Standing VS Club Rides

Go to valleyspokesmen.org for details

MON/WED  2 L/M 25-30 miles, 9:00am
Heather Farms Park, Walnut Creek
Richard Skow rcskow@astound.net

TUE/THUR 2 M 20-30 miles, 9:30am
Livermore Cyclery, Dublin
Bob Heady 925-980-7989

TUE/THUR - TaT 2 M/B 25-35 mi, 6:00 pm
Shannon Center, Dublin
Dan Carhart 925-828-8964

TUE Mountain Bike 8-13 miles, 7:00pm
Lake Chabot, Castro Valley
Jane Moorhead 925-980-9889

WED - WaW 3B 20 mi, 2L 15 mi, 6:30 pm
Lester Knott Park, 655 N Mines Rd. Livermore
Doug Ondricek 925-980-2490

ODD FRI 2 L/M 25-35 miles, 9:00 am
Beginner friendly, No-Drop 12-15 mph
Central Park, San Ramon
Gail Blanco 925-872-1001

SAT/SUN/WED Various Club Rides, see
www.valleyspokesmen.org/ridecalendar for details

FIRST SUN 3 L/M/B 45-55 miles 9:30 am
Central Park, San Ramon to Livermore
Gail Blanco 925-872-1001

Ride Safely Out There!

Almost everyone who belongs to a bike club knows someone who has been injured, some badly, in a cycling accident. Because we share the road with larger, faster vehicles, cycling carries some inherent risks. As riders it is incumbent upon us to do our best to 1) avoid collisions and crashes, and 2) protect each other as best we can in the event of one. In 2013-14 several Valley Spokesmen members were struck by vehicles while riding (some of which were hit and runs), and required medical treatment. However, in the current year, the majority of our injuries have been due to cyclist’s behavior, mainly inattention. How do we get better at staying upright?

RIDE SAFELY AND PREDICTABLY! Telegraph your actions to everyone around you; cars and bikes. Point out road hazards, make eye contact with cars before moving. NEVER move left without looking!

BE VISIBLE! Bright colors and visible taillights are not just for dusk and drizzle. They can help on any given day, particular in changing light conditions such as shadows and under crossings.

PAY ATTENTION! Cars and bicycles move unexpectedly for traffic, hazards and changing lights. Have the awareness to see it and the skill to maneuver to avoid collisions. When we get to chatting during group rides it can take our attention off changing road conditions and potential hazards. Stay alert.

RIDE WITHIN YOUR LIMITS! While some of us are content with our ride to the coffee shop and back, many of us use cycling as an intense, challenging form of exercise. We push our aerobic and skill thresholds in an effort to improve. Large competitive groups have a wide range of abilities. Make sure you know your limits and place yourself in the pack accordingly.

MAINTAIN YOUR BIKE! Simple things like a loose wheel or maladjusted brakes can have devastating consequences on a ride. Make sure you give your bicycle a thorough inspection before heading out.

KEEP THE RUBBER SIDE DOWN! CHECK THESE OUT!
http://bikeleague.org/ridesmart
http://www.bicyclesafe.com/index.html

NHTSA 2012 Stats - Cyclist Injuries and Deaths

- California had 4th highest deaths per million in U.S.
- Highest Rate for fatalities - 45-54 y.o. group
- 8x as many men as women
- Average age of those killed – 43 y.o.
- Average Age of those injured – 32 y.o.
- 69% of fatalities occurred in urban area
- 30% of fatalities occurred in intersections
- 58% of fatalities occurred between 4 pm

Follow this link for more info: VS Rules of the Road
Valley Spokesmen Race Team

If you are a racer, there are reasons to join the VSRT! Racers enjoy the benefits of club sponsorship in the form of race jerseys and two race or Fondo entry fees per year up to $400 in reimbursement. To join, you must simply race occasionally (wearing a VSRT jersey), volunteer at the Wente Vineyard Road Race, and be a member of Valley Spokesmen Bicycle Club.

VSRT members ride almost every day of the week. They either schedule their own rides, which they discuss on the VSRT forum, or they join rides organized by such groups as the LLNL Cycletrons, Wheels of Thunder, and House of Pain. More information about these rides can be found here: http://www.vsracingteam.org/train.html

28th Annual Wente Vineyards Classic Road Race

On Sunday, April 26th, Valley Spokesmen and their sponsor, Livermore Toyota Scion, will host the 28th Wente Road Race. This popular event includes all classes from Junior Boys and Girls to Cat 1 and pros. The event starts on Greenville Rd. in Livermore and follows a 15 mi. hilly loop over Flynn and Cross Roads. Racers complete 2 to 6 loops of the course, depending on their level. Top finishers in each category win a combination of cash and merchandise. To register go to BikeReg.com. Race fees are $37, $15 for Juniors. Race day registration is $45. Go here for the Wente Classic Race Flyer: http://www.vsracingteam.org/WenteVineyardsClassic2015.pdf.
Upcoming Valley Spokesmen Events

Mt. Tamalpais Hill Climb
Saturday, April 11th  10:00 am
See VS Ride Calendar for details
Bob Strain, 925-997-5160

Wildflower Ride
Sunday, April 12th  10:00 am
Ride to Sunol Reg. Park for Flower Watching
Shannon Center, Dublin
Erica Dedon  925-828-9183

Cinderella Classic and Challenge
Saturday, April 18th
Public Event
Alameda County Fairgrounds, Pleasanton
Sign-up now!  Space is limited!

Valley Spokesmen Swap Meet and Ride
Sunday, April 19th
Ride Starts at 10:00 am, swap meet at 1:00 pm
See VS Ride Calendar for location details

Livermore to Mines Rd. Junction
Saturday, May 9th  9:30 am
South Livermore and Pacific Ave.
Kathy Strain, 925-785-4355

Mt. Hamilton Summit for Tour of Calif.
Tuesday, May 12th
See VS Ride Calendar for details
Rob Delfosse 925-522-6270

Hwy 17 Summit/Santa Cruz Loop
Saturday, May 16th 9:30
See VS Ride Calendar for details
Rob Delfosse 925-522-6270

Quarterly Club Meeting
Wed. June 3rd
New Members Welcome
6:30 Pizza and 7pm Meeting
Round Table Pizza, Dublin

Valley Spokesmen Affiliations

In order to adhere to their mission of bicycle advocacy and open space enhancement, Valley Spokesmen is a member of the following organizations:

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.bteeb.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
League of American Bicyclists -www.bikeleague.org
National Parks Conservation Assoc. - www.npca.org
Nature Conservancy – nature.org/legacy
Planning and Conservation League - www.pcl.org
Rails to Trails – www.railstotrails.org
Yosemite Conserv. - www.yosemiteconservancy.org

Bike Shop Discounts

There are currently over 30 bike shops that offer discounts on products and services to members of Valley Spokesmen Bicycle Club.  From Castro Valley to Marin, from Oakland to Sacramento, these participating shops welcome your business!  For a complete list go to:  Bike Shops Discounts

Your Valley Spokesmen Membership Application is available at www.valleyspokesmen.org

Scan this code with your QR reader application on your smart phone to go to our website!  www.valleyspokesmen.org
Join the Valley Spokesmen Bicycle Club and enjoy these benefits:

- Access to a wide variety of fun club events, tours, and post-ride socials.
- Discounts at many local bicycle shops with your VS Membership Card.
- Preferential registration to: The Cinderella Classic and TOSRD (Tour Of the Sacramento River Delta).
- Invitation to our Mid-Winter Party: dinner, dancing, camaraderie, awards and fun.
- Participation in our annual Paso Robles Tour to the Great Western Bicycle Rally, Shasta Weekend and other biking adventures.
- Online Membership enables access to "Member's Only" pages that provide a Directory of club members and other important information.
- Club members are eligible to join the VS Yahoo e-mail list to chat about club events, rides, receive latest ride updates, and other social activities. A great way to keep current!
- Feather Pedals - This branch of VS prepares new and experienced riders for the Cinderella Classic and Challenge events.

**Who Are Valley Spokesmen?**

Valley Spokesmen was founded in 1971 by a group of local cyclists interested in perpetuating the cycling culture and encouraging family cycling in the Tri-Valley. Forty-three years later the Club is a leader in bicycle advocacy, accessibility and miles ridden! Valley Spokesmen has group road and mountain bike rides 7 days a week for riders of all levels. Although most of the rides are in the East Bay, the Club does many rides a year throughout the Bay Area and Central Valley. They are well known for the Cinderella Ride, catering to women riders. In April the club sponsors the annual Wente Road Race in Livermore, a premier cycling competition. In the fall the Tour of the Sacramento River Delta provides a weekend ride to experience the seldom seen (for many) beauties of the Delta. Other events include a ride to Paso Robles for the Great Western Bike Rally, as well as adventure bicycle trips and vacations. As a non-profit organization, Valley Spokesmen provides funding to many cycling-oriented organizations and advocacy groups. The annual Cinderella Classic generates as much as $30,000 for groups dedicated to providing opportunities for women and girls. Go to our website to find out more and to see the benefits of membership!

Come Ride With Us!
www.valleyspokesmen.org

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**Like us on Facebook!**
Valley Spokesmen Bicycle Club

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**Valley Spokesmen Bicycle Club**

2015 CLUB OFFICERS

**President:** Marcus van Raalte
**Vice-President:** Clay Dunning
**Treasurer:** Dan Carhart
**Recording Secretary:** Kathy Koos
**Corresponding Secretary:** Bonnie Powers
**Ride Coordinators:** Joe Cheng
  Peter Rathmann
**Newsletter Editor/Typist:** Julie Hampton
**Electronic Newsletter Editor:** Jane Moorhead
**Publishing Editor:** Emma Olenberger
**Past President:** Mark Dedon
**Race Team Representative:** Jim Duncan
  Jeff Miller
**Feather Pedals Liaisons:** Karin Ball
  Rebecca Wood