

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

It's hard to believe that we are already approaching the end of year for 2016. This year has gone fast but before it's over there is still time to get out and do a little more riding in to help drop some of those pounds gained at holiday meals and parties. I find it an effort to get out when it's wet and cold outside (however East Coast transplants tell me that our weather isn't really cold). After the ride, I always find it worthwhile and I am glad that I made the effort to get out and ride.

Thinking back over the year one of my most memorable events this year was our trip to Vietnam. Besides the scenic countryside and great food, one of the things that the trip really highlighted for me was how fortunate we are to live in this country. In Vietnam, we watched men and women working in the fields planting rice in thick mud and cold water. They worked all day long to tend to a small patch of land that gave them the food for their family. We are fortunate to live and work in the safety and comfort of the US. What was really interesting was that the people in Vietnam were happy and healthy living their lives. The kids at local schools ran out to greet us laughing and waving. The people working in the fields tending their crops looked happy and health. It just goes to show that we don't need all of the material things that we have and, in some ways, they can make you unhappy. What tends to be important is your family, a roof over your head and enough to eat.

So, as we move into the New Year give thanks to the really important things in your life, your family and friends who have brought you joy and happiness this year.

Ride safely,

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

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

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

DECEMBER 2016**STANDING RIDE OVERVIEW:**

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

THURS. 12/1/16 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. Ride Host: Bob Heady 925-980-7989

SAT. 12/3/16 2-L/M 40 miles 9:30 a.m. W. Dublin/Pleasanton BART to Treasure Island. Exploratory ride to check out the new connection from the Bay Bridge bike path to Yerba Buena and Treasure islands. 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> (doesn't include the ride on the islands)
 Ride Host: Peter Rathmann, 925-336-0973.

MON. 12/5/16 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> at least 48 hours before the ride. Be sure to check for the ride listed with the correct date. Ride Host: Richard Skow, 925-939-6964, rskow@astound.net for ride details.

MON. 12/5/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

MON 12/5/16 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. 12/7/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

WED. 12/7/16 7:00 p.m. Valley Spokesmen General Membership Meeting and Annual Officer Elections, Round Table Pizza Parlor, 7961 Amador Valley Rd., Dublin, CA. Join

fellow club members. Pizza & soda provided. Entertaining speakers each quarter!

THURS. 12/8/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

FRI. 12/9/16 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 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, 925-872-1001.

MON. 12/12/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

MON. 12/12/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

WED. 12/14/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

THURS. 12/15/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

SAT. 12/17/16 2-L/M 34/40 mi. 9:30 a.m. Monthly Feather Pedals Ride. Livermore Tuscany. Start Pleasanton BART, East side (intersection of Owens & Willow). Please arrive at least 15 minutes early for pre-ride announcements. Classic to Patterson Pass. Plus goes up the Flynnns.
 Classic: <https://ridewithgps.com/routes/12653357> - 36.3 miles
 Plus: <https://ridewithgps.com/routes/12653463> - 43.4 miles
 Ride Host: Rebecca Wood 925-577-3842

MON. 12/19/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

MON. 12/19/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

WED. 12/21/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

THURS. 12/22/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

FRI. 12/23/16 9:00 a.m. See Odd FriDay Ride details on FRI. 12/9/16.

MON. 12/26/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

MON. 12/26/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

WED. 12/28/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

THURS. 12/29/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

SUN. 1/1/17 3-L/M/B 20 miles 9:00 a.m. Annual New Year's Ride up Mt. Diablo. No host at time of press.

MON. 1/2/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

MON. 1/2/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

WED. 1/4/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 12/5/16.

THURS. 1/5/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 12/1/16.

SAT. 1/7/17 2-L/M 10:00 a.m. Feather Pedal Conditioning Ride. Start @ Sycamore Park & Ride. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge. See VS website for more details.

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@lnl.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 30: Because we love this ride, this wasn't an easy decision to make. But, it's a longer "point to point" ride and there's a good chance you'll get rained on, so we felt it was best to cancel the ride at this time. Also, the club is making all attempts to keep it's members safe. If you feel we are being

too cautious, please feel free to take it on. Otherwise, if you decide to go, consider it a show & go and be safe out there! Happy Halloween, Everyone! Your Hosts: Julie & Rob + + + + +
First, I fully agree with the decision to cancel as the reports and the look of the sky in the morning all said rain along the route. However 7 of us who live relatively near the start point decided to give it a try. Within a mile of the start, one rider had a flat and at that point the group separated into two with four staying back to help with the flat and three riders proceeding. The group of four (with one costumed member - Wonder Woman-) decided to take a more Southern route while the three group followed the Pleasant Valley route. As the ride proceeded, the weather did nothing put improve and it was single layer riding with a consistent tail wind of 5 to 15 mph for almost the entire route. Weather in Davis was perfect for an outdoor lunch. The two groups who had not seen each other since the start, met again just as the Martinez train arrived at the Davis station and the groups road the train home together. All in all (probably due to the tail wind) it was one of the best Davis rides I have ever been on.. Ned + + + + +
I was the one who had the flat yesterday; Wonder Woman helped fix it! A great time was had by all. We are looking forward to riding it again next year with the whole crowd. *****

Nov 5: Beautiful day for our exploratory ride out to the Bay Bridge path and Treasure Island. Peter *****

Nov 5: Thank you so much (Wes) for hosting this great ride. The weather was mild and it was perfect for doing this long ride. It was one of my bucket list rides and now added to my Do Again ride list. Joe *****

Nov 6: Beautiful day for our annual Progressive Dinner ride in Escalon and special thanks to the Giffords and Powers for again hosting us, food preparation, and all the organizing work in preparation. Steve had selected two scenic farmland loops of differing lengths for the initial ride which was followed by the soup and bread course. He then had another two longer loops that included some nearby towns for us to choose from before we had out salad, lasagna, and dessert course. Peter

+ + + + +
Thanks Peter. All, I really enjoyed this ride. Steve and Pam, and Bonnie and Bob, do a lot to make us feel welcome and extra special. It was worth the drive to experience different scenery, hang out with club members during the ride and during the breaks, and eat far more food than I should have. All in all a very nice day out. Would be great to see some more VSers enjoy the event in the future. Gary *****

Nov 13: Rio Vista – Montezuma. Great ride Jim. Beautiful area with little traffic. Loved it! Thanks for hosting. Gail + + + + +
Jim it was a great ride. Thank you for always waiting for me to crest the hills. I loved the ride. It was nice riding in my neck of the woods. And virtually no traffic that was a plus. THANK YOU and FRANCIE. Kim *****

Nov 24: Alberto, Thanks for an early morning eye-opener to start Thanksgiving preparations. A nice showing of riders and the vineyards in the hills are starting to show the change of the seasons. A brisk start to the day to wake us all up. Francie and Jim + + + + +

A nice day for Alberto and Gail's Thanksgiving Day ride albeit a little chilly at the start. A good chance to burn off some calories before the usual overconsumption. Peter

Nov 25: Rob's ride took us on a scenic tour around the southern end of SF Bay on a route that was a mix of streets and both paved and unpaved portions of the Bay Trail. We observed abundant bird life of varied species in the marshlands along the bay as well as plenty of industrial development in adjoining areas. Peter

~~~~~

**UPCOMING CYCLING EVENTS**

**December**

3 Ride 2 Recovery Honor Ride, San Diego, CA

**January**

21 Tour de Palm Springs, Palm Springs, CA

\*\*\*\*\*

**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

\*\*\*\*\*

**Valley Spokesmen Executive Board Meeting**

November 9, 2016

7:00pm – 6640 Spruce Ln., Dublin, CA

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

**Absent:** Marcus VanRaalte

CALL TO ORDER to order at 6:58 p.m. by Steve.

**October Meeting Minutes** – Bonnie made a motion to approve the October minutes, Jim seconded and all voted in favor.

**TREASURER'S REPORT**-- Don provided an updated report and tax return information.

**OLD BUSINESS**

Ride Report--Bonnie said the Progressive Ride was a success with 15-20 participants. The route has been changed to include some of the local towns. Rob talked about a ride he led with Kathy along the Coast. He commented the condition of the roadway was the best condition of any county road along the Coast.

V.S. Website--Ken mentioned the 2017 club membership

registration is open. Steve will send out an email advising the membership that renewal is open. Thus far, we've had 13 people renew with 11 individual and 2 family memberships. Jim is receiving inquiries regarding the 2017 Cinderella event. Steve suggested posting something on the website regarding Cinderella registration. Ken will post the Bylaws. The Feather Pedal series will begin in January. Feather Pedal riders will be required to join Valley Spokesmen after their first ride. Jim and Bonnie both indicated a need to alert Feather Pedal riders that membership in the rides and/or club does not constitute registration for the Cinderella event.

Master Plans--nothing to report. Jim mentioned that Francie sent out a notice to Dublin regarding pot holes on San Ramon Blvd. Dublin has since repaired the pot holes. Jim reiterated the importance of notifying county and city municipalities when encountering road hazards.

Correspondence--Bonnie reported that all Cinderella donation checks have gone out to women's / girls support groups. Bonnie asked if the club was interested in making end of the year donations to various charities. The Board declined and decided to focus on providing other benefits to the members.

**NEW BUSINESS**

Mountain Challenge 2017 - Chuck Tyler and Valley Spokesmen have been approached by the Save Mount Diablo Group to consider taking over hosting the Mt. Diablo Challenge next year. The Board had a lengthy discussion on the responsibilities of hosting the event. The Board discussed the need to find a Valley Spokesmen member willing to undertake the project. Jim and Steve will reach out to our Danville liaison Al Kalin to see if he might have an interest. In the event the Valley Spokesmen is successful in taking over the event, there was a discussion on how to divide any proceeds. One thought under consideration includes splitting the proceeds from the event between Valley Spokesmen and the Racing Team. Funds raised from sponsorships would not be donated to Save Mount Diablo but directly for Mt. Diablo bicycle / road improvements. Pending finding a host, the discussion was tabled until the December meeting.

December 3<sup>rd</sup> Christmas Light Parade--The Board elected not to participate in the event this year.

Report from Nominating Committee--Dianne, Ken, Mary, Bob Heady and Steve are the nominating committee and have reached out to the existing Board as well as the Membership to determine interest in positions on the Board. All current officers have agreed to remain on the Board with a few changes. The Board discussed that all members are welcome to be nominated to the Board.

Mid Winter Party---A location has been set. Kathy will provide a budget proposal for the event by the December meeting.

Review and Approval of Taxes--Tax returns have been prepared, presented to the Board and approved for filing. Bonnie made the motion to accept the returns as presented. Steve seconded the motion and all voted in favor. Ride Leader Discussion---Steve will address the issue.

**GOOD OF THE ORDER**

-Bonnie announced that she and Bob will be leaving shortly to scout out a bicycling trip from Boston to Maine planned for next July!

-Kathy will be hosting a series of rides beginning in January and extending through June as Death Ride training. The rides will occur each weekend and will have increasing difficulty. The rides will be posted on the calendar, but the dates will be flexible depending on weather.

Meeting adjourned by Steve Whelan at 8:27p.m. to General Membership Meeting at Round Table Pizza, 7841 Amador Valley Rd., Dublin, CA on December 7, 2016 at 7:00 p.m.. Respectfully Submitted, Kathleen Koos, Secretary  
\*\*\*\*\*

**Valley Spokesmen Bicycle Club Correspondence**  
**Correspondence sent:**

1. Check to Jim Duncan for out-of-pocket T.O.S.R.D. expenses.
2. Cinderella donation checks to Asian Women's Shelter; Assistance League of Amador Valley; Assistance League of Diablo Valley; BAWAR (Bay Area Women Against Rape); Center for Domestic Peace; Child Abuse Prevention Council of Contra Costa; CORA - Community Overcoming Relationship Abuse; Empower Yolo; Family Violence Law Center; Girl's Ventures; Girl's Garage (Project H Design); La Casa de las Madres; NEWS - Napa Emergency Women's Services; Next Door Solutions to Domestic Violence; Oasis for Girls; Rainbow Community Center of Contra Costa County; San Leandro Shelter for Women; SAVE - Shelter Against Violent Environments; Shelter Inc. of Contra Costa; STAND! Against Domestic Violence; Techbridge; WomenCARE;and Women's Daytime Drop-In Center.
3. Cinderella donation checks to Dublin Police Services; Livermore Police Department and Pleasanton Police Department.
4. Cinderella donation check to City of San Ramon to be used towards Street Smarts.
5. Check to Minuteman Press for printing of 4<sup>th</sup> quarter Newsletter.
6. Check to River Delta Unified School District for use of Delta High School on T.O.S.R.D.
7. Check to Franchise Tax Board for filing of 2015 taxes.
8. Check to Business Card (B of A) for charge account.
9. Check to Bob Powers for our-of-pocket T.O.S.R.D. expenses.

**Correspondence received:**

1. Thanks you letters for Cinderella donation check from: Assistance League of Amador Valley; Assistance League of Diablo Valley; Center for Domestic Peace; Child Abuse Prevention Council of Contra Costa; CORA - Community Overcoming Relationship Abuse; Empower Yolo; La Casa de las Madres; NEWS - Napa Emergency Women's Services; Next Door Solutions to Domestic Violence; San Leandro Shelter for Women; Shelter Inc. of Contra Costa; STAND! Against Domestic Violence; WomenCARE; Pleasanton Police Department; and the City of San Ramon (Street Smarts).
2. Ride sign-up sheets
3. Request for donations from Adventure Cycling Association; Bay Area Ridge Trail Council; California State Parks Foundation; National Parks Conservation Association.

4. Advertisements for upcoming events and touring companies.
5. November copy of Sunset magazine.
6. 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

☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪

**Newsletter mileage Query**  
**As of November 17, 2016**

| Name                | Total of Miles | Rides Led | Total Rides |
|---------------------|----------------|-----------|-------------|
| Allen, Cason        | 463            | 0         | 4           |
| Allen, Joe          | 1030           | 0         | 20          |
| Ball, Karin         | 469            | 3         | 12          |
| Barbier, Larry      | 862            | 0         | 30          |
| Barnett, Bob        | 860            | 0         | 21          |
| Bartlett, Christine | 372            | 0         | 6           |
| Blain, Bob          | 203            | 0         | 5           |
| Blanco, Gail        | 2364           | 40        | 54          |
| Carey, Liz          | 233            | 0         | 5           |
| Carpenter, Don      | 1659           | 0         | 50          |
| Castagnini, Janice  | 323            | 0         | 7           |
| Cheng, Joe          | 2812           | 7         | 56          |
| Choy, Serena        | 1326           | 0         | 52          |
| Cooke, Pam          | 808            | 1         | 25          |
| Cosin, Wendy        | 2871           | 26        | 70          |
| Coyle, Sarah        | 326            | 0         | 2           |
| Crawford, Erin      | 257            | 0         | 5           |
| Crawford, Marlowe   | 295            | 0         | 6           |
| Crawford, Matt      | 228            | 0         | 6           |
| Culshaw, Pete       | 2853           | 28        | 70          |
| Culshaw, Sharon     | 939            | 0         | 31          |
| Cushman, Francie    | 3442           | 32        | 103         |
| Dahlgard, Jackie    | 460            | 0         | 5           |
| Daly, Deb           | 744            | 0         | 13          |
| Davis, Patti        | 2278           | 1         | 53          |
| Dedon, Erica        | 920            | 2         | 19          |
| Dedon, Mark         | 1028           | 2         | 18          |
| Delfosse, Rob       | 1266           | 11        | 35          |
| Deornelas, Vic      | 979            | 0         | 14          |

| <b>Newsletter mileage Query<br/>As of November 17, 2016</b> |                       |                  |                    |
|-------------------------------------------------------------|-----------------------|------------------|--------------------|
| <b>Name</b>                                                 | <b>Total of Miles</b> | <b>Rides Led</b> | <b>Total Rides</b> |
| DePasquale, Tammy                                           | 305                   | 0                | 6                  |
| Donovan, Deb                                                | 2065                  | 0                | 57                 |
| Duncan, Jim                                                 | 3184                  | 29               | 94                 |
| Dunn, Kathleen                                              | 326                   | 1                | 11                 |
| Dunning, Clay                                               | 1141                  | 0                | 18                 |
| Dunning, Craig                                              | 352                   | 0                | 6                  |
| Duvoisin, Marc                                              | 407                   | 0                | 8                  |
| Eacret, Wes                                                 | 1134                  | 1                | 30                 |
| Enriquez, Gilbert                                           | 679                   | 0                | 23                 |
| Faires, Debbie                                              | 244                   | 0                | 5                  |
| Feigenbaum, Larry                                           | 1194                  | 0                | 38                 |
| Flusche, Tony                                               | 345                   | 0                | 11                 |
| Fong-Jean, Lorri                                            | 212                   | 0                | 4                  |
| Foster, Danielle                                            | 811                   | 1                | 20                 |
| Frasier, Debbie                                             | 969                   | 0                | 25                 |
| Fredricks, Larry                                            | 284                   | 0                | 8                  |
| Fujii, Bob                                                  | 398                   | 0                | 7                  |
| Fujii, Vivian                                               | 264                   | 0                | 5                  |
| Fusco, Bob                                                  | 789                   | 0                | 26                 |
| Gabe, Jan                                                   | 333                   | 0                | 7                  |
| Goldman, Ken                                                | 432                   | 0                | 12                 |
| Gomez, Lynnette                                             | 292                   | 0                | 6                  |
| Goroff, Marc                                                | 544                   | 0                | 12                 |
| Groves, Susan                                               | 318                   | 0                | 9                  |
| Guarienti, Faye                                             | 456                   | 0                | 11                 |
| Hagelin, Craig                                              | 998                   | 0                | 31                 |
| Hampton, Julie                                              | 727                   | 3                | 18                 |
| Hansen, Renata                                              | 929                   | 17               | 27                 |
| Haupt, Chuck                                                | 818                   | 0                | 25                 |
| Heady, Bob                                                  | 1889                  | 46               | 67                 |
| Hedges, Richard                                             | 260                   | 0                | 4                  |
| Heggelund, Merel                                            | 315                   | 0                | 6                  |
| Hermann, Mark                                               | 808                   | 0                | 20                 |
| Hernandez, Ken                                              | 1761                  | 2                | 44                 |
| Hernandez, Mary                                             | 2074                  | 2                | 57                 |
| Herrera, Gloria                                             | 511                   | 0                | 10                 |
| Hsueh, Gary                                                 | 296                   | 1                | 8                  |
| Hunt, Ryan                                                  | 319                   | 0                | 6                  |
| Jakubowski, Diane                                           | 369                   | 0                | 7                  |
| Johnson, Robin                                              | 304                   | 0                | 6                  |
| Kaiser, Karen                                               | 1114                  | 0                | 28                 |
| Kane, Kathy                                                 | 404                   | 2                | 11                 |
| Kibbee, Mike                                                | 298                   | 0                | 6                  |
| Kita, Emily                                                 | 511                   | 0                | 12                 |
| Kita, Jim                                                   | 843                   | 0                | 24                 |
| Koos, Gary                                                  | 696                   | 0                | 13                 |
| Koos, Kathy                                                 | 864                   | 11               | 16                 |
| Kowalewski, Steve                                           | 977                   | 0                | 29                 |
| Kriebel, Olivia                                             | 339                   | 0                | 7                  |

| <b>Newsletter mileage Query<br/>As of November 17, 2016</b> |                       |                  |                    |
|-------------------------------------------------------------|-----------------------|------------------|--------------------|
| <b>Name</b>                                                 | <b>Total of Miles</b> | <b>Rides Led</b> | <b>Total Rides</b> |
| Kwong, Linda                                                | 244                   | 0                | 5                  |
| Kyong, Peter                                                | 990                   | 0                | 33                 |
| Lagodzinski, Andrew                                         | 318                   | 0                | 5                  |
| Lanzas, Alberto                                             | 1066                  | 7                | 18                 |
| Lark, Mary                                                  | 375                   | 0                | 9                  |
| Lisy, Norm                                                  | 416                   | 0                | 13                 |
| Loh, Madeleine                                              | 253                   | 0                | 4                  |
| Loofbourrow, Peggy                                          | 255                   | 0                | 7                  |
| Louis, Ken                                                  | 215                   | 0                | 7                  |
| Low, Ellen                                                  | 432                   | 0                | 11                 |
| Lowe, Diana                                                 | 365                   | 0                | 9                  |
| Madelo, Adele                                               | 437                   | 0                | 9                  |
| Makkink, Marjon                                             | 295                   | 0                | 8                  |
| Martinelli, Craig                                           | 1364                  | 0                | 41                 |
| Mayfield, Milinda                                           | 421                   | 0                | 11                 |
| McGinnis, Steve                                             | 250                   | 0                | 6                  |
| Meidberg, Larry                                             | 226                   | 0                | 9                  |
| Mertz, Jacqueline                                           | 2892                  | 0                | 67                 |
| Michenfelder, Jake                                          | 357                   | 0                | 1                  |
| Mitchell, Ron                                               | 246                   | 0                | 5                  |
| Montevago, Marsha                                           | 289                   | 0                | 7                  |
| Moorhead, Jane                                              | 1488                  | 20               | 55                 |
| Morson, Kathy                                               | 375                   | 0                | 10                 |
| Nadeau, Elaine                                              | 733                   | 2                | 27                 |
| Nasstrom, John                                              | 475                   | 0                | 8                  |
| Nasstrom, Sharon                                            | 267                   | 0                | 4                  |
| Newbury, Kim                                                | 311                   | 0                | 5                  |
| Noori, Sina                                                 | 414                   | 0                | 7                  |
| Norek, Al                                                   | 802                   | 0                | 26                 |
| O'Boyle, Maureen                                            | 226                   | 0                | 5                  |
| Oh, Nancy                                                   | 316                   | 0                | 6                  |
| O'Hare, Cindy                                               | 269                   | 0                | 6                  |
| Olenberger, Emma                                            | 1060                  | 5                | 26                 |
| Ondricek, Doug                                              | 806                   | 24               | 29                 |
| Ondricek, Janet                                             | 431                   | 13               | 18                 |
| Osborn, Sandra                                              | 376                   | 0                | 9                  |
| Page, Janie                                                 | 328                   | 0                | 10                 |
| Pereira, David                                              | 1223                  | 6                | 31                 |
| Perry, Marta                                                | 262                   | 0                | 5                  |
| Pham, Chris                                                 | 566                   | 3                | 16                 |
| Polley, Ed                                                  | 1057                  | 0                | 25                 |
| Pollock, Terese                                             | 293                   | 0                | 7                  |
| Powers, Bob                                                 | 300                   | 1                | 3                  |
| Powers, Dick                                                | 415                   | 0                | 9                  |
| Powers, Hailey                                              | 216                   | 0                | 3                  |
| Putnam, Ned                                                 | 846                   | 0                | 23                 |
| Rafanelli, Pam                                              | 310                   | 0                | 6                  |
| Rasmussen, Ron                                              | 1535                  | 0                | 49                 |
| Rathmann, Peter                                             | 5492                  | 17               | 156                |

**Newsletter mileage Query  
As of November 17, 2016**

| Name                | Total of Miles | Rides Led | Total Rides |
|---------------------|----------------|-----------|-------------|
| Reilly, T.J.        | 1696           | 0         | 55          |
| Roberts, Susan      | 201            | 0         | 5           |
| Rodriguez, Vicki    | 276            | 0         | 6           |
| Roe, Joan           | 251            | 0         | 6           |
| Rossiter, Jaynette  | 1377           | 0         | 46          |
| Rudy, Kevin         | 298            | 0         | 9           |
| Rutherford, Nicole  | 223            | 0         | 4           |
| Satoutah, Brahim    | 790            | 1         | 11          |
| Seda, Marta         | 247            | 0         | 6           |
| Serriere, Vianney   | 1090           | 1         | 28          |
| Settle, Andy        | 2206           | 0         | 51          |
| Shannon, Geoff      | 3303           | 25        | 82          |
| Shigemoto, Lisa     | 373            | 0         | 9           |
| Shum, Bart          | 600            | 0         | 12          |
| Simpson, Christy    | 3464           | 22        | 102         |
| Skow, Dick          | 2857           | 10        | 70          |
| Soby, Tony          | 450            | 0         | 10          |
| Sovulewski, Larry   | 376            | 0         | 9           |
| Spiegel, Joan       | 479            | 0         | 12          |
| Stevens, Jan        | 901            | 0         | 29          |
| Strain, Bob         | 887            | 0         | 18          |
| Strain, Kathy       | 1723           | 0         | 44          |
| Streit, Ron         | 1022           | 0         | 25          |
| Sussman, David      | 454            | 0         | 13          |
| Taughner, Vic       | 304            | 0         | 14          |
| Thieben, Kevin      | 1202           | 0         | 29          |
| Thomas, Walt        | 539            | 0         | 12          |
| Thompson, Dianne    | 1781           | 9         | 53          |
| Tracy, Steve        | 374            | 0         | 6           |
| Trotman, Traci      | 352            | 0         | 10          |
| Uher, Julie         | 935            | 0         | 33          |
| Uher, Will          | 593            | 0         | 19          |
| Van De Vreugde, Jim | 1865           | 2         | 38          |
| van Raalte, Marcus  | 792            | 0         | 14          |
| Vergino, Eileen     | 374            | 0         | 3           |
| Weiny, Lorrie       | 306            | 0         | 7           |
| Whelan, Steve       | 3914           | 3         | 105         |
| Wong, Marlene       | 323            | 0         | 8           |
| Wood, Rebecca       | 919            | 5         | 25          |
| Woodruff, Bill      | 216            | 0         | 8           |
| Woods, Colleen      | 351            | 0         | 8           |
| Yantis, Marcheale   | 340            | 0         | 9           |
| Zucker, Pam         | 275            | 0         | 7           |

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 154,795!!!

**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 17 sign-up sheets outstanding as of October 22<sup>nd</sup>. Please turn your sign in sheets in as soon as possible. 2016 is almost over and members are curious to know what their total mileage is for the year.

**Thanks to November's Ride Hosts:**

Gail Blanco  
 Francie Cushman  
 Rob Delfosse  
 Jim Duncan  
 Wes Eacret  
 Steve & Pam Giffords  
 Bob Heady  
 Alberto Lanzas  
 Dave Pereira  
 Peter Rathmann  
 Dick Skow



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.