

# 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](http://www.valleyspokesmen.org)

### PRESIDENT'S MESSAGE

It finally seems that winter has come to an end and we can look forward to dry and warm days. The rain did punish the roads on a number of our favorite routes. Road crews have been able to reopen Morgan Territory and Redwood roads but Palomares, Canyon and Alhambra Valley roads remain closed. It might take some time to repair the remaining damage but overall road crews did a fantastic job of clearing much of the mud and debris quickly. Judging by the number of riders that I have seen on the roads many people seem to be very happy to get out to get some exercise and enjoy the outdoors.

While out riding, think about trying one of the Valley Spokesmen multi-day rides on the calendar. We have the annual Paso Robles ride in May. This is a three-day ride from Sunol to Paso Robles. We stay in hotels and ride some really beautiful back country roads. This is a great way to see a part of California that most of don't get to see on a regular basis. The cost of the ride is \$200 to \$250 per person and information can be found at: <http://www.valleyspokesmen.org/paso> .

If a short three-day isn't enough for you there is also a ride from Fremont to San Diego in May. This is a 10-day hotel tour along the California Coast hosted by Pete Culshaw and Wendy Cosin. Information about the ride can be found at: <http://www.valleyspokesmen.org/event-2465282?CalendarViewType=1&SelectedDate=5/29/2017> .

If you are looking for something longer and out of California, consider the club ride to New England. This is a three-week tour starting in Boston to Nova Scotia. The cost is \$2,800 which includes hotels and SAG support. If you are interested in participating in this ride please contact Bonnie Powers as soon as possible since only a few spots remain.

These rides are in addition to the hundreds of regular rides put on each day by our members. Hopefully, somewhere in the long list of rides everyone will be able to find something that peaks their interest.

See you on the road and safe travels

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](http://www.valleyspokesmen.org/ridecalendar)**

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

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

**May 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.  
 WEDNESDAY WAW leave Les Knotts Park in Livermore at 6:30 p.m.  
 ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

**MON. 5/1/17 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 5/1/17 9:30 a.m. 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. 5/3/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

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

**FRI. 5/5/17 10:00 a.m. 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 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](mailto:gvblanco@aol.com), 925-872-1001.

**SAT. 5/6/17 9:00 a.m. 4 L/M 23 miles 3,300' elev gain** Birthday Ride Rebecca Wood & Chris Pham. Join Rebecca & Chris to celebrate their birthdays with a ride up Mt. Diablo. Start at St. Timothy's Church in Danville o Diablo Road, ½ mile west of Scenic Blvd (Diablo South Gate). Ride Hosts: Chris Pham & Rebecca Wood 925-577-3842 <https://ridewithgps.com/routes/20527008>

**SAT. 5/6/17 10:00 a.m. 1-L 10-15 miles** Bonnie's Pre-Beginner Ride. A social loop in Livermore for riders who a just getting back on the bike or would like a slow (10-12 mph) social ride. Start: Marlin A. Pound park by the corner of Shetland and Bluebell in Springtown. We'll ride on some of

the quiet country roads north of town. Ride Host: Bonnie Leys 408-656-4269

**MON. 5/8/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**MON. 5/8/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**WED. 5/10/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**WED. 5/10/17 6:30 p.m.** 3-B ~20 miles & 2L/M ~15 miles. WAW (Wednesday After Work). Start: Les Knott Park, 655 N. Mines Rd., Livermore, CA. WAW is a Wed. evening training ride series leaving from Les Knott Park in Livermore. Doug will lead a B paced ride intended to get the heart rate up quickly and keep it there for an hour. These rides are a good mid-week workout and are generally pretty brisk paced. Routes will vary and are usually posted on the calendar 24 hrs. prior to the ride. For those looking for something a bit more tame, Janet will lead a leisurely paced ride most weeks. Please check the ride calendar to confirm that a route is posted for the week. Ride Hosts: Doug Ondricek, (925) 980-2490 & Janet Ondricek, (925) 579-4573

**WED. 5/10/17 7:00 p.m.** Valley Spokesmen Bicycle Club E-Board Meeting. 2<sup>nd</sup> Wednesday of each month at the home of Bob & Bonnie Powers, 6640 Spruce Lane in Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive, turn right onto Spruce Lane.

**THURS. 5/11/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**SAT. 5/13/17 TBD** Brahim Satoutah 925-963-7024

**MON. 5/15/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**MON. 5/15/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**TUES. 5/16/17 – FRI. 5/25/17** Fremont BART to San Diego Tour. A 10-day hotel tour along the California Coast to San Diego hosted by Pete Culshaw and Wendy Cosin. SAG support after the first two days. Be prepared to carry your own gear. View the RWGPS daily legs found on the VS calendar website. Please contact Pete Culshaw ([shotsfan@gmail.com](mailto:shotsfan@gmail.com)) if you need additional information.

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

**WED. 5/17/17 6:30 p.m.** See WAW Standing Ride details on WED. 5/10/17.

**THURS. 5/18/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**FRI. 5/19/17 9:00 a.m.** See Odd FRIday Standing Ride details on FRI. 5/5/17.

**SAT. 5/20/17 9:30 a.m. 2 L/M 21 miles.** Start: Park & Ride lot at the northeast corner of the I-680 & Sycamore Valley Blvd.

interchange in Danville. We'll head east to Blackhawk and then south through the Windemere area to Dublin before returning along the boulevard. Try to arrive 15 minutes early for announcements. Ride Host: Karin Ball 408-406-2286.

**MON. 5/22/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**MON. 5/22/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**WED. 5/24/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**WED. 5/24/17 6:30 p.m.** See WAW Standing Ride details on WED. 5/10/17.

**WED. 5/24/17 – MON. 5/29/17** Great Western Bike Rally from Sunol to Paso Robles. Start: Sunol Train Station at 6 Kilkare Rd., Sunol. Ride from Wednesday through Friday with two nights lodging in Hollister and King City. The cost of the trip is anticipated to be LESS than \$250.00 per person (double occupancy). This includes 2 nights lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders (Valley Spokesmen members only). Hotel stays once in Paso Robles for the Bike Rally are done individually. Check with Bonnie Powers for recommended accommodations. Registration for the GWBR should be done by the attendees in advance at [GreatWesternBicycleRally.com](http://GreatWesternBicycleRally.com). If interested, please sign up with a \$200.00 deposit (check made payable to "Valley Spokesmen"). For additional information, call Bonnie at 925-828-5299 or [b-powers@valleyspokesmen.org](mailto:bpowers@valleyspokesmen.org) See Paso Robles 2017 web page on VS website for additional information <http://www.valleyspokesmen.org/paso>

**THURS. 5/25/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**MON. 5/29/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**MON. 5/29/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**WED. 5/31/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**WED. 5/31/17 6:30 p.m.** See WAW Standing Ride details on WED. 5/10/17.

## June 2017

**THURS. 6/1/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**MON. 6/5/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**MON. 6/5/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**WED. 6/7/17 9:00 a.m.** See Heather Farm Standing Ride details on MON. 5/1/17.

**WED. 6/7/17 6:30 p.m.** See WAW Standing Ride details on WED. 5/10/17.

**WED. 6/7/17 6:30 – 9:00 p.m.** VS Quarterly General Membership Meeting at Round Table Pizza, 7841 Amador Valley Blvd., Dublin, CA 94568. Free pizza, salad, and soft drink for VS members starting at 6:30 p.m. 7:00 p.m. Meeting begins. In addition to our short Quarterly meeting, we will be having a presentation. Details TBA. Hope to see you there!

**THURS. 6/8/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on MON. 5/1/17.

**FRI. 6/9/17 9:00 a.m.** See Odd FRIday Standing Ride details on FRI. 5/5/17.

## 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](mailto: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 1<sup>st</sup> 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.

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## RIDE REVIEWS

April 2: Hi VS FP, A beautiful weather day for our FP Graduation ride, #13 of 13, except for the wind. The Livermore Valley Wine Country is always a fun ride with beautiful views. There were a total of 34 riders ; 33 VS members and 1 non-VS members.

Come join our monthly social rides the 3rd Sat of each month May-December. See [www.valleyspokesmen.org](http://www.valleyspokesmen.org) ride calendar and the FP 2017 Announcement on the VS web site for details.



P.S. Pictures posted to VS and FP Facebook pages.

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April 8: (via Facebook) The Valley Spokesmen Bicycle Club (VSBC) 41st Cinderella Classic & Challenge
Congrats to all riders who did some or all of the ride in a wacky day of changing weather i.e. cold, clouds, rain, wind, sun. Many thanks to VSBC for another great event and to all the volunteers who made it happen. We are all looking forward to Cinderella #42!

The Cinderella Classic & Challenge is a 65/85-mile recreational bicycle ride (not a race) for women & girls only. Males do not ride Cinderella, they do the organization, support, rest stops and SAG for the Cinderellas. More pics to be posted... Karin

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April 13: (Ladies Night via Facebook) Fun group of Ladies to hang out with! All ValleySpokesmen women are invited to join us.... just shoot me (kathy) an email and I'll add you to the group list!!! Always a party, always inclusive! Kathy

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April 19: Now that the weather is improving mapmyride sent out this reminder (link below) on group ride etiquette. Good to get a reminder every once in a while. Steve

http://blog.mapmyrun.com/cycling-101-group-ride-etiquette/?utm\_source=salesforce&utm\_medium=email&utm\_content=placement\_hero&utm\_campaign=newsletter

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April 20: (via Facebook) And another Cinderella in the books 70 miles of rain, wind and hail with fantastic support, amazing Princes to help keep warm . Thank you Valley spokesman for another great ride. See ya next year. Kimberly

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April 30: (via Facebook) Valley Spokesmen's Finest at the Wentle Road Race. Kathy (also see videos posted by Kathy of racers turning a tight corner!)



UPCOMING CYCLING EVENTS

May

- 6 Rosarito-Ensenada Fun Bike Ride, Mexico
6 3F Century Flat Fast & Fun, Colusa, CA
6 Tour de Lincoln, Lincoln, CA
6 Wine Country Century, Santa Rosa, CA
6 Tour of Novato & Fun Fair, Novato, CA
7 Delta Century, Lodi, CA
7 Grizzly Peak Century, Moraga, CA
7 Napa Valley Tour de Cure, Yountville, CA
13 The Endue Classic, San Mateo, CA
13 Tour of Long Beach, Long Beach, CA
13 Ride 2 Recovery Honor Ride, Sacramento, CA
13 Ride for Mom, Modesto, CA
13 I-Care Classic So. Cty Century, Morgan Hill
13 Central Coast Double Century, Paso Robles
20 Sonoma County Backroad Challenge, Petaluma, CA
20 Tour of the Unknown Coast, Ferndale, CA
20 Davis Double Century, Davis, CA
20 Gold Country Challenge, Grass Valley, CA
20 Tour delle Vigne Lodi Sunrise Century, Lodi
21 Apple Blossom Bike Tour, Placerville, CA
21 Strawberry Fields Forever, Watsonville, CA
21 Mendocino Monster, Ukiah, CA
27 Art of Survival Century, Tulelake, CA
27-28 Great Western Bike Rally, Paso Robles, CA

June

- 3 Lost & Found Gravel Grinder, Lake Davis, CA
3 Eastern Sierra Double Century, Bishop, CA
4 America's Most Beautiful Ride, Lake Tahoe
4 Sequoia Century, Los Altos Hills, CA
10 Bike the Bridges, Martinez, CA
10 Incarnation 100, Santa Rosa, CA
10 Wildest Ride in the West, Auburn, CA
11 Silicon Valley Tour de Cure, Palo Alto, CA
17 Mile High 100, Chester, CA
17 Terrible Two, Sebastopol, CA
17 Tour de Fronds, Powers, OR
17 Cystic Fibrosis Cycle for Life, Half Moon Bay
17 Castle Crags Century, Mt. Shasta, CA
24 Country Coast Classic, Cambria, CA
24 Climb to Kaiser, Fresno, CA
24 Giro Bello, Sebastopol, CA
25 Beach Babe Classic, Long Beach, CA

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UPCOMING VALLEY SPOKESMEN CYCLING EVENTS

UPCOMING TOUR PASO ROBLES 2017 –

LAST CALL This ride is from Wednesday, May 24th to Friday, May 26th riding from Sunol or the foot of Niles Canyon (depending on road conditions) 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 immediately with a \$200.00 deposit (made payable to Valley Spokesmen). For additional information you may contact Bonnie Powers at 925-828-5299 or b-bpowers@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 original 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. Please note: final payment is due June 1st. Any questions, you may call me at 925-828-5299 – home; or 925-200-5299 – cell. Bonnie

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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

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VALLEY SPOKESMAN EXECUTIVE BOARD MEETING

**April 12, 2017**

**7:00pm – 6640 Spruce Ln., Dublin, CA**

**Present:** Rebecca Wood, Steve Whelan, Gail Blanco and Bonnie Powers.

**Absent:** Kathy Koos, Rob Delfosse, Jim Duncan, Don Carpenter and Ken Hernandez

**A quorum was not present.**

Meeting called to order by President Steve Whelan at 7:10 p.m.

In the absence of Treasurer Don Carpenter there was no report.

**Old Business:**

- A. Ride Report – Gail reported there were many rides canceled due to rain. The Feather Pedal Training Series of rides have completed, the monthly rides will now begin in preparation for the Mtn. Diablo Challenge.
- B. V.S. Website – In Ken's absence there was no report
- C. Master Plans – No report...
- D. Correspondence – Bonnie reported many Cinderella bills have been paid plus a few Sponsorship checks have been written. She also shared a letter from Robert Vieira (resident on Cross Rd.) describing a dangerous situation at 7:00 a.m. on Tuesday following the Cinderella, an example of which frequently occurs.

**New Business:**

- A. Mountain Challenge – Steve presented the proposed budget for the Challenge. He mentioned some of the activities that are planned such as food trucks and a beer wagon. Riders will have a timing chip which will show their results at the top of the mountain as well as Diablo Vista Park. This is not a sanctioned USCA event. Jane Moorhead (Director of the event) will be asked what she feels is needed as seed money for the event.
- B. Cinderella Debriefing – Bonnie reported there were 1211 registered riders with 566 on the road. The weather was miserable as the riders experienced rain, hail, sun and cold. The Expo appeared to be very successful. Thanks to Jaynette Rossiter much of the leftover food could be donated to a local "soup kitchen." Steve mentioned he would like to see a committee formed to discuss possible changes including venue and routing.
- C. VS Sponsorship Policy – There have been seven requests thus far. One member's plans to ride for the City of Hope. Not being part of the original list of organizations, this will have to be approved by the Executive Board.
- D. Paso Robles update – Twelve members have paid or expressed interest in the ride
- E. New England Trip update – Twenty seven people have signed up so far with two more expressing interest. Now that the Cinderella is over, Bonnie can start concentrating on that trip.
- F. Communications Strategic Plan – Rebecca reported on April 20<sup>th</sup> a notice will go out explaining the termination of the club newsletter and the fact it will be combined with the quarterly Newsbrief.
- G. RidewithGPS tutorial – There are a few details to be worked out. A location has been found for the

tutorial lesson for members.

- H. Ride Report – Gail reported there is a need for a variety of rides to encourage all riders to get out and ride. With that in mind, a new series of rides, led by Bonnie Leys, will begin shortly, called the "pre-beginner ride." The Feather Pedals plan on a series of Mt. Diablo training rides in preparation of the Challenge in October.
- I. Camino Tassajara Bicycle Safety and Hold the Urban Limit Line Ride – Gretchen Logue contacted Bonnie asking for support with this upcoming event on May 20<sup>th</sup>. Rebecca to follow up on this issue and the overall proposal with the urban limit line.
- J. CycleNation – April 29<sup>th</sup> – Bonnie was contacted by Chris Reed seeking assistance with this event. Volunteers are needed for SAG, truck driver and routing/signing crew. The organization will pay the club \$150.00 per volunteer. Unfortunately that is the day before the clubs Wentze Road Race and so soon after the Cinderella, the likelihood of members wishing to do both is slim. Bonnie to contact Chris with our regrets.

**Good of the Order**

- A. Due to vacation plans, the July Executive Board meeting has been canceled.

Meeting adjourned at 8:15 p.m. by Steve Whelan to the Executive Board meeting on May 10, 2017 at 6640 Spruce Lane, Dublin, CA.

Respectfully submitted, Bonnie Powers, Recording Secretary, Pro-tem.

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**Valley Spokesmen Bicycle Club Correspondence**

**Correspondence sent:**

1. 1. Check to Vicki Rodriguez for member sponsorship program.
2. Check to Matt Sugerman for member sponsorship program.
3. Check to Roxanna Hoover for Cinderella refund.
4. Check to Scott Minor for materials and labor for Cinderella back drop.
5. Check to Livermore Area Recreation Department for deposit cupler for Independence Park.
6. Check to Alameda Fairgrounds for Cinderella food at fairgrounds.
7. Check to Pacific Fine Food Catering for Cinderella wraps.
8. Check to Mary Well for Cinderella bagels
9. Check to Gary Hsueh for coffee at Challenge check point.
10. Check to Doug Ondricek for Christensen check point supplies.
11. Check to Minuteman Press for Cinderella printing, signs and worker T-shirts.
12. Check to Minuteman Press for Mountain Challenge advertisement,
13. Check to Golden State Portables for Cinderella porta potties,
14. Check to Jan Wexner for member sponsorship program.
15. Check to Stephanie Scott for member sponsorship program.
16. Check to Andrew Lagodzinski for member sponsorship program.
17. Check to Dublin Cyclery for Cinderella consignment parts.

18. Check to San Ramon Valley Unified School District for custodian at Greenbrook School.
19. Check to Bob Powers for our-of-pocket Cinderella expenses.
20. Reimbursement checks to Cinderella sag drivers.
21. Check to Business Card (B of A) for charge account,
22. Check to Steve Gifford for Cinderella supplies and gasoline.
22. Letters of welcome to old/new members. Membership currently stands at 577.

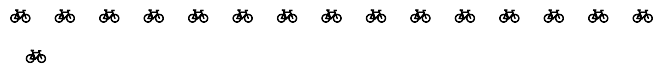
**Correspondence received:**

1. 1. Invitation to join Livermore Rodeo Parade June 10<sup>th</sup>
2. Several Cinderella bills.
3. Annual report from Next Door Solutions to Domestic Violence.
4. Annual report from Save Mount Diablo
5. Ride Sign-up sheets.
6. Advertisements for upcoming events and touring companies.
7. May copy of Sunset magazine.
8. Newsletters from various clubs and organizations.

**♣ 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 4/20/2017			
Name	Total of Miles	Rides Led	Total Rides
Alexander, Lisa	202	0	4
Anderson, Ray	230	0	6
Baker, Jeanne	285	0	6
Ball, Karin	327	2	8
Bartlett, Christine	418	0	9
Blain, Bob	332	0	8
Blanco, Gail	401	7	9
Blanco, Mariela	243	0	6
Brathwaite, Elizabeth	287	0	7
Brown, Mildred	269	0	5
Butler, Sher	293	0	8

Newsletter mileage Query As of 4/20/2017			
Name	Total of Miles	Rides Led	Total Rides
Carpenter, Don	439	0	17
Castagnini, Janice	331	0	7
Castleman, Ellen	281	0	5
Cheng, Joe	516	0	15
Cole, Wendy	304	0	7
Cosin, Wendy	613	6	16
Crawford, Erin	213	0	5
Culshaw, Pete	443	6	14
Curtis, Bev	256	0	6
Cushman, Francie	649	7	23
Davis, Patti	629	0	17
Dedon, Erica	376	0	8
Dedon, Mark	385	0	9
Delfosse, Rob	512	5	9
Deornelas, Vic	205	0	5
DePasquale, Tammy	345	0	8
Donovan, Deb	424	0	11
Duncan, Jim	405	4	15
Eacret, Wes	405	1	6
Enriquez, Gilbert	345	0	5
Feigenbaum, Larry	210	0	6
Foster, Danielle	231	0	6
Frantz, Pat	336	0	7
Freemantle, Kate	247	0	5
Fusco, Bob	406	0	8
Guarienti, Faye	310	0	7
Hambrecht, Jeannie	255	0	5
Hampton, Julie	528	0	16
Heady, Bob	409	11	16
Heng, Sue	233	0	5
Hernandez, Ken	827	0	25
Hernandez, Mary	731	0	24
Howell, Elizabeth	229	0	5
Huggins, Judy	277	0	6
Jakubowski, Diane	214	0	5
Janer, Mark	348	0	8
Kaiser, Karen	720	3	22
Kane, Kathy	263	3	7

Newsletter mileage Query As of 4/20/2017			
Name	Total of Miles	Rides Led	Total Rides
Koos, Kathy	303	3	6
Kriebel, Olivia	275	0	6
Lanzas, Alberto	405	4	9
Makkink, Marjon	308	0	6
Martinelli, Craig	246	0	8
McCoy-Thompson, Meri	270	0	6
McCoy-Thompson, Steve	232	0	6
McGinnis, Steve	241	0	6
Mertz, Jacqueline	664	0	20
Moorhead, Jane	626	14	22
Morris, Susan	269	0	6
Morson, Kathy	349	0	8
Narciso, Mark	479	0	15
Nassori, Huda	207	0	4
Nasstrom, John	389	0	8
Nathlich, Laura	212	0	4
Noori, Sina	233	0	5
Norek, Al	261	0	8
O'Hare, Cindy	274	0	7
Olenberger, Emma	359	2	5
Page, Janie	391	0	8
Palowitch, Carl	344	0	8
Palowitch, Marilyn	389	0	9
Pham, Chris	341	2	8
Putnam, Ned	466	0	13
Rafanelli, Pam	336	0	7
Rasmussen, Ron	621	0	18
Reilly, T.J.	619	0	18
Rodriguez, Vicki	298	0	6
Rossiter, Jaynette	293	0	11
Sacki, Kathy	281	0	7
Satoutah, Brahim	412	1	8
Settle, Andy	278	0	10
Shannon, Geoff	495	5	16
Shigemoto, Lisa	464	0	10
Shintani, Marsha	201	0	4
Simpson, Christy	523	1	18

Newsletter mileage Query As of 4/20/2017			
Name	Total of Miles	Rides Led	Total Rides
Skow, Dick	411	0	12
Sovulewski, Larry	310	0	8
Spiegel, Joan	218	0	5
Strain, Kathy	568	0	17
Sun, Lisa	350	0	7
Sussman, David	799	2	23
Thomas, Walt	256	0	6
Uher, Julie	324	0	11
Uher, Will	312	0	9
Van De Vreugde, Jim	358	2	8
van Raalte, Marcus	207	0	4
Velasco, Grace	258	0	5
Walker, Patty	264	0	5
Weiny, Lorrie	237	0	5
Whelan, Steve	1294	3	39
Wittkowske, Debbie	219	0	5
Wong, Marlene	301	0	6
Wood, Rebecca	285	3	8
Yantis, MarcheLe	432	0	10
Zucker, Pam	344	1	8

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.

Attention Ride Host, as of 4/20/2017 there are "9" outstanding sign-up sheets. Please turn them in as soon as possible.

Total miles ridden by club members thus far this year is 54,935.

**A big Thank You to April Bike Hosts!**

## SAD NEWS

I'm sorry to report two of our past club presidents recently passed away:  
Byron Felhake passed on in March  
Dr. Reed Miller passed on in April  
Rest in peace gentlemen, you'll both be missed.



Hey VS'ers

Here is an opportunity to save a few bucks by taking advantage of the "Cinderella2017" discount as it applies towards this ride AND receive the Valley Spokesmen Sponsorship of \$50.00.



[www.napaALSride.org](http://www.napaALSride.org)

Remember the [ALS Ice Bucket Challenge?](#)

Want to help us take it a step further? Join the 13th Annual [Napa Valley Ride to Defeat ALS and Walk](#) on September 23rd, designed to appeal to every level of cyclist in support of The ALS Association Golden West Chapter. The ride offers a 100-mile route (century), TWO 62-mile routes (metric century) -- a "lite" route and a challenge route, a 28-mile route, and a 12-mile route. There is also a short walk around the Yountville Veterans Home for any non-cyclists! After the ride or walk, participants are welcomed back by cheering crowds and finish line festivities that include entertainment, a delicious BBQ (with beer and wine), massage therapists, and more! **When:** September 23, 2017 from 7AM - 4PM

**Where:** Start and End in Yountville at the Veterans Home

**Website:** [www.napaALSride.org](http://www.napaALSride.org)

**Current Registration Fee:** \$85 for riders, \$35 for walkers and kids under 12 (**\$10 discount with code "Cinderella2017"**)

**Suggested Fundraising**

**Minimum:** \$150

**Contact**

**us:** [510.251.2572](tel:510.251.2572) or [ride@ridetodefeatals.org](mailto:ride@ridetodefeatals.org)



**Cliff Whitlock**

Director, Napa Valley Ride to Defeat ALS and Walk

[cwhitlock@alsagoldenwest.org](mailto:cwhitlock@alsagoldenwest.org)

[facebook.com/RidetoDefeatALS](https://www.facebook.com/RidetoDefeatALS)

**O:** (510) 251-2572 x310

**F:** (510) 251-2573

**Mailing Address:**

P.O. Box 565, Agoura Hills, CA ,  
91376-0565

[www.alsagoldenwest.org](http://www.alsagoldenwest.org)

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alsagoldenwest