



VALLEY SPOKESMEN

VALLEY SPOKESMEN BICYCLE TOURING CLUB – *SINCE 1971*

P.O. Box 2630 Dublin, CA 94568

www.valleyspokesmen.org

APRIL 2010

President's Message

The Tax man cometh.

It is hard to believe but 2010 is already one fourth over and April is upon us. Beware the tax man cometh. It seems like just yesterday that my accountant and I arrived at an agreement as to my 2008 legal, moral and financial obligation to the various government entities which seem to rely on me personally for fiscal solvency. Despite my more than generous contributions, they are back again with a vengeance.

Despite this fiscal doom and gloom much of the country is celebrating the advent of spring and the end of what has been a particularly vicious winter. Many are just now getting their 2010 cycling season started while here on the left coast many are well into their 2010 training plan. It is fantastic to see so many riders out on the road so early in the year. Me, I am just trying to find all my tax receipts.

If you have yet to get back on the bike this year now is the time. The days are rapidly growing longer, the hills are a brilliant emerald green and the wild flowers and trees are in bloom. Most of the creeks are still running and the wildlife is abundant to the point of being a traffic hazard. The turkeys out on Calaveras are apparently oblivious to the rules of the road governing the "right of way". No, I am not referring to the apparently angry drivers of 4X4 King Cab pickup trucks this time. Though they too are often reluctant to share the road, I am referring to the "wild turkeys" of the bird variety. When it comes to the wild turkeys I highly recommend giving them the right of way. If colliding with a 30lb turkey at 18+ mph would not be painful enough I suspect that the remaining flock, being somewhat protective by nature, could be a little "vindictive" adding insult to injury or even injury to injury. Turkey's aside, (bird or human) this is without a doubt the most beautiful time of year to be out on the bike. Based on the large number of riders who are out, many of you seem to agree.

I would like to thank all the VS club members who gave up one beautiful cycling day to attend the Cycling Focused First Aid and CPR Training session. It was very apparent to me that training of this nature should be an ongoing part of everyone's life training.

Oh well back to those receipts. In a truly just "tax system", bike tires, tune ups and other cycling expenses would be tax deductible and medical expenses. They are critical to my wellness and mental health plan. Who knows, maybe this valuable suggestion is buried somewhere in the new "Health Plan". We can only hope!!

Keep on spinning.

Dan



TOURING RIDE RATINGS

All rides graded according to predicted difficulty as follows:

- 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 is:

ND) No Drop - this means that the group will not lose any rider. Most rides are No Drop, but it's 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 rest stops.

M) Moderate, occasional rest stops.

B) Brisk, few stops.

S) Steady, strenuous, rapid pace.

The speeds of the above ratings are approximately:

L=8-13 mph;

M=11-16 mph, or may be further broken down to:

L/M=11-13 mph and M/B=14-16 mph;

B=14-19 mph;

S=17 mph-plus.

HELMETS ARE REQUIRED ON ALL RIDES!!

ATTENTION: All non-members must sign waiver form, obtainable from ride leader. **SIGN UP FOR RIDES OR CALL LEADER IF YOU PLAN TO RIDE!!** If you sign up and decide NOT to ride, please contact the leader of your change in plans. **REMEMBER**, if you don't sign up and the leader cancels the ride, you cannot be contacted of the cancellation.

WEATHER: If there is a 10% chance of rain, snow, sleet or hail on the day of the ride, contact the leader the night before the ride or arrive at the meeting place on the day of the ride for final decision of cancellation. 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 - including rest stops, lunch stops, sight seeing etc., - please call the ride leader.

CAR POOLING: Car pooling is strongly encouraged, particularly on the out-of-town rides. Call the leader to see who is signed up for the ride so car pooling arrangements may be made.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes.

CODE OF CONDUCT: All Valley Spokesmen members are expected to hold each other in compassionate regard and 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.

VERY IMPORTANT: ALL RIDES LEAVE AT THE SCHEDULED TIME INDICATED. PLAN TO MEET 15 TO 30 MINUTES BEFORE THAT TIME!

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APRIL 2010

THUR. 4/1/09 2-M/B 25 miles (40 km) 6:00 p.m. (Note later start) Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

THUR. 4/01/10 YOSEMITE Pre-trip meeting at the Powers' place, 6640 Spruce Lane, Dublin, at 7:30 p.m.

SAT. 4/3/10 3-L/M 40 miles (65 km) 9:00 a.m. Last Cinderella Training Ride from the Lafayette BART and heading south to Dublin. Meet at the Lafayette BART Station on Deer Hill Road, use parking lot at the top of the hill. All members and guests a welcome.

Leader: Bekki Livingston,

<http://sports.groups.yahoo.com/group/pedlpushers/> for any updates.

SAT. 4/3/10 2-L/M 45 miles (75 km) 9:00 a.m. Feather Pedals Cinderella training ride starting at Dublin High School and winding through Pleasanton, Livermore, Danville, and San Ramon. Take I-680 from the north or south to the Alcosta Blvd. exit and go east; turn right on Village Pkwy.; turn left on Brighton Dr. and park in lot on left. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 4/4/10 2-L 38 miles (60 km) 9:00 a.m. Starting at the Livermore airport we'll ride to Pleasanton, stop in Blackhawk to eat, and then return to Livermore via Collier Canyon. Take I-580 to Airway Blvd. exit and go south; turn right on Terminal Circle and park either on street or parking lot on right. Bring water and food or money to buy.

Leader: Bill Goodwin, 925-487-0521.

MON. 4/5/10 3-M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.

All levels are welcome. From I-580 westbound in Castro

Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road for about 2 miles, then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

Leader: Janie Page, 408-598-0247.

MON. 4/05/10 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Zafer Demir at 925-443-4124 for further information.

TUE. 4/6/09 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 4/7/10 2-L/M 30 miles (50 km) 10:00 a.m. Starting at Shannon Center in Dublin, we'll wind through the neighborhoods of San Ramon, Danville, and Alamo. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring water and snacks.

Leader: Gail Blanco, 925-872-1001.

WED. 4/07/10 NO CLUB MEETING THIS MONTH. The next club meeting will be on Wednesday, June 2, 2010. Meetings are scheduled quarterly on the first Wed. of March, June, September, and December.

THUR. 4/8/09 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

SAT. 4/10/10 THIRTY-FOURTH ANNUAL CINDERELLA CLASSIC AND CHALLENGE

Sign-in between 7:00-9:00 a.m. at the Alameda County Fairgrounds in Pleasanton, CA. Event open to WOMEN and GIRLS ONLY!!! PRE-REGISTRATION ONLY!!! No day-of-Registration. **REGISTRATION is CLOSED!** For information call: **Jim Duncan at 925-209-1369 or Bob Powers at 925-828-5299.**

SUN. 4/11/10 2-M 25/35 miles (40/56 km) 10:00 a.m. Join Peter today on this ride from Dublin to Sunol and back again. Longer options for the return are via

Sunol Regional Park or Palomares Rd. Meet on the west side of Dublin High School. Take I-680 to the Alcosta Blvd. exit and go east; turn right on Village Pkwy.; Dublin High is on left. Bring water – lunch will follow the ride at the swap meet.

Leader: Peter Rathmann, 925-336-0973.

SUN. 4/11/10 GIANT BAY AREA VALLEY SPOKESMEN SWAP MEET at Dublin High School, 8151 Village Parkway, Dublin, from 1:00 a.m. until 4:00 p.m. Here is your chance to SWAP and SELL all those unwanted bicycle parts and items --- even bicycles. **ADMISSION FREE!!!** Open to anyone and everyone! Take I-680 from the north or south to Alcosta Blvd. exit, go east on Alcosta; turn right on Village Pkwy., school located at the intersection of Village Pkwy. and Brighton Drive. Swap Meet held in school cafeteria.
Organizers: Bob and Bonnie Powers, 925-828-5299.

MON. 4/12/10 3-M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.

All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road for about 2 miles, then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

Leader: Janie Page, 408-598-0247.

TUE. 4/13/10 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 4/14/10 3-M 30 miles (50 km) 10:00 a.m. Meet at Livermore Airport and pedal with us to Lake Del Valle. From I-580 go south on Airway Blvd. Turn right onto Terminal Circle and right into the parking lot.
Leader: Gail Blanco, 925-872-1001.

WED 4/14/10 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THUR. 4/15/10 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

SAT. 4/17/10 2-L/M 25 miles (40 km) 9:00 a.m. We'll ride from Heather Farm in Walnut Creek to a coffee shop in Moraga, partly on bike trails. Take I-680 to Ygnacio Valley exit and go east; turn left at San Carlos into Heather Farm Park; turn left into second parking lot.
Leaders: Dan & Joan Johnson, 925-933-9649.

SUN. 04/18-22/10 5-M/B 175 miles (281 km) 8:00 a.m. sharp! YOSEMITE OR BUST!
 Yosemite here we come! with overnights in Oakdale; Groveland and Yosemite.
Organizer: Bonnie Powers, 925-828-5299.

SUN. 4/18/10 2-M 65 miles (100 km) 8:00 a.m. sharp. Starting at Dublin High School on Brighton just east of Village Parkway, **we'll ride with the Yosemite tour riders out to Livermore and over the Altamont to the outskirts of Tracy.** Then we'll bid them farewell and head back home. Meet on the west side of Dublin High School. Take I-680 to the Alcosta Blvd. exit and go east; turn right on Village Pkwy.; Dublin High is on left. The ride will depart promptly at 8 am to coordinate with the tour riders. Bring water and lunch or money to buy.
Leader: Peter Rathmann, 925-828-1973, or (cell) 925-336-0973.

SUN. 4/18/10 2-L/M 35 miles (60 km) 10:00 Let's ride to Danville then on to LasTrampas Park. We may stop at Peet's in Danville on the return trip, then take the back roads back to Walnut Creek. There will be some short hills along the way. This is a no-drop ride.
Leader: Dan Granahan, 925-323-9798, tntbike2007@gmail.com

MON. 4/19/10 3-M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.
 All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road for about 2 miles, then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.

TUE. 4/20/10 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

WED. 4/21/10 3-M 30 miles (50 km) 10:00 a.m. Five Canyons Ride. Meet at Shannon center in Dublin. Take I-680 and exit Alcosta heading west. Turn left onto San Ramon Rd., then right onto Shannon and right

again into Shannon Center. Bring food and fluids.

Leader: Elaine Nadeau, 925-577-6586, l8trees@aol.com

THUR. 4/22/10 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

SAT. 4/24/10 3-L/B 15-30 miles (25-50 km) 10:00 a.m. Let's ride up Mt. Diablo's South Gate Rd to North Gate Rd. We will meet at The Museum of the San Ramon Valley located at the corner of Railroad and Prospect Avenues in Downtown Danville at 09:45, roll at 10:00. This is a good ride for all riding ride levels; just climb as far as you can and go at your own pace. We can get some refreshments at Peet's coffee at the end of the ride.
Leader: Dan Granahan, 925-323-9798, tntbike2007@gmail.com

SUN. 4/25/10 1.5-L 36 miles (60 km) 10:00 a.m. Ride from the north end of Berkeley's Aquatic Park to the Emeryville Marina and then along the Bay Trail to Pt. Richmond for lunch. Meet at the foot of the Univ. Ave. pedestrian bridge on Addison in Berkeley (north end of Aquatic Park). Bring water and food or money to buy.
Leader: Bill Goodwin, 925-487-0521.

MON. 4/26/10 3-M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.
 All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road for about 2 miles, then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.

TUE. 4/27/10 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

WED. 4/28/10 3-M 42 miles (68 km) 10:00 a.m. Starting in San Ramon we'll ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Bring water and food or money to buy.
Leader: Peter Rathmann, 925-336-0973.

THUR. 4/29/10 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n' T rides from Shannon Center in Dublin.
 Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.



MAY 2010

SAT. 5/1/10 2-L 35 miles (55 km) 9:00 a.m. Bill will lead us from Shannon Center in Dublin to Sunol Regional Park. We'll see what May Day wildflowers we can spot along the way and in the park. Optional short hike inside the park depending on interest. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring water and snacks.
Leader: Bill Goodwin, 925-487-0521.

SUN. 5/2/10 2-L/M 30 miles (50 km) 9:00 a.m. We'll ride from Dublin to the Peet's Coffee Shop in Danville. This is a **NO-DROP** ride and all levels of rider are welcome. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd, Dublin. Bring water and snacks
Leader: Bob Heady, 925-833-8214 or 925-980-7989.

MON. 5/3/10 3-M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails.
 All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road for about 2 miles, then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.

MON. 5/03/10 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore.
Call Zafer Demir at 925-443-4124 for further information.

TUE. 5/4/10 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n' T rides from Shannon Center in Dublin.
 Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

WED. 5/5/10 3-M 38 miles (60 km) 10:00 a.m. We'll ride from Lafayette on a loop out to Pinole via Reliez and 'Pig Farm Hill' and then return via the San Pablo reservoir and Orinda. Start at the staging area on Olympic just west of Pleasant Hill Road in Lafayette. Bring water and lunch or money to buy.
Leader: Gail Blanco, 925-872-1001

WED. 5/05/10 NO CLUB MEETING THIS MONTH. The next club meeting will be on Wednesday, June 2, 2010. Meetings are scheduled quarterly on the first Wed. of March, June, September, and December.

THUR. 5/6/10 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n' T rides from Shannon Center in Dublin.
 Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

SAT. 5/8/10 2-M 25 miles (40 km) 9:00 a.m. NO DROP Martinez to Benicia and Vallejo crossing both the Benicia and Zampa bridges across the Carquinez Strait. The return will take us along the strait on Scenic Drive. Meet at Martinez Regional Shoreline Park. Take the Martinez exit from I-680 and go west on Waterfront Rd.; continue as it becomes Marina Vista through downtown Martinez; turn right on Ferry St. across the RR tracks into the park; turn right on Joe DiMaggio Dr. and left on Court St.; park in first lot on left. Allow enough time so the ride can start promptly. Bring water and snacks.
Leader: Ana Castaneda, 925-408-6251, castana@comcast.net

SUN. 5/9/10 3-M 30 miles (50 km) 9:00 a.m. We'll ride south from Dublin to Sunol, then through Niles Canyon before climbing Palomares and Dublin Grade. This is a **NO-DROP** ride and all levels of rider are welcome. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd. in Dublin.
Leader: Bob Heady, 925-833-8214 or 925-980-7989.

MON. 5/10/10 3-M, 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails.
 All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.
Leader: Janie Page, 408-598-0247.

TUE. 5/11/10 2-M/B 25 miles (40 km) 6:00 p.m.
Regular T n' T rides from Shannon Center in Dublin.
 Shannon Center is on San Ramon Rd. between Alcosta

Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED 5/12/10 Executive Board Meeting of at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

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 Art Wong at (925) 422-9368.**

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.**

FLASH – VERY IMPORTANT – FLASH

Have you obtained V.S. clothing recently and failed to pay for it? There are several items that have not been reconciled and we are attempting to catch up with those of you that have not paid for your clothing items. PLEASE pay up at your earliest convenience. Thanks

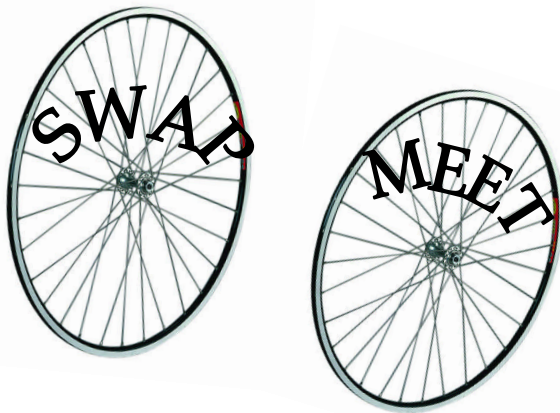
UPCOMING EVENTS AND RIDES

- April 3 [Party Pardee](#) – lone
- 10 [Cinderella Classic/Challenge](#) – Valley Spokesmen
- 10 [Mulholland Challenge](#) – Santa Monica
- 11 [Primavera Bicycle Tour](#) – Fremont Freewheelers
- 11 [Giant Swap Meet](#) - Valley Spokesmen
- 15-18 [Sea Otter Classic](#) – Monterey
- 17 [Bike around the Buttes](#) – Yuba City
- 17 [Tierra Bella](#) – Almaden Cycle Touring Club
- 17 [Mr. Frog's Wild Ride](#) – Murphy's
- 17 [Cycle 4 Sight](#) – Napa
- 24 [Mt. Hamilton Challenge](#) – Pedalera Bicycle Club
- 24 [Alpine Challenge](#) – Alpine
- 24 [Devil Mountain Double Century](#) – San Ramon
- 25 [Chico Wildflower](#)
- 24 [City of Angeles Fun Ride](#)
- May 1 [Avenue of the Oaks](#) – Fallbrook
- 8 [Tour of the Unknown Coast](#) – Humboldt
- 8 [Crusin' the Conejo](#) – Conejo Valley
- 15 [I Care Classic](#) – Morgan Hill
- 15 [Tour de Lincoln](#) – Lincoln
- 17/21 [California BIKE COMMUTE Week](#)
- 22 [San Diego Century](#) - Encinitas
- 23 [Echelon Gran Fondo](#) – Napa Valley
- 23 [Monticello Solano Century](#) – Vacaville
- 28/31 [Great Western Bicycle Rally](#) – Paso Robles
- 29 [Velo de Femme Women's Fun Ride and Clinic](#) at Great Western Bicycle Rally
- 29 [Indian Valley Centuries](#) – Indian Valley

WED. May 26 – FRI . May 28, 2010. 200 miles. Sunol to Paso Robles and the [Great Western Bicycle Rally](#) with two nights' lodging in Hollister and King City. Total cost of lodging, two lunches, snacks, drinks, etc. (community food) \$225.00 per person. SAG will be provided, any volunteers?! Unlimited number of riders. If interested please sign up ASAP with a \$100.00 deposit. For addition information you may call -----
Organizer: Bonnie Powers, 925-828-5299.

**THU. OCTOBER 7 – SAT. OCTOBER 23, 2010
TEXAS HILL COUNTRY**

These dates are slightly different from those that were printed in the February newsletter. Anyone for a tour of the Texas Hill Country? We will cover approximately 400 miles. The total cost per person \$1500.00 (double occupancy); \$2500.00 single occupancy. A deposit of \$200.00 per person due now for those interested in going on this tour. We will begin in San Antonio and ride to Hondo, Utopia, Kerrville, Fredericksburg, Johnson City, Austin, San Marcos, New Braunfels (Greune) and back to San Antonio. For further information you may contact - - - - -
Organizer: Bonnie Powers, 925-828-5299.



VALLEY SPOKESMEN BICYCLE SWAP MEET
Sunday, April 11, 2010
1:00 p.m. – 4:00 p.m.
Dublin High School
8151 Village Parkway, Dublin, CA
Join us as you SWAP – SELL – or just plain
LOOK

For information call Bob and Bonnie Powers at 925-828-5299

VALLEY SPOKESMEN AFFILIATIONS

- Adventure Cycling – www.adventurecycling.org
- Bay Area Ridge Trail Council – www.ridgetrail.org
- C.B.C. - California Bicycle Coalition - www.calbike.org
- California State Parks Foundation - www.parks.ca.gov
- East Bay Area Trails Council - www.ebtrails.org
- E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org

- Greenbelt Alliance – www.greenbelt.org
- L.A.B. - League of American Bicyclists - www.bikeleague.org
- Nature Conservancy – nature.org/legacy
- Planning and Conservation League www.pcl.org
- Rails to Trails – www.railstotrails.org
- U.S.C.F. - **United States Cycling Federation** www.usacycling.org

VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

- short sleeve jersey - club cut -\$60.00
- short sleeve jersey - women's cut -\$60.00
- long sleeve jersey - (to be discontinued) \$70.00
- sleeveless wind shell vest -\$58.00
- 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

Call Jim Duncan 925-209-1369

So who had the honor (some dubious) of receiving the annual trophies at the Valley Spokesmen Mid-Winter Party?

- Most flats on one ride - **Teresa & Kevin Thieben**
- Guardian Angels - **Dean Ball, Christy Simpson, Charles Parrish**
- The Valley Spokesmen Appreciate You! - **Jean Watts, Bob Powers, Bonnie Powers**
- Most VS club miles - **Christy Simpson, Peter Rathmann**
- Best Tandem Pull - **Vivian & Bob Fujii**
- Bone Crusher - **William Ho, Curtis Stallins**
- Community Service - **Jim Kohnen**
- Most Improved Riders** - **Karin Ball, Bob Strain**
- Road Rash of the Year - **Greg Moyer**
- Smashed Bike - **Alaine Nadeau, Mark Neer, Greg Moyer**
- Button Boy - **Dan Carhart**
- Inspirational Rider - **Bill Goodwin**

Remember to send notable events as they happen during the year to Jim Duncan (hey-you@comcast.net) or Christy Simpson (c3simpson@aol.com)

Have you seen the CC Times article about the rider who was killed on Tassajara Road last year? Here's a note from his wife pulled from the Ride of Silence Facebook page..

Daneil Greaves I would like to organize a ride in Contra Costa County in honor of my Husband, John F. Greaves who was struck and killed from behind by a car passing illegally on the right. The car directly behind John was "sharing the road" ...but sadly could not protect him from a belligerent driver.

<http://www.rideofsilence.org/main.php>

* * * * *

**Valley Spokesmen "Bicycle" Touring Club
Business Meeting
March 3, 2010**

Meeting called to order at 7:18 p.m. by President Dan Carhart.

Minutes from the February 10th executive board meeting were approved as presented in the March newsletter.

Treasurer Bill Well reported on our finances sharing our end-of-year net worth. Income tax info for 2009 has been submitted to our accountant.

OLD BUSINESS:

1. Past month's rides – Peter reported only a few rain outs have occurred on the Cinderella training rides. Other rides have been well attended.
2. The Mid-winter party was very well attended with dancing and great food. We have a pair of glasses looking for their owner and there are a few ride leader awards to be picked up.
3. V.S. web site – Curtis was unable to attend but written report states he has added a link under Grab Bag; a link under Events; has swapped in a new Poll statement; has updated the home page to include photos of recent birthdays and the March newsletter are now online.
4. Update on area Master Plans or bicycle issues – Nothing new to report.
5. First Aid classes – The classes are scheduled for March 27th. There are eight persons signed up so far.
6. Membership for 2010 now stands at 413.

NEW BUSINESS:

1. Ride schedule. Our ride chairmen are looking for leaders for the April/May schedule. Peter can make suggestions if you are unsure of rides.
2. Upcoming Tours – Yosemite is filled. Paso Robles – if you are interested sign-up with Bonnie so she can make the motel reservations. Texas Hill Country – sign-up ASAP so reservations can be locked in.
3. Cinderella update: Still need workers – call Bob. Have 2351 Cinders signed up so far. April 10th is the date, it's coming up fast.
4. Dan has been working on business cards for the club

officers, leaders and others to hand out to interested people.

5. Correspondence sent and received may be found in the March newsletter.

FURTHER NEW BUSINESS:

1. Jim Duncan gave an update on the 20ish feet of the Iron Horse Trail at Dublin Blvd. that we would like to straighten out. The club has offered monetary as well as physical assistance to make this possible. Keep checking the newsletter for progress.
2. Jim Paulos mentioned if you log on to the City of Dublin web site, you can see Dan handing over our donation.

There being no further business the meeting adjourned at 7:42 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.



**Valley Spokesmen "Bicycle" Touring Club
Executive Board Meeting
March 10, 2010**

Meeting called to order at 7:03 p.m. by President Dan Carhart.

Minutes from the March 3, 2010 club business meeting were approved as read.

Bill Well, being out of town, did not give a treasurer report.

OLD BUSINESS:

1. Past month's rides have been really well attended.
2. Curtis reported on our awesome web site; however it was a small report. He is always looking to improve it. Erica praised Curtis on maintaining the site and keeping the Dedons up to date while living in Lancaster.
3. There were no reports on area Bicycle Master Plans.
4. The First Aid class on March 27th still has openings. Participants will be certificated in First Aid and CPR for two years. Anybody who goes on rides, leads rides, or just plan lives in the real world, will benefit.
5. Club membership now stands at 415.

NEW BUSINESS:

1. April/May ride schedule was reviewed.
 2. Bonnie reported on upcoming tours. Yosemite is filled; sign-ups have begun for Paso Robles; and she has 10 rooms secured so far the Texas Hill Country tour.
 3. Jim reported on the Cinderella, stating all is coming right along. We still need help with food at the fairgrounds and workers at the checkpoints; call Bob if you would like to help out with this.
- PHENOMENAL event, guys: 2500 women – life is good. Discussion followed regarding access on the Iron Horse Trail between Greenbrook and Norris Canyon. Alternate routes were discussed.
4. Dan gave an update on the V.S. business cards.
 5. Bonnie reviewed correspondence sent and received.

FURTHER NEW BUSINESS:

1. Jim mentioned the 2011 Cinderella is the 35th anniversary. He is thinking a monetary prize for the

jersey design would be appropriate. Motion made, seconded and passed to award \$500. to the artist who submits the winning design.

2. Peter reported there are still people who have not picked up their awards for leading club rides during 2009. They include Jim Duncan, Bill Goodwin, Bob Heady and Peter Rathmann each of whom will receive a \$100. gift certificate. Bonnie to purchase these certificates. The 2009 club officers are entitled to a V.S. jersey.

There being no further business the meeting adjourned at 7:40 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen "Bicycle" Touring Club  
March 2010**

*Correspondence sent:*

1. Check to Office Depot for Cinderella supplies.
2. Check to Minuteman Press for printing of March newsletter.
3. Check to Imprint Works for Mid-winter prizes.
4. Check to Round Table Pizza for food at March club meeting.
5. Check to Bob Powers for out-of-pocket expenses (19.98 Cinderella; 155.76 Mid-winter party).
6. Refund checks to Cinderella riders who had to cancel.
7. Check to Dublin Security Storage for rental of truck for hauling Cinderella supplies to Powers' place.
8. Checks to Livermore Cyclery and Dublin Cyclery for gift certificates for 2009 ride leaders.
9. Check to California Highway Patrol for Cinderella coverage.
10. Check to Harburn Enterprises, Inc. for Cinderella patches.
11. Check to Amador Valley Industries for Cinderella dumpster and handy-hauler.
12. Check to The Fax Doctor for copier repair.
13. Letters for welcome to old/new members. Membership stands at 432.

*Correspondence received:*

1. March/April copy of *Sports* magazine.
2. TWO rejection letters from East Bay Regional Parks for the use of the Iron Horse Trail between Greenbrook and Norris Canyon Road on the Cinderella Classic.
3. Certificates of Insurance from James G. Parker - Insurance for the Cinderella.
4. Personal handwritten letters from children who benefited from our 2009 contribution to the Sunday Friends Foundation.
5. Certificate of Insurance for use of room at Dublin San Ramon Services District for First aid class.
6. April copy of *Sunset* magazine.
7. Advertisements from various organizations and businesses.
8. Newsletters and magazines from various clubs and organizations.

MILEAGE REPORT AS OF MARCH 28, 2010

|               | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |
|---------------|-----------------|--------------|----------------|
| Agostion, Val | 206             |              | 6              |
| Ball, Karin   | 289             | 3            | 6              |
| Blanco, Gail  | 259             | 2            | 8              |
| Burkle, Kathy | 254             | 3            | 7              |

|                      | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |
|----------------------|-----------------|--------------|----------------|
| Butler, Sher         | 222             |              | 5              |
| Campell, Rich        | 747             | 2            | 17             |
| Carhart, Dan         | 674             | 3            | 15             |
| Carpenter, Don       | 413             |              | 9              |
| Culshaw, Pete        | 294             |              | 9              |
| Cunningham, Kathleen | 219             |              | 5              |
| Cushman, Francie     | 948             | 1            | 20             |
| Daly, Deborah        | 277             |              | 8              |
| DaShiell, Carol      | 228             |              | 6              |
| Delfosse, Rob        | 545             | 2            | 11             |
| Duncan, Jim          | 985             | 1            | 21             |
| Fujii, Bob           | 415             |              | 7              |
| Goodwin, Bill        | 373             | 6            | 10             |
| Granahan, Dan        | 453             | 7            | 12             |
| Heady, Bob           | 216             | 2            | 7              |
| Hernandez, Mary      | 257             |              | 7              |
| Hirt, Janice         | 236             |              | 6              |
| Hirt, Joe            | 236             |              | 6              |
| Ho, William          | 367             |              | 7              |
| Hunt, Nena           | 371             |              | 10             |
| Johnson, Dan         | 231             |              | 6              |
| Johnson, Joan        | 207             |              | 5              |
| Kibbee, Mike         | 344             |              | 9              |
| Kohnen, Jim          | 221             |              | 5              |
| Kowalewski, Steve    | 216             |              | 6              |
| Leaver, Kent         | 217             |              | 6              |
| Lin, Linda           | 204             |              | 5              |
| Livingston, Bekki    | 307             | 5            | 8              |
| McBee, Michelle      | 437             |              | 12             |
| Moore, Janet         | 269             |              | 7              |
| Moored, Jane         | 231             | 1            | 7              |
| Neer, Mark           | 841             | 6            | 18             |
| Neer, Susan          | 821             | 7            | 17             |
| Nowell, Keith        | 456             |              | 11             |
| Nowell, Linda        | 269             |              | 7              |
| Parrish, Charles     | 369             |              | 11             |
| Payne, Pat           | 213             |              | 5              |
| Piekarski, Sharon    | 264             |              | 7              |
| Pinsky, Bert         | 229             |              | 6              |
| Pinsky, Kyle         | 244             |              | 7              |
| Rathmann, Peter      | 982             | 6            | 26             |
| Satoutah, Brahin     | 416             |              | 9              |
| Schiefer, Alma       | 253             |              | 7              |
| Shannon, Geoff       | 270             |              | 8              |
| Simpson, Christy     | 739             | 1            | 16             |
| Slagle, Pete         | 323             |              | 10             |
| Smith, Kimberly      | 220             |              | 5              |
| St. Clair, Kimberly  | 397             |              | 10             |
| Strain, Bob          | 618             | 1            | 12             |
| Strain, Kathy        | 794             |              | 16             |
| Thieben, Kevin       | 423             |              | 8              |
| Thomas, Walt         | 316             |              | 10             |
| Van De Vreugde, Jim  | 571             |              | 13             |
| van Raalte, Marcus   | 672             |              | 14             |
| Whelan, Steve        | 930             |              | 20             |
| Woods, Colleen       | 239             |              | 7              |
| Woodworth, John      | 534             | 2            | 13             |

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2010. Total miles ridden by club members so far this year – 33,804.

Remember: If you have NOT rejoined the club for 2010 and do NOT have a current membership card, you are NOT receiving mileage!

PLEASE NOTE: Leaders of club rides earn points toward FREE club clothing. The more rides you lead, the more club clothing you receive – FREE!!!

RIDE REVIEWS

February 27<sup>th</sup> Susan and Mark did an excellent job of planning our ride to avoid all the dark rain clouds that were threatening most of the day. We rode from San Ramon to Blackhawk and then out Tassajara, Highland, and the roads north of Livermore to the Starbucks on Vasco. Peter

\*\*\*\*\*

February 28<sup>th</sup> Great day for Dan's ride from Danville to Mt. Diablo. Both the start and destination were flexible with some starting in San Ramon and riding to the Danville start and with a few going all the way to the summit while most turned around at Juniper Camp or earlier. Peter

\*\*\*\*\*

February 28<sup>th</sup> Thanks Punam for leading a great ride today and for ensuring we had guaranteed parking. And, for the newest addition to our cycle family....a megaphone! Now everyone will hear the kick off details of the rides. Karin

+++++

Today's ride was well organized with great energy ..... totally stunning! Thanks all you Feather Pedal heroes! Valerie

\*\*\*\*\*

February 28<sup>th</sup> Gold medals awarded to Mark and Mike for riding to the summit Silver medals to the group who rode to Juniper. Bronze medals to all that rode to Junction. Gorgeous day on the mountain - thanks Dan for leading the ride. Susan

\*\*\*\*\*

March 6<sup>th</sup> A nice day for the 9th Feather Pedals training ride leading up to the Cinderella Classic. Today we rode from the Pleasanton BART station to Sunol Regional Park and then continued on to the Starbucks in south Livermore before heading back. Peter

\*\*\*\*\*

March 7<sup>th</sup> A great sunny day for our loop around the Carquinez Strait and crossing on the bike paths on the Benicia and Zampa bridges. Nice to see such a good turnout, including many who extended the ride by starting at Heather Farm in Walnut Creek. Peter

\*\*\*\*\*

March 10<sup>th</sup> Nice sunny day for Gail's ride from Shannon Center to the 5 Canyons hills above Hayward. Peter

\*\*\*\*\*

March 13<sup>th</sup> Another great ride in the Feather Pedals series in preparation for the Cinderella. Today we rode from the Benicia waterfront to the Jelly Belly factory in Fairfield and then returned by way of Mankas Corner and Rockville. Peter

\*\*\*\*\*

March 13<sup>th</sup> Hi Everyone, On today's Feather Pedals (FP) Jelly Belly ride we had 65 riders (1 new to our group) + 15 riders on the alternate ride from Crank2 for a total of 80 riders. (Also the FP alternate ride led by Punam Owens. Thanks Punam!)

On the Jelly Belly ride we rode ~47 miles, had 1 flat, and 1 minor fall. A large group gathered after the ride for lunch at 1st Street Cafe. The weather was sunny yet a

little cool. Riding in a different area along with visiting the Jelly Belly Factory made for an exciting day. Some riders even took the tour and received very cute Jelly Belly hats :^). The biggest challenge reported by most riders was trying to avoid swallowing the bugs in the air on our way back :^).

Many thanks to Bekki Livingston for recommending this ride and guiding us along the route. Although many were concerned about the hills, we soon discovered they were not as challenging as expected (except for the return up Park Rd). For many riders, this was their longest ride. Congrats! Again, everyone did terrific and ended the ride successfully! Karin

\*\*\*\*\*

March 14<sup>th</sup> The club ride today started at Dublin Cyclery and went out to the eagle's nest in the transmission tower by the Calaveras reservoir. Saw the little white speck of the eagle's head moving around in the nest, but it never took flight and we couldn't tell if it was a pair or solo. Peter

\*\*\*\*\*

March 15<sup>th</sup>

Great T 'n T starter with 19 riders who had a great time, took care of each other and hung together...until the blvd. traffic signals had their way.

There will be an official 'B' group starting Thursday. This group will be directed by Ted Fisher and will be educational as well as recreational. Ted will coach riders from his vast repertoire of cycling knowledge. The routes will be the same as the 'A' group unless he changes them.

So come on out to T 'n T, learn and have fun while doing so. Jim

\*\*\*\*\*

March 17<sup>th</sup> Beautiful day for our ride to the California Academy Science Museum, but unfortunately it ended on a sour note. Initially we got a very pleasant surprise when Mark and Erica spotted a family friend who happens to own the restaurant businesses in the museum. He got us passage into the museum that bypassed the lines and also treated us to lunch. We then toured the recently renovated museum, especially enjoying the rainforest and aquarium areas. But upon leaving the museum we were dismayed to discover that a thief had cut the lock securing Mark and Erica's bikes (Specialized Roubaix and Trek Pilot). Peter

+++++

Indeed it was a fantastic day up until the discovery of the bike thefts. Many thanks to Bill for leading the ride and for Peter's great guidance and photo documentation. Erica and I think that it is quite possible our bikes could show up on Craigslist or other bulletin boards over the next couple of months. I've heard it can take awhile before thieves will advertise their stolen goods. Please let us know if you see something suspicious. Here are the descriptions or our bikes...

Erica's bike is a Trek Pilot 5.1 with Shimano Ultegra components. Color is "Princess Pink." Yes- it's very PINK; even the water bottle holders. The two bottles are older and translucent plastic with black tops. This bike

also has an aluminum rear bike rack that is supported from only the seat post (a solution for light-weight rear packs for carbon bikes) with a green Jannd rear bike bag on it. She also lost the front Jannd pack mounting bracket on the bike handlebars, along with the pump (short and attached to front water bottle holder). The bike computer/odometer is a wireless NiteRider Rebel 5.0. Pedals are clip-less mountain bike style (very common).

My bike is a Specialized Rubaix with Shimano 105 components. Large frame size (I'm 6 ft. 4 in.). Color is dark blue (nearly black looking). Bike computer/odometer is a wireless Cateye (I think). My pump is small and black and is attached to the front water bottle holder. I think my water bottle holders are white. My bike pedals are also clip-less mountain bike style.

We've left a police report but I suspect the only help I will get from the police would be if we found our bikes for sale somewhere; then we could set up a sting to retrieve them and nab the thieves. It has happened before, so I'm told.

Please let us know if you see bikes that match these descriptions. My contact information is below.

Thanks! Mark

email: mark.dedon@comcast.net

cell: 925-997-3258

\*\*\*\*\*

March 19<sup>th</sup> Just a bit early for the wildflowers, but perfect riding conditions, light traffic, and great scenery. Mike

\*\*\*\*\*

March 20<sup>th</sup> Thanks to Bekki and the Pedal Pushers for leading today's ride using the Cinderella route but in the opposite direction. The day warmed up nicely after a brisk start and made for a very enjoyable ride through the green fields of spring. Peter

\*\*\*\*\*

March 20<sup>th</sup> 74 riders joined the delightful route from Dublin BART, to San Ramon, Danville, Livermore and Pleasanton. The modified route turned out to be 47 miles. The weather was fabulous and our ride was free of flats and falls. Yeah! Great job everyone! Special 'thank you' to my fellow leaders: CC - the shirts are wonderful! Punam - thanks for driving the route with me. Karin - thanks for talking me off the ledge ...!!

As always, we had excellent support from Dean and Charles. You guys are the best. Kathy

+++++

Thanks Kathy for all the extra time and effort to make the route modifications so it was a safer ride for all. Karin

\*\*\*\*\*

March 21<sup>st</sup> Thanks to Rob for his ride along the Hayward waterfront and through Alameda and Bay Farm islands.

Peter

+++++

Hey Rob, I really enjoyed your ride along the Bay today. All new territory from the San Mateo Bridge to Bay Farm Island / Alameda. Perhaps next time a cruise into the old Alameda Naval Air Station to see what's there. Too bad Speisekammer ([www.speisekammer.com](http://www.speisekammer.com)) was not yet

open but many are interested enough to plan an evening return visit...sans bicycles. A few puddles / mud to play in if you tried (no comment Michelle) but mostly dry and hard packed. Plenty of elevation gain....350 feet in 40 miles. A great family out-and-back

Great views of the back of Oakland Airport and across the Bay to San Francisco. Lots of birdlife - Snowy Egrets, Double-crested Cormorants, Brown Pelicans, Great Egrets, Great Blue Heron, Canada Goose, White-tailed Kite, Red-tailed Hawk, American Avocet, the red topped / blue bottomed Boeing bird, Red-winged Blackbird, Black-necked Stilt, Long-billed Curlew, Mallard, many more and not sure of (where is Bill Rose when he's needed!) Black Brant?, Belted Kingfisher (too fast), Marbled Godwit?, and perhaps Lesser Scaup.

Thanks for the ride. Jim

\*\*\*\*\*

March 23<sup>rd</sup> A most interesting group. Reminds me of the old saying "A fast rider is not necessary a good rider."

Ted

\*\*\*\*\*

March 24<sup>th</sup> A beautiful sunny day for Alaine's ride to Sunol and returning via Palomares and Dublin Grade.

Peter

\*\*\*\*\*



SAD NEWS- We just leaned – that Phil Wood pass away on March 14 in Roseville as age of 84. For those members don't know who Phil Wood was, he start [Phil Wood & Co](#) in San Jose manufacturing seal bearing hubs & bottom brackets, waterproof grease and other bicycle components in the early 1970's. He sold the company to Peter Enright in 1991 upon his retirement and moved to Iowa. Here is links from the [San Jose Mercury Newspaper](#) and [Bicycle Retailer and Industry News](#) about Phil.

A memorial service for Phil and his wife, Lavada, who passed away December 18, 2009, will be held on April 17, at the [Calgary Baptist Church in Los Gatos](#), California, at 1:00 p.m.



## **Pacelines, not as easy as you think.** **By Ted Fisher. USAC Coach**

For many riders a paceline is a real hurky-jerky affair. It is a time of intense concentration, frazzled nerves and buffeted eardrums. Riders are glued to a wheel, trying to take a strong pull or just scrambling to get back on as the group whips down the road like a broken accordion. Yet it doesn't have to be like that.

Most experienced riders have seen four different forms of pacelines. The first one is the most common and is known as a recreational paceline. Here the riders are going at a moderate to brisk pace in a single file. The stronger riders are at the front and they tend to stay there until they get tired. Then they'll pull off and try to find some shelter in the group. While these lines are usually found at centuries and club rides, they are also common at local races.

The second one is more casual and can be used for conversation and warm ups. The group forms up two abreast and rides down the road at a moderate pace while everyone catches up on the news. After a while the two lead riders will pull off, sometimes they will both pull to one side, usually to the left. Other times one will go to the left and the other will move to the right. As the other pairs ride by, these two riders will soft pedal and move to the rear of the group. Needless to say this type of paceline works best on wide, lonely country roads.

A large, fast group will often form into a rotating paceline. Here the riders on one side of the group are riding a little faster than those on the other side. As each rider gets to the front they usually move over to the slower side without taking a long pull. These are usually very nervous pacelines as most riders tend to accelerate when reaching the front. This causes holes to form in the line and forces the other riders to make sudden jumps to keep from being left behind. The other problem with this group is that when a rider pulls off, they don't slow down, forcing the other line to accelerate to continue the rotation. If riders continue to ride like this, they will quickly destroy the structure of the paceline.

Most riders also have a problem control their speed or distance when following a wheel. A good technique to control the speed is to brake softly while the rider continues to pedal. This does two things; one, it keeps the legs moving, never breaking the rider's rhythm; two, the riders behind will not be as quick to brake themselves. The constant movement of the legs and feet while braking allows for a better feel

or control of the bicycles speed. It also allows for a quicker response if there is an unexpected change in speed in the riders around you.

The fourth form of paceline is the most complicated and it actually has many different shapes. It has three traits that make it easy to recognize. The first one is the high speed that the group is traveling at. The second one is the smoothness of the line. The last one is that the riders pay much more attention to where the wind is coming from. This awareness of the wind is what makes these pacelines so effective.

As a rider finishes at the front they will pull off into the wind. This helps to keep the other riders in a protected position until they reach the front. In this way a rider never has to deal with the full force of the wind until they take their pull at the front. With enough of a crosswind the riders will form into an echelon and on a narrow road will separate into several groups. This type of paceline is almost mandatory in Team Time Trials and also can be found in breakaway or chase groups in professional racing. These pacelines are the most difficult to maintain as they require a high level of skill and knowledge from the participants.

There are several ways a rider will indicate their intentions to pull off the front. If the line is static, the front rider will either flick their elbow or they will move out of the recognized zone that the paceline is operating in (bike lane or shoulder of the road). If the paceline is dynamic, the rider will pull off into the wind.

Ingredients for good pacelines are not made from speed or power as much as they are from smooth, predictable riding by all the participants. With practice any rider can master the skills needed to become comfortable in any type of paceline. It is these skills that allow the experienced rider to enjoy the pleasure of a fast, comfortable paceline.



**THE VALLEY SPOKESMEN TOURING CLUB****Proudly Presents****THE THIRTY-THIRD CINDERELLA CLASSIC  
and CHALLENGE****EXCLUSIVELY for Women and Girls!**

This unique bicycle tour for women of all ages and abilities winds through the Amador, Livermore, Diablo and San Ramon Valleys.

This metric-century (100k/65 miles) is mostly flat with a few moderate hills. The Challenge route of almost 100 miles is for fit experienced riders only. The course has an additional 2,000 feet of elevation gain with significant ascents/descents. From the start in Pleasanton, the ride circles south to Pleasanton, through the vineyards of Livermore, then north and along the base of beautiful Mt. Diablo to finish in Pleasanton. Charming Princes will be at three rest/food stops along the way with a cold lunch at the second. Our SAG service patrols the route to provide rider assistance if required. A Cinderella Ride Patch is awarded to every rider. So leave your Prince Charming at home and enjoy a special day!

**WOMEN AND GIRLS ONLY! No male riders****When:** Saturday, April 10, 2009**Where:** Alameda County Fairgrounds, Pleasanton, CA

- **From I-680** traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12
- **From BART** (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on West Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

**Bring:** Bright green confirmation card**Cost:** ADVANCE REGISTRATION ONLY - \$40.00 - Includes registration, Cinderella patch, Food, SAG support and insurance.

**NO "DAY OF" REGISTRATION!!! LIMITED TO 2500 RIDERS!!!** Registration closes when the rider limit is reached.

**Time:** Gates open at 6:30 a.m. Check-in between 7:00 to 9:00 a.m. Cinderella is NOT a Race. Course closes at 5:00 p.m.**Helmets:** A bicycle helmet is required on this ride!

**Prepare Your Bike:** Please check your bike, or have it checked, before you arrive to make certain the condition of all components (brakes, tire, wheels, derailleur) are ready for this ride. The Valley Spokesmen will not inspect your bicycle. Two local bike shops will be on hand to assist with minor mechanical problems

**Route:** A route sheet will be provided.

**Support:** There will be SAG support patrolling the route if you need assistance. Rest stops will have fruit, drinks and snacks, plus a cold lunch will be served at mid-point. Soup and food is served at the end of the ride.

**Rain:** The ride is on rain or shine, there is NO make-up day!**T-shirts/Sweatshirts:** Special Cinderella Classic shirts will be available for purchase for \$20.00.

**Family/Friends/Expo:** Your spouse, family and friends are welcome to meet you at the finish and all are invited to The Cinderella Expo where bicycle manufacturers, clothing suppliers and women's organizations will have booths.

**For Additional Information Call:** Jim Duncan (925) 209-1369 ore-mail: [cinderellaclassic@valleyspokesmen.org](mailto:cinderellaclassic@valleyspokesmen.org)

Bob Powers (925) 828-5299 or

e-mail: [B-BPOWERS@att.net](mailto:B-BPOWERS@att.net)webpage: [http://www.valleyspokesmen.org/cinderella\\_classic.php](http://www.valleyspokesmen.org/cinderella_classic.php)

## VALLEY SPOKESMEN DISCOUNT BIKE SHOPS

Missing Link  
1988 Shattuck Way  
Berkeley, CA 94704  
510-843-7471  
[www.missinglink.org](http://www.missinglink.org)  
\*\*\*\*\*

Ace Bicycle Co.  
3313 Village Cr.  
Castro Valley, CA 9546  
510-538-5000

Castro Valley Cyclery  
20515 Stanton Ave.  
Castro Valley, CA 94546  
510-538-1878  
<http://castrovalleycyclery.com>  
\*\*\*\*\*

Clayton Cyclery  
5411 Clayton Rd  
Clayton, CA 94517  
925-672-2522  
\*\*\*\*\*

California Pedaler  
295 South Hartz Ave.  
Danville, CA 94526  
925-820-0345  
<http://calped.com/>

Danville Bike  
175 North Hartz Ave.  
Danville, CA 94526  
925-837-0966  
[www.danvillebike.net/](http://www.danvillebike.net/)

Pegasus Bicycle Works  
439 Railroad Ave.  
Danville, CA 94526  
925-362-2220  
[www.pegasusbicycleworks.com/](http://www.pegasusbicycleworks.com/)  
\*\*\*\*\*

Dublin Cyclery  
7001 Dublin Blvd.  
Dublin, CA 94568  
925-828-8676  
[www.dublincyclery.com/](http://www.dublincyclery.com/)

Livermore Cyclery  
7214 San Ramon Rd.  
Dublin, CA 94568  
925-829-4310  
[www.livermorecyclery.com](http://www.livermorecyclery.com)  
\*\*\*\*\*

The Pedaler  
3826-A San Pablo Dam Rd  
El Sobrante, CA 94803  
510-222-3420  
<http://www.theped.com>  
\*\*\*\*\*

Cyclepath  
22510 Foothill Blvd.  
Hayward, CA 94541  
510-881-8070  
<http://cyclepath.com/>

Hayward Bicycles  
22420 Foothill Blvd.  
Hayward, CA 94541  
510-881-5177

Witt's Bicycle Shop  
22125 Mission Blvd  
Hayward, CA 94541  
510-538-8771  
\*\*\*\*\*

Hank and Frank Bicycles  
3377 Mt. Diablo Blvd.  
Lafayette, CA 94549  
925-284-BIKE  
[www.hankandfrankbicycles.com](http://www.hankandfrankbicycles.com)

Sharp Bicycle  
969 Moraga Rd  
Lafayette, CA 94549  
925-284-9616  
<http://sharpbicycle.com>  
\*\*\*\*\*

Cal Bicycles  
2053 First St.  
Livermore, CA 94550  
925-447-6666  
<http://calbicycles.com>

Livermore Cyclery  
2752 First St.  
Livermore, CA 94550  
925-455-8090  
[www.livermorecyclery.com](http://www.livermorecyclery.com)  
\*\*\*\*\*

Hank and Frank Bicycles  
6030 College Ave.  
Oakland, CA 94606  
510-654-2453  
[www.hankandfrankbicycles.com](http://www.hankandfrankbicycles.com)  
\*\*\*\*\*

Pleasant Hill Cyclery  
1100 Contra Costa Blvd.  
Pleasant Hill, CA 94523  
925-676-2666  
[www.pleasanthillcyclery.com](http://www.pleasanthillcyclery.com)  
\*\*\*\*\*

Bicycles Pleasanton  
537 Main St.  
Pleasanton, CA 94566  
925-462-9777  
<http://bicyclespleasanton.com>

Cyclepath Pleasanton  
337-B Main St.  
Pleasanton, CA 94566  
925-485-3218  
<http://cyclepath.com/>

Crank 2  
5480-9 Sunol Blvd  
Pleasanton, CA 94566  
925-462-4272  
<http://www.crank-2.com/store>

\*\*\*\*\*  
Breaking Away Bicycle Shop  
7 Ross Common  
Ross, CA 94957  
415-272-6847  
\*\*\*\*\*

City Bicycle Works  
2419 K St.  
Sacramento, CA 95816  
916-447-2453  
<http://citybicycleworks.com>  
\*\*\*\*\*

Robinson Wheel Works  
1235 MacArthur Blvd  
San Leandro, CA 94577  
510-352-4663  
[www.robinsonww.com](http://www.robinsonww.com)  
\*\*\*\*\*

Delta Cyclery  
6555 Pacific Ave.  
Stockton, CA 95209  
209-951-5665  
\*\*\*\*\*

Delta Cyclery  
130 West 11<sup>th</sup> ST., #A  
Tracy, CA 95376  
209-835-7151  
\*\*\*\*\*

Encino Bicycle Center  
2901 Ygnacio Valley Blvd.  
Walnut Creek, CA 94598  
925-944-9200

Fleet Feet  
1528 Bonanza ST.  
Walnut Creek, CA 94596  
925-943-MILE

**THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION**

Please complete and return to the following address: **VALLEY SPOKESMEN, P.O. BOX 2630, Dublin, CA 94568-0784**

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club.        **NEW MEMBER**        **RETURNING MEMBER**  
 Enclosed is **\$22.00 for a 2010 individual membership** (\$11.00 after June 30th) OR **\$30.00 per year for a 2010 family membership** (\$15.00 after June 30th). **Make check payable to: Valley Spokesmen.**

       I prefer receiving my newsletter via the **V. S. Web Site** rather than a mailed hard copy

       Please add my e-mail address to the V. S. e-mail list so I receive current club information, ride updates, etc.

E-Mail address: \_\_\_\_\_ Your e-mail address **will not be shared** with any other group or organization

\_\_\_\_\_  
 NAME - please print ( ) \_\_\_\_\_ PHONE

\_\_\_\_\_  
 ADDRESS CITY STATE ZIP +4

In consideration of the acceptance of my application, I, for myself, my heirs, executors, administrators, successors and assigns, waive, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the Valley Spokesmen "Bicycle" Touring Club, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs, executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable to me for damages.

I AGREE TO WEAR A BICYCLE HELMET ON ALL CLUB RIDES.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE Valley Spokesmen Bicycle Touring Club AND SIGN IT ON MY OWN FREE WILL.

\_\_\_\_\_  
 DATE AGE APPLICANT'S SIGNATURE

If this application is for family membership, please indicate names and ages of all adults and minors who may be included in club activities.

| Name  | Age   | Signature |
|-------|-------|-----------|
| _____ | _____ | _____     |
| _____ | _____ | _____     |
| _____ | _____ | _____     |
| _____ | _____ | _____     |

Signature of parent or guardian (needed if applicant is under 18 years of age). \_\_\_\_\_

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact: \_\_\_\_\_

Telephone Number: ( ) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Telephone Number: ( ) \_\_\_\_\_

Physicians Name: \_\_\_\_\_

Telephone Number: ( ) \_\_\_\_\_

Medical Insurance: \_\_\_\_\_

Coverage ID: \_\_\_\_\_ Group ID: \_\_\_\_\_

Allergies: \_\_\_\_\_

Blood Type: Name: \_\_\_\_\_ Type: \_\_\_\_\_

Name: \_\_\_\_\_ Type: \_\_\_\_\_

Name: \_\_\_\_\_ Type: \_\_\_\_\_

Name: \_\_\_\_\_ Type: \_\_\_\_\_

Name: \_\_\_\_\_ Type: \_\_\_\_\_

Name: \_\_\_\_\_ Type: \_\_\_\_\_

## 2010 CLUB OFFICERS

President: Dan Carhart  
Vice-President: Kathy Strain  
Treasurer: Bill Well  
Recording Secretary: Lynn DeMattei  
Corresponding Secretary: Bonnie Powers 925-828-5299  
  
Ride Chairmen: Peter Rathmann  
Curtis Stallins  
  
Newsletter Editor/Typist: Marcia Seeger  
E-mail: [VSnews02@aol.com](mailto:VSnews02@aol.com)  
Newsletter Publisher: Mary Murphy  
  
Past President: Jim Kohnen  
  
V.S. Racing Team contacts: Jim Duncan  
Zafer Demir

## 2010 PRESIDENTIAL APPOINTMENTS

T.O.S.R.D. Chairman: Francie Cushman  
  
U.S.C.F./N.C.N.CA Rep: OPEN  
E.B.B.C. Rep.: Jim Eklund  
  
Mileage Keeper: Jim Paulos  
Webmaster: Curtis Stallins

## Community Liaisons

|               |                 |
|---------------|-----------------|
| Alamo         | Ralph Speck     |
| Castro Valley | Molly Heekin    |
| Concord       | Jean Watts      |
|               | Kathy Tate      |
| Danville      | Bill/Mary Well  |
| Dublin        | Christy Simpson |
| Hayward       | James Paulos    |
| Lafayette     | Stan Goodman    |
| Livermore     | Susan Gibbs     |
| Pleasanton    | Bill Rose       |
| Pleasant Hill | John Rodriguez  |
| San Ramon     | Peter Rathmann  |
| Walnut Creek  | Peter Culshaw   |

We appreciate the many articles that have been submitted and we are sorry that they cannot always be printed during the month of submission. The newsletter is limited in length due to the cost of postage, and we will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.

### VALLEY SPOKESMEN

<http://www.valleyspokesmen.org>

2010 club members may subscribe to the VS mailing list by sending an email with their names to:

[prathmann@yahoo.com](mailto:prathmann@yahoo.com)

**VALLEY SPOKESMEN**  
**Bicycle Touring Club**  
**Post Office Box 2630**  
**Dublin, California 94568**