

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

This year we have two training programs that begin with the New Year. The Feather Pedals will be holding their Cinderella Training series to get riders prepared for Cinderella in March. This year the training will include coaching (several 15 minute sessions) with Meredith Nielsen with Wenzel Coaching. Meredith is a certified USAC Level 2 Coach and will focus on basic skills training to improve rider safety and efficiency. Sessions are scheduled for January 14th, 28th and February 11th. Meredith will also be announcing a longer 5-hour training session for club members who would like to improve their cycling skills. An announcement will be going out via the Valley Spokesmen members email list with additional information and dates.

A new training series for 2017 has been organized by Kathy Koos. Kathy will be hosting a Death Ride training series to prepare for the ride in July. Kathy has become a fan of long distance rides that have a lot hills and wants to share her joy (or pain) with others. If you have ever wondered what it would be like to ride the Death Ride, give Kathy's training series a try. It's a great way get a sample of what it's like to ride the Death Ride without having to commit to riding 130 miles while climbing 16,000 feet. You can also chat with other riders who have already done the ride.

These two training series along with the regular rides should give everyone the opportunity to shed a few holiday pounds and regain strength lost over the cold and wet winter months.

While getting stronger think about attending one of the skills training courses that Meredith Nielsen plans to offer. Learning to ride safer is a benefit for you and everyone around you. Learning to ride more efficiently makes riding much more fun. So keep an eye out for training opportunities and take advantage of them.

Ride safe

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 regroup.

M) Moderate, occasional regroup.

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 regroup 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 regroup. 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>

January 2017

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.

SUN. 1/1/17 5M 29 miles 9:00 a.m. Annual New Year's Ride up Mt. Diablo. Meet @ Danville Museum parking lot, 198 Railroad Ave., Danville (on corner of Prospect Ave.) Host: Rob Delfosse robfosse@yahoo.com

MON. 1/2/17 2-L/M 0 miles 9:00 a.m. Wendy Cosin 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: Wendy Cosin, 510-813-7061

MON. 1/2/17 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

WED. 1/4/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 1/2/17.

WED. 1/4/17 3-L/M 25 miles 10:00 a.m. The "Chilly – Hilly – Chili" ride in Benicia. Meet at the "B" St parking lot in Benicia. Take I-680 north to I-780; exit E 2nd St; L at bottom of ramp; R on E Military; L on 1st St. to end of street; L on "B" St. Ride takes us thru the hills of Benicia, Lake Herman Road, back to town and then to Barbara's house for chili. Bring snack and water. Ride Host: Barbara Wood, 707-745-6353, cell 707-980-0426.

THURS. 1/5/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 1/2/17.

SAT. 1/7/17 3-4M 60 miles 9:00 a.m. Mines Rd. Junction. <https://ridewithgps.com/routes/17938215> Meet @ Old Nob Hill Parking Lot at S. Livermore & Pacific in Livermore. Ride host: Kathy Koos 925-417-0387, 925-963-8506

SAT. 1/7/17 2-L/M 10:00 a.m. Feather Pedal Conditioning Ride #1. 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.

SUN. 1/8/17 9:00 a.m. San Ramon CP to 5 Canyons. Five Canyons Ride. We'll go over Dublin Grade to Castro Valley and then ride through the 5 Canyons area into the Hayward hills. Meet at San Ramon Central Park. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right turn into the park. Bring food and fluids. <https://ridewithgps.com/routes/13110291> **Ride Host Needed**

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

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

WED. 1/11/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 1/2/17.

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

FRI. 1/13/17 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.

SAT. 1/14/17 3-4M 55 miles 9:00 a.m. Pleasanton – Calaveras – Sierra Road. <https://ridewithgps.com/routes/2207815> Ride host: Kathy Koos 925-417-0387, 925-963-8506

SAT. 1/14/17 Alberto's Birthday Ride. Details TBD. Ride Host: Alberto Lanzas.

SAT. 1/14/17 9:00 a.m. Feather Pedal Apparel/Kit Try On. Sycamore Park & Ride

SAT. 1/14/17 9:45 a.m. Feather Pedal Basic Skills Session Sycamore Park & Ride. For the Cinderella conditioning series, Meredith Nielsen with Wenzel Coaching will host 3 basic skills sessions that will take only 15 minutes. These sessions will take place before the regularly scheduled rides and are geared to helping everyone become a better rider. This is important because there is more to riding a bike than just pushing on the pedals! Learning and practicing fundamental bike skills can help make your riding safer and more fun both as an individual and for others in the ride group. Learning to develop smooth and efficient pedaling can make you less tired at the end of a long ride. Proper use of your brakes and good cornering techniques can help you feel more confident when descending. Sound individual skills will make you a better riding companion on group rides like the Cinderella. Please take a moment to read "Rules of the Road" and "Pack Riding Skills" under Download on www.valleyspokesmen.org. Contact Meredith for any individual training needs and please thank her for volunteering her time to teach our group how to ride efficiently and safely. Watch for Skills dates to be announced. For more information, contact Meredith at mer@merhal.com Additionally, Meredith will announce via

eMail to the VS group the details of her 5-hour long bike skills trainings as they are scheduled.

3 sessions will be held 15 minutes before roll time in the Newcomers area.

1. January 14th: Helmet check, proper tire pressure, bike lights, proper emergency identification, basic bike position, starting/stopping.
2. January 28th: Emergency braking, basics of group riding etiquette
3. February 11th: Shifting and cadence, slowing/speeding up and being smooth on the bike

Contact:

Meredith Nielsen

USAC Level 2 Coach

415-516-0409

meredithnielsen@wenzelcoaching.com

SAT. 1/14/17 2-L/M 22.8 miles 10:00 a.m. Feather Pedals Conditioning Ride #2. Start @ Sycamore Park and Ride parking lot in Danville at the Northeast corner of I-680/Sycamore Valley Road (exit) interchange just off of I-680. 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.

<https://ridewithgps.com/routes/6149743>

Ride Host : Chris Pham 925-997-6674

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

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

WED. 1/18/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 1/2/17.

THURS. 1/19/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 1/2/17.

SAT. 1/21/17 3-4-M 9:00 a.m. San Ramon Central Park to Mt. Diablo Summit. 3-4 M 45 miles
<https://ridewithgps.com/routes/17938582> Meet @ San Ramon Central Park at Alcosta & Bollinger Canyon Rd. Ride host: Kathy Koos 925-417-0387, 925-963-8506

SAT. 1/21/17 2-L/M 27.2 mi. 10:00 a.m. Feather Pedals Conditioning Ride #3. Dublin – Blackhawk – El Pintado. Start @ Sycamore Park and Ride parking lot in Danville at the Northeast corner of I-680/Sycamore Valley Road (exit) interchange just off of I-680. 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. <https://ridewithgps.com/routes/6149644>

Ride Host : Kathy Kane 925-323-5611

MON. 1/23/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 1/2/17.

MON. 1/23/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 1/2/17.

WED. 1/25/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 1/2/17.

THURS. 1/26/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 1/2/17.

FRI. 1/27/17 10:00 a.m. See Odd FRIday ride details on FRI. 1/13/17.

SAT. 1/28/17 3-4M 51 miles 9:00 a.m. Woodside – Old La Honda – Pescadero – Tunitas Creek. Meet at Woodside Townhall Parking Lot at Woodside Rd & Whiskey Hills Rd. in Woodside. <https://ridewithgps.com/routes/17938785>
Ride host: Kathy Koos 925-417-0387, 925-963-8506

SAT. 1/28/17 9:45 a.m. Feather Pedal Basic Skills Session For the Cinderella conditioning series, Meredith Nielsen with Wenzel Coaching will host 3 basic skills sessions that will take only 15 minutes. These sessions will take place before the regularly scheduled rides and are geared to helping everyone become a better rider. This is important because there is more to riding a bike than just pushing on the pedals! Learning and practicing fundamental bike skills can help make your riding safer and more fun both as an individual and for others in the ride group. Learning to develop smooth and efficient pedaling can make you less tired at the end of a long ride. Proper use of your brakes and good cornering techniques can help you feel more confident when descending. Sound individual skills will make you a better riding companion on group rides like the Cinderella. Please take a moment to read “Rules of the Road” and “Pack Riding Skills” under Download on www.valleyspokesmen.org. Contact Meredith for any individual training needs and please thank her for volunteering her time to teach our group how to ride efficiently and safely. Watch for Skills dates to be announced. For more information, contact Meredith at mer@merhal.com Additionally, Meredith will announce via eMail to the VS group the details of her 5-hour long bike skills trainings as they are scheduled.

3 sessions will be held 15 minutes before roll time in the Newcomers area.

1. January 14th: Helmet check, proper tire pressure, bike lights, proper emergency identification, basic bike position, starting/stopping.
2. January 28th: Emergency braking, basics of group riding etiquette
3. February 11th: Shifting and cadence, slowing/speeding up and being smooth on the bike

Contact:

Meredith Nielsen

USAC Level 2 Coach

415-516-0409

meredithnielsen@wenzelcoaching.com

SAT. 1/28/17 2-L/M 27.2 mi. 10:00 a.m. Feather Pedals Conditioning Ride #4. San Ramon Valley – Las Trampas. Start @ Sycamore Park and Ride parking lot in Danville at the Northeast corner of I-680/Sycamore Valley Road (exit) interchange just off of I-680. 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. <https://ridewithgps.com/routes/10907992>
Ride Host : Rebecca Wood 925-577-3842

MON. 1/30/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 1/2/17.

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

WED. 2/01/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 1/2/17.

THURS. 2/02/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 1/2/17.

FRI. 2/03/17 10:00 a.m. See Odd FRIday ride details on FRI. 1/13/17.

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

December 11th: Rob's ride today took us along portions of the Bay Trail from San Lorenzo south through Union City into Fremont. The trail was in very good condition for the first part, but the recent rains made the levee section from the Coyote Hills toward the Dumbarton bridge very muddy so we shortened that part of the ride. Peter

December 17th: It was bright sunshine and a crisp 35 degrees when we started the last Feather Pedals monthly ride of 2016! 16 brave souls showed up - 8 to ride the Classic Plus of 43 miles and 8 to ride the Classic of 36 miles! 14 Valley Spokesmen members and 2 non-members joined us! The ride

host had a flat 8 miles into the ride and the nice rider who helped her then joined the ride! It warmed up nicely and turned into a very nice day to ride out through the Livermore Valley! A few of us went to lunch after the ride before tackling our holiday shopping and events! Here is wishing everyone a warm, wonderful and safe holiday season! And many thanks to our fantastic SAG, Dean Ball and Sweep, Charles Parrish! They are the best! Rebecca Wood on behalf of The Feather Pedals Team.

December 18th: Nice sunny day for Kathy's ride from the former Crank-2 location to Calaveras reservoir, but there was a little chill in the air. Some opted to continue up Felter to its summit while the rest of us turned around at the top of the Calaveras 'Wall'. Peter

December 25th: Alberto and Gail hosted today's Christmas Ride from Diablo Vista Park over to Livermore and returning through Pleasanton and Dublin. A little chilly this morning but we had lots of sunshine and a few hills along the way to warm us up. Peter

December 27th: Today's bright sunshine helped make us feel warmer on our ride down to Sunol with an out-and-back climb on Kilkare before returning through Pleasanton. Peter

December 30th: Could have used some more sunshine early, but otherwise a nice day for our ride up to Schaefer Ranch, Castro Valley, and out Cull Canyon. We opted to modify the route to make more of a loop by returning via Crow and Norris Canyon roads. Peter

UPCOMING CYCLING EVENTS

- January**
 - 21 Tour de Palm Springs, Palm Springs, CA
- February**
 - 12 Velo-Love Ride, Gridley, CA
 - 18 Stagecoach Century, Ocotillo, CA
 - 18 Almond Blossom Century, Ripon, CA
 - 18 Camino Real Double Century, Irvine, CA
 - 25 Pedaling Paths to Independence, Linden, CA
 - 2/25-3/2 Climate Ride Death Valley, Death Valley

2017 TOUR COMING UP

For those of you who have heard the rumors, they are correct. Bob and I are planning a tour from Boston through New Hampshire, Maine, Nova Scotia, New Brunswick and back to Boston. It will take place the end of July and possibly the first week of August. The planning phase has begun as we checked out the routing, lodging, etc. just recently. When a cost is established, we will let everyone know our plans. Any questions you may contact me via email: b-bpowers@att.net or by phone 925-828-5299, home or 925-200-5299 cell. Bonnie

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 Club
General Membership Meeting December 7, 2016
Round Table Pizza, Dublin, CA 7:00 p.m.

Meeting called to order by Steve W. at 7:03 p.m.

Election of 2017 Officers and Directors – Steve provided an overview of the election results. Three additional ballots were collected at the meeting and incorporated into the final results.

Year in Review – Steve discussed the notable events that have occurred during the 2016 calendar year which include: Mid-winter party, Cinderella, Swap Meet, Paso Robles Trip, Santa Cruz ride, Angel Island Tour, TOSRD, and Gail’s odd Friday rides. In total, 461 rides were hosted with an average of 8.86 rides per week. In addition, Valley Spokesmen donated over \$35,000 to 30 different charitable organizations.

What’s new for 2017 – Boston/Maine cycling trip, Death Ride training rides, Ride with GPS training, and a larger Mid-winter party.

Ride with GPS Training - Kathy is working on the training module and plans to launch by March, 2017.

Boston/Maine Bicycle Trip – Bonnie and Bob will be organizing a 2017 ride from Boston to Maine. They will be scouting out the area and details shortly.

Steve noted it is time for membership renewals.

Good of the Order

Clay provided a lovely power point presentation regarding his recent trip to the Midwest. After the presentation, Clay provided a quiz contest for members to win different prizes.

Meeting adjourned to the Executive Meeting on December 14, 2016 at 6670 Spruce Lane, Dublin.

Respectfully Submitted,
Kathleen Koos, Secretary

Valley Spokesmen Bicycle Club
Executive Board Meeting December 14, 2016
6640 Spruce Dr., Dublin, CA 7:00 p.m.

Present: Steve W., Dianne Thompson, Rebecca Wood, Rob Delfosse, Don Carpenter, Kathy Koos, Bonnie Powers, Gail Blanco, James Poulos, Jim Duncan

Absent: Ken Hernandez, Marcus Van Raalte

CALL TO ORDER by Steve Whelan at 7:02

October Meeting Minutes – See November Newsletter
November minutes were approved as corrected. Bonnie made the motion to approve, Rebecca seconded, all voted in favor.

TREASURER’S REPORT—Don provided an update on accounts and balances. He also mentioned that the 2015 taxes had been filed.

OLD BUSINESS

Ride Report—Rob reported on the following rides during the month of November: The Del Puerto ride was 105 miles. Valley Spokesmen riders ran into several other cycling groups also riding the Del Puerto route. One group from San Francisco had 200 riders and the Grizzly Cycling Club also had a number of riders. Rob also mentioned the Treasure Island ride, the Gazo’s Creek Mountain Bike ride, the Rio Vista ride, and the Escalon ride.

V.S. Website—Nothing to report.

Master Plans—Fallon road should open later this week (December 14, 2016).

Correspondence—Bonnie sent out all donations from the proceeds of Cinderella. She has been receiving thank-you notes for those donations. She has filed a permit with city of Pleasanton for Cinderella. There will be additional fees for police coverage for the event.

NEW BUSINESS

Mountain Challenge 2017—Still a work in progress with no substantial updates.

Election Results—Officer’s names will be posted on the website and newsletter. Dianne will provide Gail with a list of potential names for ride coordinators. We will begin the nominating procedure for 2018 in September, 2017.

Draft Minutes—There was a discussion on minutes being posted prior to Executive Board approval. In the future, minutes will be approved via email to the Executive Board.

Mid-Winter Party—Kathy presented a budget for the Mid-Winter party. Jim made a motion to approve the budget, Bonnie seconded the motion and all voted in favor.

RidewithGPS Tutorial—Kathy has prepared a Power Point presentation and is currently scouting out locations to host the tutorial.

Steve’s Monthly Reminder—Steve created a monthly calendar of items the Board should explore. Bonnie provided an update on the calendar and will provide Steve with a copy of the changes.

Newsletter—There was a discussion on continuing the monthly newsletter. Dianne made a motion that we abandon the printed newsletter, Jim seconded the motion. Steve, Don, Rob, and Rebecca voted in favor. Bonnie voted against and Kathy abstained. The motion was carried.

After the vote, the Board decided to conduct a review on the costs of printing and mailing the newsletter. Rebecca will put together a team to provide a unified approach regarding continuing the newsletter.

Ride Chairman—Gail Blanco is the Ride Director and will be putting together a team to facilitate coordinating rides.

Electronic access to presentations—There was a discussion on securing cables and a case for electronic presentations. Bonnie made a motion to acquire the appropriate cables and storage case, Kathy seconded and all voted in favor. Steve made a motion to limit purchase cost to \$200.00. All voted in favor.

GOOD OF THE ORDER

-Sports Basement shopping spree—Kathy will follow up with Sports Basement’s offer to host a holiday party for Valley Spokesmen members.

-There was a discussion on upgrading the club computers. Steve will work with Ken to explore working with Google Docs as a location to store Club information.

Meeting adjourned at 8:07 p.m. to the Executive Meeting on January 11, 2017 at 6640 Spruce Lane, Dublin.

Respectfully Submitted,
Kathleen Koos, Secretary

Valley Spokesmen Bicycle Club Correspondence

Correspondence sent:

1. Check to Pleasanton Police Department with Cinderella 2017 permit application.
2. Check to Minuteman Press for printing of November and December newsletters plus T.O.S.R.D. maps.
3. Check to Steve Whelan for 2017 election application.
4. Check to Cycle California! For advertisement of 2017 Cinderella.
5. Check to Dianne Thompson for purchase of thumb drives.
6. Check to Minuteman Press for unpaid portion of bill.
7. Check to Business Card (B of A) for charge account.
8. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.

Correspondence received:

1. Thanks you letters for Cinderella donation check from: Girl Ventures; Techbridge; Women's Daytime Drop-in Center and the

Livermore Police Department

2. Annual Reports from: Child Abuse Prevention Council; Shelter Inc. Contra Costa; and Women's Center Youth and Family

Services.,

3. Ride sign-up sheets
4. Advertisements for upcoming events and touring companies.
5. December 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 December 30, 2016			
Name	Total of Miles	Rides Led	Total Rides
Allen, Cason	489	0	5
Allen, Joe	1056	0	21
Ball, Karin	469	3	12
Barbier, Larry	862	0	30
Barnett, Bob	978	0	25
Bartlett, Christine	372	0	6

Newsletter mileage Query As of December 30, 2016			
Name	Total of Miles	Rides Led	Total Rides
Blain, Bob	203	0	5
Blanco, Gail	2692	46	62
Brown, Milly	221	0	5
Carey, Liz	233	0	5
Carpenter, Don	1865	0	59
Castagnini, Janice	323	0	7
Cheng, Joe	2966	7	60
Choy, Serena	1532	0	60
Cooke, Pam	808	1	25
Cosin, Wendy	3122	29	77
Coyle, Sarah	326	0	2
Crawford, Erin	257	0	5
Crawford, Marlowe	295	0	6
Crawford, Matt	228	0	6
Culshaw, Pete	3297	30	83
Culshaw, Sharon	1055	0	35
Cushman, Francie	3820	34	117
Dahlgard, Jackie	460	0	5
Daly, Deb	825	0	15
Davis, Patti	2479	1	59
Dedon, Erica	920	2	19
Dedon, Mark	1142	2	21
Delfosse, Rob	1296	11	36
Deornelas, Vic	1045	0	16
DePasquale, Tammy	305	0	6
Donovan, Deb	2398	0	67
Duncan, Jim	3526	31	106
Dunn, Kathleen	326	1	11
Dunning, Clay	1141	0	18
Dunning, Craig	352	0	6
Duvoisin, Marc	407	0	8
Eacret, Wes	1275	1	34
Enriquez, Gilbert	750	0	25
Faires, Debbie	244	0	5
Feigenbaum, Larry	1251	0	40
Flusche, Tony	462	0	15
Fong-Jean, Loril	212	0	4
Foster, Danielle	847	1	21
Frasier, Debbie	1143	0	30
Fredricks, Larry	416	0	11
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	569	0	13
Groves, Susan	400	0	11
Guarienti, Faye	521	0	13

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

Newsletter mileage Query As of December 30, 2016			
Name	Total of Miles	Rides Led	Total Rides
Hagelin, Craig	1148	0	36
Hampton, Julie	733	4	19
Hansen, Renata	935	18	28
Haupt, Chuck	891	0	27
Heady, Bob	2153	53	79
Hedges, Richard	260	0	4
Heggelund, Merel	315	0	6
Hermann, Mark	847	0	21
Hernandez, Ken	2061	2	55
Hernandez, Mary	2361	2	67
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	1568	8	41
Kane, Kathy	404	2	11
Kibbee, Mike	298	0	6
Kita, Emily	544	0	13
Kita, Jim	898	0	26
Koos, Gary	696	0	13
Koos, Kathy	879	11	17
Kowalewski, Steve	1090	0	32
Kriebel, Olivia	339	0	7
Kwong, Linda	244	0	5
Kyong, Peter	1199	0	42
Lagodzinski, Andrew	318	0	5
Lanzas, Alberto	1238	10	22
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	417	0	10
Madelo, Adele	501	0	11
Makkink, Marjon	327	0	9
Marotto, Frank	237	0	4
Martinelli, Craig	1513	0	46
Mayfield, Milinda	421	0	11
McGinnis, Steve	250	0	6
Meidberg, Larry	226	0	9
Mertz, Jacqueline	3304	0	79
Michenfelder, Jake	357	0	1
Mitchell, Ron	246	0	5
Montevago, Marsha	289	0	7
Moorhead, Jane	1684	26	64
Morson, Kathy	375	0	10
Nadeau, Alaine	805	2	30

Newsletter mileage Query As of December 30, 2016			
Name	Total of Miles	Rides Led	Total Rides
Nasstrom, John	475	0	8
Nasstrom, Sharon	267	0	4
Newbury, Kim	311	0	5
Noori, Sina	459	0	8
Norek, Al	894	0	29
O'Boyle, Maureen	259	0	6
Oh, Nancy	316	0	6
O'Hare, Cindy	269	0	6
Olenberger, Emma	1235	5	31
Ondricek, Doug	806	24	29
Ondricek, Janet	431	13	18
Osborn, Sandra	458	0	11
Page, Janie	328	0	10
Pereira, David	1493	7	39
Perry, Marta	262	0	5
Pham, Chris	602	3	17
Polley, Ed	1057	0	25
Pollock, Terese	293	0	7
Powers, Bob	300	1	3
Powers, Dick	467	0	10
Powers, Hailey	216	0	3
Putnam, Ned	1150	0	32
Rafanelli, Pam	343	0	7
Rasmussen, Ron	1633	0	52
Rathmann, Peter	6452	27	187
Reilly, T.J.	1867	0	61
Roberts, Susan	237	0	6
Rodriguez, Vicki	276	0	6
Roe, Joan	275	0	7
Rossiter, Jaynette	1502	0	52
Rudy, Kevin	298	0	9
Rutherford, Nicole	223	0	4
Satoutah, Brahim	897	2	14
Seda, Marta	247	0	6
Serriere, Vianney	1320	1	34
Settle, Andy	2601	0	63
Shannon, Geoff	3746	26	95
Shigemoto, Lisa	373	0	9
Shum, Bart	646	0	13
Simpson, Christy	3694	22	111
Skow, Dick	3130	10	78
Soby, Tony	481	0	11
Sovulewski, Larry	376	0	9
Spiegel, Joan	513	0	13
Stevens, Jan	959	0	31
Strain, Bob	1001	0	22
Strain, Kathy	1785	0	47
Streit, Ron	1193	0	29
Sussman, David	929	0	27

**Newsletter mileage Query
As of December 30, 2016**

Name	Total of Miles	Rides Led	Total Rides
Taughner, Vic	319	0	15
Thieben, Kevin	1367	0	33
Thomas, Walt	575	0	13
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	1955	2	40
van Raalte, Marcus	890	0	16
Vergino, Eileen	374	0	3
Weiny, Lorrie	306	0	7
Whelan, Steve	4517	3	125
Wong, Marlene	323	0	8
Wood, Rebecca	955	5	26
Woodruff, Bill	280	0	10
Woods, Colleen	351	0	8
Yantis, Marcheale	340	0	9
Zucker, Pam	308	0	8

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 168,966!!!

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 19 sign-up sheets outstanding as of December 30th. Please send in these sign-up sheets in as soon as possible. 2016 is over and members are curious to know what their total mileage is for the year.

Thanks to December's Ride Hosts:

Gail Blanco
 Francie Cushman
 Rob Delfosse
 Jim Duncan
 Renata Hansen
 Julie Hampton
 Bob Heady
 Kathy Koos
 Alberto Lanzas
 Peter Rathmann
 Brahim Satoutah
 Dick Skow
 Steve Whelan
 Rebecca Wood

Special Thanks to Dick Skow who is turning over his Mon/Wed rides to Wendy Cosin. Thanks for the many years of hosting rides. Also, we look forward to meeting & riding with Wendy.

2017 TOUR COMING UP

For those of you who have heard the rumors, they are correct.

Bob and I are planning a tour from Boston through New Hampshire, Maine, Nova Scotia, New Brunswick and back to Boston. It will take place the end of July and possibly the first week of August. The planning phase has begun as we checked out the routing, lodging, etc. just recently. When a cost is established, we will let everyone know our plans. Any questions you may contact me via email: b-bpowers@att.net or by phone 925-828-5299, home or 925-200-5299 cell. Bonnie