked like there was about 60 bikes in the bike racks so the biking community showed up in numbers. Special thanks to Al Kalin who has been leading the effort to improve the safety of the roads on Mt. Diablo. Several speakers noted Al’s perseverance while working on this effort. Al is VS community liaison for Mount Diablo State Park and its great that the club could show up to support his efforts. Thanks, Steve

I would like to thank everyone for your overwhelming support!! Your Voices were heard today!! Al

Thanks to everyone who attended! Thanks to you, Al, for all your hard work! Now Mt. Diablo is safer than it has ever been. Looks like a great event and sorry I missed it! Rebecca

Oct 8/9: The 33rd Tour of the Sacramento Delta (TOSRD) occurred October 8 and 9, 2016, with beautiful weather and little wind either day. Comments received and overheard were that all enjoyed their ride, the scenery and the camaraderie. As with all club events, a team effort makes them happen. To all who volunteered, a big thank you from all.

Christy Simpson, Jim Van De Vreugde, Kathy and Gary Koos, Vivian and Bob Fujii, Julie Hampton, Adele Madelo, Mary and Ken Hernandez, Marcia Seeger, Kevin Thieben, Bob Heady, Dick Ward, John Rodriguez, Laurie van Raalte, Larry Sovulewski, James Paulos, Jim Duncan, Lynn, Robert, and Traci DeMattei, Kim and Randy Powers and Bob and Bonnie Powers If anyone has been left out, it was not intentional. Currently, TOSRD 2017 is scheduled for the year after this one.

Your Voices were heard today!!! Al

Thank you very much. You did a terrific job. Kudos to you, Al, for all your hard work! Now Mt. Diablo is safer than it has ever been. Looking at a great event and sorry I missed it! Rebecca

UPCOMING CYCLING EVENTS

UPCOMING CYCLING EVENTS

November

5 Bike the Coast, Oceanside, CA
6 Giro d’Vino, Acampo, CA
12 Palm Desert Century, Palm Desert, CA
12 TBF Mountain Bike Camp Level 1 & 2, Granite Bay, CA
13-18 Tour of Death Valley, Death Valley, CA
24 Thanksgiving Day Ride, Brentwood, CA

December

3 Ride 2 Recovery Honor Ride, San Diego, CA

VALLEY SPOKESMEN AFFILIATIONS

Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bike East Bay – www.bikeeastbay.org (formerly EBBB)
Bicycle Trail Council of the East Bay - www.btecb.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 – www.yosemiteconservancy.org/valley_spokesmen

Valley Spokesmen Executive Board Meeting

October 12, 2016
7:00pm – 6640 Spruce Ln., Dublin, CA

Present: Steve Whelan, Ken Hernandez, Francie Cushman, Bonnie Powers, Rebecca Wood, Rob Delfosse, and Kathy Koos

Absent: Dianne Thompson, Jim Duncan, and Don Carpenter

CALL TO ORDER at 6:55 p.m. by Steve W.

September Meeting Minutes – See October Newsletter

Bonnie moved to approve the September Executive Minutes. Rebecca seconded and all voted in favor.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
TREASURER’S REPORT—Nothing to report.

OLD BUSINESS
Ride Report—Rob talked about the past month's rides which included: an Octoberfest ride, rides in Tiburon, San Leandro, and Santa Cruz. Ryan Hunt completed his first century ride on Ken's Santa Cruz ride. Steve mentioned the Mt. Diablo dedication ride.

V.S. Website—Ken reported membership totals of: 650 total members comprised of 321 individual, 134 family, and 195 other memberships.

Due to logistical reasons, Ken made motion to eliminate mid-year discounted memberships, and to open membership beginning October first of each year. Membership would continue through to December of the following year. Kathy seconded the motion and all voted in favor. Due to continuing capacity constraints, Steve made a motion to extend the data capacity to 15,000 contacts. Rebecca seconded the motion and all voted in favor.

Master Plans—none to report.

Correspondence—Bonnie reported on the usual correspondence.

TOSRD—Francie thought TOSRD went well. She mentioned that participant comments were all positive.

NEW BUSINESS
Recruit New Ride Coordinator—There was a discussion on the need to recruit a new ride host coordinator to replace Joe Cheng. Steve will reach out to members to seek a replacement.

GPS Training—Kathy has been in contact with RidewithGPS and Garmin to seek representation at the tutorial. She has a working powerpoint and will continue to work on finalizing plans and providing a date.

Officer Nominations and Elections—Dianne (absent) has been working on nominations for 2017. Steve will develop the nominating committee which will be comprised of Steve, Dianne, and three members not currently holding positions on the existing Board.

GOOD OF THE ORDER
-Steve has been in contact with Sports Basement and has received an email listing benefits to Valley Spokesmen which include: hosting quarterly meetings, club discounts, rides starting at Sports Basement, and a Club sponsored holiday party where participants receive a 20% discount.

-Rebecca will look into hiring a cycling coach to provide skills training to Valley Spokesmen.

Meeting adjourned 8:05 p.m. by Steve Whelan to Executive Board meeting on November 8, 2016.

Kathleen Koos, Secretary

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Valley Spokesmen Bicycle Club Correspondence
Correspondence sent:
1. Checks totaling $1408.83 for TOSRD refunds.
2. Checks totaling $226.23 for SAG gasoline, bridge fare and park entrance fee.
3. Check for $1083.96 to Bob Powers for out-of-pocket TOSRD expenses.
4. Check for $232.28 to Ken Hernandez for out-of-pocket Santa Cruz expenses.
6. Check for $95.97 to Jeff Eorio for refreshments at Mt. Diablo dedication.
7. Check for $14,772.52 to Business Care (B of A) for charge account – 249.70 Mt. Challenge; 14,295.62 TOSRD; 249.70 Mt. Challenge; 14,295.62
8. Letters of welcome to returning and new members.

Correspondence received:
1. Checks for TOSRD registration.
2. Ride Sign-up sheets.
4. Annual report from Building Futures.
5. Request for donations from California State Parks Improvement Campaign.
6. Advertisements for upcoming events and touring companies.
7. November copy of Sunset magazine.
8. Newsletters and magazines from various clubs, organizations and businesses.

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
arm warmers .................................................................$30.00
gloves - yellow, blue, black - (changing to blue & black only) - ......................................................$27.00
socks - yellow, blue, black - (changing to blue & black only) - ..................................................$7.00
bib shorts - (to be discontinued) ..................$65.00

TREASURER’S REPORT

December 2016

Valley Spokesmen Bicycle Club Correspondence

Correspondence sent:
1. Checks totaling $1408.83 for TOSRD refunds.
2. Checks totaling $226.23 for SAG gasoline, bridge fare and park entrance fee.
3. Check for $1083.96 to Bob Powers for out-of-pocket TOSRD expenses.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
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Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
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Thanks to September’s Ride Hosts:

- Gail Blanco
- Francie Cushman
- Rob Delfosse
- Jim Duncan
- Clay Dunning
- Wes Eacret
- Julie Hampton
- Bob Heady
- Ken Hernandez
- Mary Hernandez
- Kathy Koos
- Doug Ondricek
- Janet Ondricek
- Peter Rathmann
- Dick Skow
- Dianne Thompson
- Steve Whelan

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

WHEN: Sunday, November 6, 2016
HOW: By bicycle, covering about 50 or 65 miles
HOUR: festivities begin @ 10:00 a.m.
WHERE: Pam and Steve Gifford’s farmhouse, 22549 Burwood Rd., Escalon, 95320
BRING: Salad—OR—Dessert—OR—2 loaves sliced, buttered French bread.
DRINKS: Will be provided.
MUST SIGN UP BY THURSDAY, 11/02/16
R.S.V.P. Bonnie

Suggested Carpool: Park & Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.

Valley Spokesmen Club members, families, and friends are invited to this year’s Progressive dinner ride at Pam and Steve Gifford’s circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don’t despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it’s off to the east on the day’s long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Gifford’s for dessert and socializing.

Plan on a 1 hour drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca.

Bear right onto Rte. 99 south. Exit Jack Tone Road, go east (left). Turn right onto River Road. Go approx. 10 miles. Turn right on Burwood Lane, which becomes Road at the 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees.

Welcome!

STEVE’S CELL PHONE IS: 925-487-9150.
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 alkallin@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

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.

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