PRESIDENT’S MESSAGE

At the last Executive Board Meeting the Committee approved a new Member Sponsorship program for 2017. The program is intended to support members who are participating in Health Charity bike rides. We have a number of members that raise funds for Health Charities each year and the thought is to help members reach their fund raising goals. The club will sponsor a member for up to $50 per membership. The total budget for this expense is $2,000 and will be given out on a first-come, first-serve basis.

Charities must be approved in advance by the Club Executive Board and the Club will enter its sponsorship directly into the charity’s Website for the benefit of the club member. To be eligible, members must be in good standing as members of Valley Spokesmen Bike Club at the time of the request. Requests for funding will not be accepted more than 120 days prior to the beginning of the event.

Under this policy, only pre-approved charities shall be eligible for funding. To be eligible, the event must be a bike ride and the donation proceeds must benefit a registered 501(c)(3) Health Charity. Health Charities include: Disease & Disorder Charities, Medical Services & Treatment, Medical Research Charities and Patient and Family Support Charities.

Approved rides include:
• Waves to Wine (National Multiple Sclerosis Society)
• AIDS/LifeCycle
• Team in Training (Leukemia and Lymphoma Society)
• Arthritis Bike Classic (Arthritis Foundation)
• Tour de Cure (American Diabetes Association)
• The Boob Ride (Susan G. Komen)
• Cycle for Life (Cystic Fibrosis)
• JDRF Ride to Cure Diabetes (Juvenile Diabetes Research Foundation)
• Best Buddies Challenge (Best Buddies International)

The thought is for the club to support the charities that are important to members. Thanks to all of you who raise money to help address critical health needs.

Steve
President
Valley Spokesmen Bicycle Club
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 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
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 10:00 a.m. Beginner Friendly.

SAT. 4/1/17 4 L/M-M up to 92 miles 8:00 a.m. Mines Road with the backside of Mt Hamilton out and back. Start: Old Nob Hill Shopping Center at South Livermore & Pacific Avenues. Do it all, or just do some of it. Water and limited food avail. only at the Observatory. Part of Wes and Emma's Davis Double training series. https://ridewithgps.com/routes/18881149
Emma Olenberger live2map@yahoo.com 707-479-2549

SAT. 4/1/17 2L/M ~25 miles 10:00 a.m. Feather Pedals Graduation Ride. Celebrate your achievement and another great conditioning season with fellow Feather Pedalers. Start: Blacksmith Square, 25 So. Livermore Ave., Livermore, CA Ride Host: Karin Ball 408-406-2286

SUN. 4/2/17 4M 67 miles 9:00 a.m. Belmont Canada Road, Tunitas Creek, & Half Moon Bay. 5,000’ climbing. Begin at north end of Cañada road, at intersection with Hwy 92 in San Mateo county, over looking Crystal Springs reservoirs. Park approx. 300 yards south of Hwy 92. There is a trail head there that goes east over Hwy 280. This is a very popular place to start bike rides because Cañada road is closed to cars on Sundays, and there aren't many other unclogged roads on the peninsula. Look for VS jerseys. Lots of bike trails on this route - and one big climb - Tunitas Creek, 2,000’ above the coast. Devil's Slide recreation trail is included, which is a big whale watching location. Ride Host- Rob Delfosse https://ridewithgps.com/routes/19301524

MON. 4/3/17 9:00 a.m. 2-L/M 25-45 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. 4/3/17 9:30 a.m. 2-M 20-25 miles Monday and Thursday morning conditioning ride starting at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route will be determined by the participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18 mph pace. This is a social ride involving a Peet's Coffee stop. Ride Host: Bob Heady 925-980-7989.

WED. 4/5/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.

THURS. 4/6/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 4/3/17.

FRI. 4/7/17 2 L/M 25-35 miles 10:00 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 “heat” or other changes. Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 4/8/17 41st Cinderella Classic & Challenge and Expo!

MON. 4/10/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.

MON. 4/10/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 4/3/17.

WED. 4/12/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.

THURS. 4/13/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 4/3/17.

SAT. 4/15/17 2-L/M/B 63 or 127 miles 8:00 a.m. Martinez to Davis and Back. Riders can choose to take the train back, or complete the ride back on your bike. If you take the train, a Driver's License or other ID is needed to purchase a train ticket. Meet at the first parking lot on the left inside the Martinez Waterfront Park, off Joe DiMaggio Drive, across the railroad tracks, near the Martinez Amtrak Station. This is a "drop" ride, so please plan to ride with a buddy. Plenty of lunch options in Davis or Winters. This is part of Wes and Emma's Davis Double Training series. Ride hosts: Wes Eacret 925-872-8436, Emma Olenberger 707-479-2549 https://ridewithgps.com/routes/18931082

SAT. 4/15/17 1 L 10-15 miles 9:00 a.m. Bonnie’s Pre-Beginner Ride. Vasco and Scenic parking lot. A social loop in Livermore for riders who are just getting back on the bike or would like a slow (10-12 mph), social ride. Starting near the Vasco Starbucks, park in the area North of Carl's Jr. where parking is ample. Ride Host- Bonnie Leys 408-656-4269

MON. 4/17/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.


WED. 4/19/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.

THURS. 4/20/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 4/3/17.

FRI. 4/21/17 10:00 a.m. Odd FRiday Ride. See Odd FRI ride details on FRI. 4/7/17.

SAT. 4/22/17 1 L 9:00 a.m. Bonnie’s Pre-Beginner Ride. A social loop in Livermore for riders who are just getting back on the bike or would like a slow (10-12 mph), social ride. Starting in the Springtown area with details TBD (check back). Ride Host: Bonnie Leys, 408-656-4269.

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
SAT. 4/22/17 9:00 a.m. Brahim’s Ride (TBD) – see website for details as date approaches.

SUN. 4/23/17 2-L/M 38 miles 9:30 a.m. Sunol Wildflower Ride. Start at Shannon Park in Dublin. Sunol Wildflower Ride. Join Erica Dedon for her tour of wildflower sites on her ride to Sunol and back. Ride Host: Erica Dedon (925) 487-6994

MON. 4/24/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.

WED. 4/26/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.


SAT. 4/29/17 Brahim Ride – see website for details as date approaches.

MON. 5/1/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.

MON 5/1/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 4/3/17.

WED. 5/3/17 9:00 a.m. See Heather Farm Standing Ride details on MON. 4/3/17.


FRI. 5/5/17 10:00 a.m. Odd FRiday Ride. See Odd FRI ride details on FRI. 4/7/17.

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:

delfosse and

EVEN 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

March 4th - Today's Feather Pedals ride had 77 riders; 60 VS members; 17 non-members. We experienced diverse weather ie clouds, rain, sun, and wind. We were fortunate to have sun while riding in beautiful Livermore Valley wine country. Thanks everyone for your positive energy and always extending your thanks to the FP volunteers.

March 12th - Unfortunately, I was not able to make the ride yesterday but here are the stats: 67 riders enjoyed the beautiful day, 53 VS members and 14 non-members. Next week’s ride will be 55 miles and Rebecca Wood will be the host. We have just a few more rides to get ready for Cinderella, so enjoy your training. A quick note: if you arrive late and miss the sign in, please email our Sag, Dean Ball dbdealic@yahoo.com so we can get our numbers and VS riders get the mileage counted. Recumbent Kathy

March 19th Kathy - Thank you very much for posting this ride. The five brave souls including some of my so-called friends (Bob Fujii, John Nordstrom, Eric Veit, Rob Delfosse and myself) have indeed finished the ride and all is well. The weather was nice and the Canyon was green but the flowers are not blooming yet. Brahim

March 26th We had a great ride yesterday -- chilly but beautiful weather thankfully! There were 71 riders who enjoyed the 57.5 mile ride -- 62 members and 9 non-members! Many thanks to our SAG, Dean Ball, (thanks so much for changing my flat, Dean!) and our sweep, Charles Parrish! These long rides take a lot of time and we appreciate their support! Rebecca

Newsletter mileage Query
As of 3/26/2017

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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.
A big THANK YOU to all our bike hosts!

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These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2017.

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.

Total miles ridden by club members so far this year is 23,792.

UPCOMING CYCLING EVENTS

UPCOMING VALLEY SPOKESMEN CYCLING EVENTS

UPCOMING TOUR PASO ROBLES 2016 – from Wednesday, May 24th to Friday, May 26th riding from Sunol to Paso Robles and the Great Western Bicycle Rally. There will be two nights of lodging in Hollister and King City. The total cost of the trip is anticipated to be $250.00 or less. This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders. If interested please sign up with a $200.00 deposit (made payable to Valley Spokesmen). For additional information you may contact Bonnie Powers at 925-828-5299 or b-powers@att.net.

NEW ENGLAND HERE WE COME
Come join us for a tour from Boston, MA through New Hampshire and onto Nova Scotia, New Brunswick then back to Maine before returning to Boston. The trip will run from July 13th until August 2nd. Note slight change in date. The estimated cost (based upon 20 riders) will be $2800.00. This will cover all hotels, rental vehicles/insurance/gasoline, two ferry crossings for vehicles/people/bikes and incidentals. A deposit of $200.00 will hold your spot, made payable to Bonnie Powers. Any questions, you may call me at 925-828-5299 or 925-200-5299 – cell. Bonnie

VALLEY SPOKESMEN AFFILIATIONS

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
Call to Order at 7:01 p.m. by Steve Whelan

Treasurer’s Report—Don Carpenter reported nothing new since last Executive Board meeting.

Ride Report—Dianne reported that 65 rides were posted on the calendar with 29 cancelled due to weather. Feather pedals had 8 rides scheduled, 3 canceled, and 5 were completed. There are 34 rides posted on the March Calendar. Upcoming notable rides include: Feather Pedal training graduation party and ride is April 1, 2017. Please make your reservations for sandwiches by March 15, 2017. The Paso Robles Tour is coming up followed by the Great Western Bike Rally. Bonnie and Bob have planned a ride through New England. Peter Culshaw has planned a ride to San Diego the week before the Paso Robles trip. There are also lots of training rides posted on the calendar which include: Feather Pedals, Death Ride Training, and Double Century Training. Dianne mentioned the need for less strenuous rides. Dianne, Jane, and Julie offered to help mentor new ride hosts. In addition, Jane will be leading the Tuesday Night Mountain Bike rides as well as the Monday/Thursday rides.

Community Liaison’s Report—Francie mentioned that Dublin is still working on Dougherty Road. The bike trail will be completed before the road so we will be able to use the bike trail. San Ramon Blvd. will be paved this summer between Dublin Blvd. and Alcosta Blvd.

Correspondence—Bonnie mentioned the bills have been paid and the permits filed.

Cinderella—Jim reported that 1,000 women have signed up. He is looking for volunteers. He mentioned that volunteers will be entered into a drawing for nine different century registrations. Each volunteer position will provide one entry into the drawing. Bob Powers indicated there is a link up on the website to volunteer.

Paso Robles—Bonnie indicated sign ups have begun. To sign up for the event, Bonnie will need a $200.00 deposit made payable to Valley Spokesmen. Please note this is a member’s only ride.

New England—Bonnie has one availability for one more woman and one more man. The cost is $2,800.00 per person and there is a waiting list.

RidewithGPS Training Module—Kathy provided an update on the RidewithGPS Training Module and hopes to be able to roll it out by March 27, 2017. She is currently working on securing a location that can provide internet services for all who attend.

Good of the Order—Jane Moorhead gave a discussion and brief history on the Mt. Diablo Challenge event. Valley Spokesmen will be spearheading the event this year and gearing it towards a more family friendly event. It will be a timed, but not sanctioned, event. The tentative date for the event is October 8, 2017.

Entertainment—Jane Moorhead provided a lovely presentation on her recent trip with Bob to Africa.
Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.

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.

2017 current club members may subscribe to the VS mailing list by following the directions at:
http://www.valleyspokesmen.org/sys/vs-list