



Valley Spokesmen Bicycle Touring Club • Since 1971
P.O. Box 2630 • Dublin, CA 94568 • www.valleyspokesmen.org

AUGUST 2010

President's Message

Deep Intellectual Discussions?

Who would have guessed we would still be putting on arm and knee warmers on morning rides at the beginning of August. I am not complaining since it is so much better than doing “couch” as one nurse’s rib and shoulder issues from an earlier minor right of way disagreement. The stationary bike is no substitute for the real thing. Watching TV while rocking out to the music of my youth on the pod does little to alleviate the boredom one experiences on the trainer. Watching the Tour, while spinning away, did help. Visualizing that I was hanging on to the wheel of Big George Hincapie was a great distraction from the pain and suffering but a stretch even for my well documented imagination. I can only dream about going that fast up... or down hill.

One of the challenges I have encountered over the years is trying to explain to non-cyclists my addiction to cycling. Many times I have been asked what could possibly be so great about sitting on a tiny seat grinding away over hill and dale for hours at a time. Over the last eight long weeks it became clear that, though the physical rewards are a key element, the social elements of riding are a big element of my addiction. Running can provide all the well documented physical rewards of fitness fueled by adrenaline and endorphins and in my case seriously sore knees. But let’s face it, running is a very solitary activity. Cycling on the other hand provides the same physical rush as well as a great social platform. The deep intellectual discussions (right), banter, gossip, and friendly competition while working together to flatten that hill and beat back the wind is what I missed most.

The 2010 Tour de France is now in the record books and proved to be an epic battle between two of the worlds best riders. Unfortunately I was hoping that Lance was going to be one of the two but it was not meant to be. Even without the crashes I’m not sure that he would have been able to keep up with Schleck and Contador as they hammered up the Col du Tourmalet. Unfortunately a dropped chain ended up playing a role in determining the final out come. I can only speculate how close the time gap would have been without this issue but it could have been even closer than the 8 seconds separating Fignon and LeMond in 1989. In any case it was an exciting race and I look forward to watching this new rivalry grow in the coming years. Even if you are not into cycling the scenery is worth watching especially in Hi Def. I hope that Lance continues to race and we will get the chance to see him next year in the Amgen.

Remember, be courteous to cars, the life you save may be your own.

Keep on spinning.

Dan Carhart President

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 following ratings are approximately:
 P=8-10 mph; 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.

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 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!!**

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.

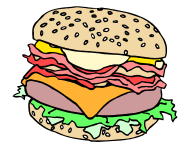
CAR POOLING: Car pooling is strongly encouraged, particularly on the out-of-town rides. Call the leader to see who is signed up for the ride so car pooling arrangements may be made.

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 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 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.

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



AUGUST 2010

SUN. 8/1/10 3-M 55 miles (90 km) 8:30 a.m. Morgan Territory Loop. We'll start at the Danville/ Sycamore Park & Ride lot at the northeast corner of the intersection of I-680 and Sycamore Ave. We'll ride through Walnut Creek to Clayton and then continue up Morgan Territory and return via Highland and Camino Tassajara. Bring fuel and hydration.

Leader: Kevin Thieben, 925-437-5919.

MON. 8/02/10 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. 8/03/10 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.

TUE. 8/3/10 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, 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.

WED. 8/4/10 3-L 40 miles (65 km) 10:00 a.m. Let's pedal Calaveras Road out to Ed Levin Park. We'll meet at the Pleasanton Ridge trailhead, head out Calaveras and on to Ed Levin Park. This is an out-and-back, so you may turn around at any time. Take I-680 to the Pleasanton-Sunol Rd. exit and go west; bear right on Castlewood; turn left on Foothill; continue to Pleasanton Ridge parking lot and staging area on right. Bring hydration and fuel as needed.

Leader: Gail Blanco, 925-872-1001.

WED. 8/04/10 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 1, 2010.

THU. 8/5/10 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. 8/7/10 2-L 20 miles (32km) 10 a.m. Join Randy for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate bridge, through Fort Baker and back for lunch at Fisherman's Wharf. Bring water and money to buy lunch. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Significant chance of rain cancels. Call if in doubt.

Ride Leader: Randy Huey, 925-518-8439.

SUN. 8/8/10 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 – just east of I-580). Bring water and food or money to buy.

Leader: Bill Goodwin, 925-487-0521.

TUE. 8/10/10 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.

TUE. 8/10/10 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.

WED 8/11/10 2-L 25miles (40 km) 8:30 a.m. Let's explore the mysteries of Sunol. Sunol has a water temple and where is Kilcare? This will be a casually-paced ride from Shannon Center. Take I-680 to the Alcosta exit and head south on San Ramon Rd.; take a right on Shannon Blvd into the park.

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

WED 8/11/10 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. 8/12/10 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. 8/14/10 1-L 23 mile (37 km) 10:00 a.m. –

Fuddrucker's Ride Join Randy for a scenic loop of the Iron Horse, Contra Costa Canal, and Ygnacio Trails, with lunch at Fuddrucker's following the ride. We will meet at the Fuddrucker's parking lot in the Willows Shopping Center (exit I-680 at Willow Pass Road, heading east to first light, turn left on Diamond Way, and left again into the Willows Shopping Center). Bring water and money for lunch at Fuddrucker's.

Leader: Randy Huey 925-518-8439.

SUN. 8/15/10 2-L 20 miles (32 km) AND 3-B 40+ miles (64+ km) 10:00 a.m. Happy 39th BIRTHDAY, VALLEY SPOKESMEN!! Bonnie and Bob Powers as well as Jim Duncan will lead two separate V.S. Birthday rides. Look for a relatively flat ride in the 20-mile range led by Bonnie and Bob with a longer option led by Jim. Perfect ride for novices or those just returning to cycling! Meet at the Powers' house at 10:00 a.m., 6640 Spruce Lane in Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive, then right onto Spruce Lane. For Jim's ride, start at Dublin High School. From I-680, exit Alcosta Blvd., go East and turn right onto Village Parkway. Left on Brighton then left into the high school parking lot just past the new structure. Everyone is welcome to join us for a barbeque, drinks plus cake and ice cream following the ride!

Leaders:

**(Shorter loop) Bob and Bonnie Powers,
925-828-5299.**

(Longer loop) Jim Duncan, 925-209-1369.

TUE. 8/17/10 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.

TUE. 8/17/10 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.

WED. 8/18/10 3-M 38 miles (60 km) 9:00 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.

THUR. 8/19/10 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 8/21/10 2-L 23 mi 8:30a.m. Join us for a leisurely paced ride through the downtown areas of Orinda, Lafayette, and Moraga via the St. Stephens and the Lafayette-Moraga bike trails. Meet at the Orinda BART station at 8:00 a.m. We roll promptly at 8:30 to beat the heat. Post-ride lunch (optional) at Geppetto's Cafe in Orinda. This is a no-drop ride with our favorite SAG. We offer an optional 23-mile Challenge Route over the Three Bears. SAG support for the Challenge Route will be available only for emergencies.

Ride Leaders: Nena Hunt, cell 510-761-8401, Alma Schiefer, cell 925-330-2228 and Kathy Kane, cell 925-323-5611.

SUN. 8/22/10 3-L/M 47 miles (75 km) Starting at the Park & Ride lot in San Ramon at Bollinger we'll ride over to Castro Valley and then climb to the beautiful vistas on Redwood and Pinehurst roads on our way to Moraga Commons. The return will take us past St. Mary's and through Lafayette, Alamo, and Danville. Take the Bollinger exit from I-680 and the Park&Ride lot is at the southwest corner of the interchange (just behind the Chevron station). Bring water and snacks. Route and

pictures from a previous ride at: <http://tinyurl.com/8b45lv>
Leader: Peter Rathmann, 925-336-0973.

TUE. 8/24/10 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.

TUE. 8/24/10 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.

WED. 8/25/10 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 snacks.

Leader: Peter Rathmann, 925-336-0973.

THUR. 8/26/10 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. 8/28/10 1-L 20 miles (32 km) 10:00 a.m. –

Danville Farmer's Market Join Randy for a ride from Heather Farms down the Canal and Iron Horse Trails for a stop at the Danville Farmer's Market and back for lunch near Heather Farm. Bring water and money to buy lunch. Meet at Heather Farm baseball field/restrooms in Walnut Creek. Take I-680 north to the Ygnacio Valley exit and turn right (east) onto Ygnacio Valley. Or, take I-680 south and exit Main Street south; turn right onto Main Street; go to Ygnacio Valley and turn left (east). The entrance to Heather Farm is on your left at Ygnacio Valley and San Carlos Drive. Call if in doubt about the weather.

Leader: Randy Huey, 925-518-8439.

SUN. 8/29/10 2.5-M 43 miles (70 km) 8:30 a.m. Let's explore the ridges and forests of the Santa Cruz mountains. Long climbs and descents are your reward on this 3300 ft. ride. Meet at the junction of Hwy. 9 and Skyline Blvd. in the large parking lot at the junction. Take

I-880-S towards San Jose. I-880 turns into 17-S. Continue on 17-S. Exit Bear Creek Rd. Right on Montevina Rd. Left on Black. Left on Skyline Blvd to junction of Hwy. 9. Car pooling encouraged; suggested location is the Park & Ride lot at the northeast corner of Stoneridge and I-680 at 7:15 a.m. Cell phone reception iffy. Call and leave message if you're riding. Bring foods and fluids.

Leader: Elaine Nadeau, cell: 925-577-6586.

TUE. 8/31/10 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.

TUE. 8/31/10 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, 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.



SEPTEMBER 2010

WED. 9/1/10 2-M 40 miles (64km) 9:00 a.m. Starting at Diablo Vista park we'll ride a loop route out to Livermore and back. Take I-680 to the Crow Canyon exit and go east; turn right at Tassajara Ranch Rd. and right again into the Diablo Vista parking lot. (If you get to Camino Tassajara you went too far.) Bring water and snacks.

Leader: Gail Blanco, 925-872-1001.

THUR. 9/2/10 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. 9/4/10 1-L 23 mile (37 km) 10:00 a.m. –

Fuddrucker's Ride Join Randy for a scenic loop of the Iron Horse, Contra Costa Canal, and Ygnacio Trails, with lunch at Fuddrucker's following the ride. We will meet at the Fuddrucker's parking lot in the Willows Shopping Center (exit I-680 at Willow Pass Road, heading east to first light, turn left on Diamond Way, and left again into the Willows Shopping Center). Bring water and money for lunch at Fuddrucker's.

Leader: Randy Huey 925-518-8439.

SUN. 9/5/10 4-LM 50 miles 9:10 a.m. We'll beat the heat and go coastal!

Horrible climbs, thrilling descents and artichoke bread! Up and over Old La Honda Rd. to Pescadero. Lunch break and the gobbling of the fabled bread at Norm's market. Then on to Stage Rd. and the infamous climb of Tunitas Creek Rd. Your leader will happily sweep, esp. on climbs. Bring snacks and hydration, and maybe a layer or two, as you never know - plus lots of money for that bread. Meet at Woodside Town Hall parking lot at 9:00 a.m. for a 9:15 start. Take Hwy. 92 across the San Mateo bridge to I-280 and go south; exit and turn right on Woodside Rd.; turn left into parking area off Whiskey Hill Rd. Suggested carpool location is Shannon Park at 8:00. Bring ample hydration and money for bread and other goodies.

Leader: Dane Carlson, 925-323-5865 email: dane.c (at) att.net

MON. 9/06/10 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. 9/7/10 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.

TUE. 9/7/10 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, 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.

WED. 9/8/10 2-L/M 40 miles (65 km) 10:00 a.m.

Barbara's leading us from Benicia to the Rockville Cafe with the possibility of exploring a new route for the return. Take I-680 north across the Benicia Bridge; continue I-780; exit E 2nd St.; turn left (toward the water)

on E 2nd, R on Military, L on First St., and L into B Street parking lot. Bring water and lunch or money to buy.

Leader: Barbara Wood, 707-745-6353.

WED. 9/8/10 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Check our online ride calendar at http://www.valleyspokesmen.org/vsCalendar/view_e_ntry.php?id=599&date=20080903 for a map.

THUR. 9/9/10 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 9/11/10 2-L 20 miles (32 km) 10:00 a.m. Join

Randy for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate bridge, through Fort Baker and back for treats at the Ghiradelli Chocolate Festival. Bring water and money to buy chocolate. Directions: Take BART to Embarcadero and meet in front of the Ferry Building. Call if in doubt about the weather.

Leader: Randy Huey, 925-518-8439.

SUN. 9/12/10 2-L/M 50 miles (80 km) 10:00 a.m. Start

at Shannon Center in Dublin and ride to assorted local breweries in Hayward, Livermore, and Dublin. If you have any favorite spots you'd like included please contact the leader in advance. 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: Bill Goodwin, 925-487-0521, billgoodwin@sbcglobal.net

TUE. 9/14/10 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.

TUE. 9/14/10 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.

WED 9/15/10 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.

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.**

UPCOMING EVENTS AND RIDES

August	1	Tour de Peninsula – San Mateo
	1	Mount Shasta Summit Century - Shasta
	7	Marin Century & Mt. Tam. Double
	15	Tour d' Organics – Sebastopol
	21	Holstein 100 - Tomales
	21	Tour de Menlo – Atherton
	21	Cool Breeze Century - Ventura
	22	Tour of Napa Valley – Yountville
	28	Ebbetts Pass Century – Bear Valley
September	11	23rd Annual Siskiyou Century – Yreka
	10-12	Cyclebration 2010 – Folsom
	11	Amtrak Century – Irvine to San Diego
	10-12	Emigrant Trails Bike Trek - Petaluma
	12	Tour de Tahoe – Stateline, NV
	18	Tour de Fresno – Fresno
	25/26	Waves to Wine – San Francisco to Sonoma County



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

Final payment due for this 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. 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 AFFILIATIONS

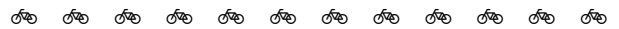
- Adventure Cycling – www.adventurecycling.org
- Bay Area Ridge Trail Council – www.ridgetrail.org
- C.B.C. - California Bicycle Coalition - www.calbike.org
- California State Parks Foundation - www.parks.ca.gov
- East Bay Area Trails Council - www.ebtrails.org
- E.B.B.C. - East Bay Bicycle Coalition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



**Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
July 14, 2010**

Meeting called to order at 7:06 p.m. by President Dan Carhart.

Minutes from the June 9, 2010 club meeting were approved with a minor correction.

In the absence of our Treasurer, Bonnie reported on our current financial status.

OLD BUSINESS:

1. Past month's rides have been well attended. Unfortunately we have been experiencing way too many crashes. Jim D. reported the Santa Cruz/Pescadero ride was fabulous on the coast.
2. No report from our Web Master Curtis.
3. No updates on any of the area Bicycle Master Plans.
4. The list of donations from the Cinderella has not been completed; it was tabled until next month.
5. Upcoming tours: Final payments for the Texas Hill Country tour are due by September 1st. Yosemite for 2011 is filled with a waiting list.

NEW BUSINESS:

1. The August/September ride schedule was briefly reviewed. There are only a few holes to be filled.
2. Peter reported on the Tour de Peninsula on August 1st, which supports the San Mateo Parks Foundation. They are in need of support by volunteering or riding. Look for additional info on our website.
3. See Jane Run Triathlon on September 25th would appreciate help if any members are interested.
4. Joe Peterson and Angie Orellano-Fisher have just completed the Race Across America and will be putting on a presentation July 23rd in Sunnyvale. The following day they will be riding from Santa Cruz to Los Angeles benefiting malnourished kids.
5. T.O.S.R.D. – Bonnie reported we now have 75 riders registered and 16 jerseys ordered. Discussion followed on other T.O.S.R.D. issues. Motion made, seconded and passed to order 25 T.O.S.R.D. jerseys on August 16th.

6. Bonnie reviewed correspondence sent and received. We have received two Cinderella refund checks, from the City of Livermore (\$250.) and California Highway Patrol (\$123.44).
7. The next Executive Board Meeting is Wednesday, August 11th at the Powers' place.



HAPPY 30TH BIRTHDAY TO THE VALLEY SPOKESMEN

Come join the party on Sunday, August 15, 2010 There will be a barbeque with all the trimmings plus cake and ice cream following the two rides that will be available... All details may be found in this issue of the newsletter. You won't to miss the fun!

FURTHER NEW BUSINESS:

1. Bonnie reported Cyclepath in Pleasanton has closed and reopened at a new location and under a new name: The CyclePros is located downtown on Main St.
2. Jim D. reported the paving on Stroneridge has been completed, just waiting to be painted.
3. The construction on Dublin Blvd. is expected to be completed within five months.
4. There is a fence across the Iron Horse Trail in Dublin that needs to be better marked.

There being no further business the meeting was adjourned at 7:40 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

MILEAGE REPORT AS OF JULY 17, 2010

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

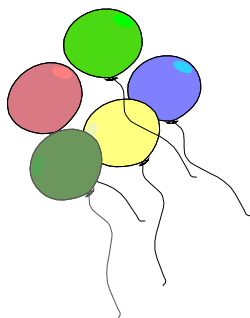
Correspondence sent:

1. Check to Brannan Island State Park for use of barbeque area on T.O.S.R.D.
2. Check to Minuteman Press for printing of July newsletter.
3. Check to Pitney Bowes Global Financial Services LLC to cover postal meter lease.
4. Check to Pacific Crest Trail Association for annual membership.
5. Check to James G. Parker Insurance Associates for liability insurance.
6. Check to Jim Duncan to cover T.O.S.R.D. jersey order.
7. Letters of welcome to old/new members. Membership stands at 486.

Correspondence received:

1. August copy of *Sunset* magazine.
2. Advertisements from various organizations and businesses.
3. Requests for donations.
4. Membership renewal requests.
5. Newsletters and magazines from various clubs and organizations.
6. Refund check (\$123.44) from the California Highway Patrol from the Cinderella.

	Sum of Miles	Rides Led	Total Rides
Agostino, Val	388		10
Aguirre, Steve	284		9
Ball, Karin	662	7	16
Berckmoes, Russ	342		10
Blanco, Gail	856	10	23
Bonilla, Herman	229	1	5
Brown, Connie	223		5
Burger, Barb	482		12
Burkle, Kathy	495	5	13
Butler, Sher	317		7
Campbell, Rick	1934	2	42
Carhart, Dan	1671	7	42
Carlson, Dane	317	1	12
Carpenter, Don	940		20
Castaneda, Ana	332	1	8
Coronado, Carol	332	2	8
Culshaw, Kathryn	285		2
Culshaw, Pete	737	1	17
Culshaw, Sharon	305		4
Cunningham, Kathleen	332		8
Cushman, Francie	2733	4	54
Daly, Deborah	436		12
DaShiell, Carol	534	1	15
Dedon, Erica	636	1	9
Dedon, Mark	833		17
Delfosse, Rob	1205	6	28
DeMicco, Mike	456	3	8
Deornelas, Vic	397		11
Duncan, Jim	3158	27	72
Duncan, Tom	312		7
Dunning, Clay	775		17
Dunning, Craig	362		4



	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Eacret, Wes	417		12	Payne, Pat	507		11
Estey, Sue	304		7	Piekarski, Sharon	552		15
Fraser, Heidi	257		3	Pinsky, Bert	324		8
Fujii, Bob	1172	5	28	Pinsky, Kyle	404		10
Fujii, Vivian	530		14	Powers, Bob	384	3	3
Fusco, Bob	231		5	Rathbun, Kim	283		9
Gallagher, Perri	355		10	Rathmann, Peter	2453	11	71
Gaunt, Ross	317		7	Reid, Marie	201		4
Goodwin, Bill	456	6	13	Repulles, Diane	274		8
Granahan, Dan	830	8	19	Rodriguez, John	401		6
Heady, Bob	439	9	20	Satoutah, Brahim	1937	1	45
Hedges, Richard	607		11	Schiefer, Alma	626	1	15
Hernandez, Mary	597		12	Seaton, Shela	203		4
Herrera, Gloria	406		10	Shannon, Geoff	486		15
Hirt, Janice	411		10	Shum, Bart	554		11
Hirt, Joe	346		9	Simpson, Christy	2304	4	51
Ho, William	1345		35	Skow, Richard	451		8
Huey, Randy	209	8	8	Slagle, Pete	1126		29
Hunt, Nena	589		15	Smith, Harriet	234		5
Johnson, Dan	336	2	9	Smith, Kimberly	236		6
Johnson, Joan	377		9	Spangenberg Jr, Larry	220		1
Jones, Don	226		5	Spangenberg, Ed	220		1
Kelly, Linda	200		2	St. Clair, Kimberly	832		19
Kibbee, Mike	678		19	Strain, Bob	1576	1	32
Kirn, Hudson	220		1	Strain, Kathy	1575		33
Kita, Jim	289		7	Thieben, Kevin	846		19
Kohnen, Jim	438		10	Thieben, Teresa	420		10
Koniges, Alice	236		6	Thomas, Walt	559		17
Kowalewski, Steve	417		10	Till, Gary	280		5
Lam, Henry	223		5	Tomita, Ross	203		9
Leaver, Kent	957		29	Tracy, Steve	349		9
Lenzi, Marty	333		10	Trublood, Lori	213		5
Lin, Linda	364		8	Van De Vreugde, Jim	2063	2	46
Livingston, Bekki	470	6	10	van Raalte, Laurie	344		9
Longinotti, Linda	276		2	van Raalte, Marcus	2396		57
Marande, Melissa	262		6	Whelan, Steve	2188		40
Marchetti, Karen	296		9	Wilson, Beth	334		8
Matic, Mike	210		7	Womack, James	247		10
McBee, Michelle	1431	1	34	Wood, Barbara	205	2	5
Moore, Janet	531		14	Woods, Colleen	458		12
Moorhead, Jane	550	2	20	Woodworth, John	1047	2	23
Murphy, Michele	262		7				
Musson, Nathalie	368		8				
Nadeau, Alaine	383	5	10				
Neer, Mark	2504	14	57				
Neer, Susan	2435	14	53				
Norby, Edith	289	2	8				
Nowell, Keith	744		21				
Nowell, Linda	476		13				
Owens, Punam	291	4	8				
Page, Janie	234	5	10				
Parrish, Charles	807		23				

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 ? 95,039!! Impressive!!

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

June 26th

Randy led today's ride on the Marsh Creek and Big Break trails. The moderate distance and easy terrain brought out some younger riders than we usually see on club outings. Peter

June 30th

Gail led us on a figure-8-shaped loop from San Ramon to Livermore. Going out we went through the Windemere development on our way to Highland and N. Livermore Ave. After a stop at Starbucks we returned via Collier Canyon and Camino Tassajara. Peter

June 30th

Bob's weekly rides on Mt. Diablo continue and this evening we extended the ride to Juniper Camp with the longer daylight. Nice clear air today and the temperature stayed warm above the junction. But it dropped markedly below that point on our descent. Peter

July 3rd

Another great outing by the Feather Pedals crew, this time with an option to ride up to the junction on Diablo and return via the north side through Walnut Creek with a new and interesting route after passing John Muir Med. Ctr. that briefly took us into the Shell Ridge Open Space. Peter

+++++

The 7/3 Monthly Feather Pedals (FP) ride had 40 riders, 1 SAG, 1 Sweep, and co-leaders for (2) different routes which staged at FP Headquarters, Draegers Market in Blackhawk :^). Carol DaShiell led the regular SAG/Sweep-supported 22 mile ride and Karin Ball, with lots of help from Alma Schiefer, led the Challenge 36 mile ride. (Thanks Alma for your help with the route details and ensuring we found our way through Walnut Creek!). Many thanks to Peter for taking and sharing pictures; and to Dean (SAG) and Charles (Sweep) for their dedication and continued support.

I would like to add a few additional comments to complement Carol's ride recap below. First, my apologies for the error in projected miles for the SAG/Sweep-supported route. I guess the odometer in my new car is not working very well :^). For the Challenge route, there were several first-time Mt. Diablo riders. Congrats to everyone for a successful climb and descent. No injuries and only 1 flat reported. Although the (2) groups did not have the opportunity to enjoy lunch all together, many lingered and were still engaging in conversation well into mid-afternoon at our group's favorite staging location, Draegers.

Many thanks to Carol for being a co-leader. And, congrats to Carol as this was her first time being a ride leader and for the great improvement gains in her cycling in just 1.5 years of riding with our FP group! You are awesome Carol!!!! Co-leading is a great way to expand the collaboration within our group. It provides an opportunity for us to offer (2) different routes to meet the various riding needs/desires, it's a way to share ride duty

responsibilities, and it provides an opportunity for anyone interested in becoming a leader to ease into gaining leader experience by teaming up with someone who may have more leader experience. If you are interested in being a co-leader for either a SAG/Sweep-supported route or Challenge route, please let us know. Karin

+++++

As always, if you were not riding with us today but drove by, you would have known it was the Feather Pedals (FP) out riding once again thanks to Karin Ball! Because of the heat we started our morning 30 minutes early. As we slowly gathered Karin came dashing in dressed in her red white and blue bringing flags, pins and some patriot headpieces so we could all wear something with a Patriot theme for the day. After adorning ourselves with the patriot item of our choice (Karin, thanks for always helping to add the little extra FUN to the ride) the two groups took off.

We started off with a slight hill, but soon we were coasting down Diablo Road towards some areas many of us had never seen, but would love to ride through again. The two groups rode together until we turned onto Avenida Nueva where 16 went off to conquer Mount Diablo on the challenge course while the remaining 23 rode the SAG-supported route. We had at least one first-time rider with our group today and several people who had only ridden with the FP's a few times. After riding along Calle Arroyo which was shady and cool we headed down Diablo road again to Roundhill Country Club, had a short regroup at Livorna Park and then it was off toward downtown Danville and back to Draggers. The actual ride turned out to be 22 miles instead of the 30 noted on our route sheet. This was a pleasant surprise since it was starting to heat up as we returned.

It was great to chat with the riders who had not ridden with us before or are fairly knew to riding with the FPs while we rode and then back at Draegers as many of us enjoyed a cold beverage at the outside seating area. All in all, once we all woke up, the SAG-supported ride was very successful despite the heat and most people starting out tired. Carol

July 4th

Lots of red, white, and blue was evident on both bikes and riders today as Bob and Jane led us on a tour around the outskirts of Livermore and into downtown Pleasanton. Thanks for leading an enjoyable ride and for the decorating material and prizes! Peter

+++++

Thanks Jane & Bob for a fun ride through new parts of Livermore. Great turnout (30+?), new sights, wonderful weather, good company, and the usual laughter. Jim

July 5th

Perfect day for Christy's 'Birthday Ride' with an extension of our usual Moraga loop that took us up Redwood to Skyline and then to the northern end of

Piinehurst before continuing to Moraga and a return on the boulevard. The fog layer lingered a little longer today and made the temperature much more pleasant than yesterday. Peter

July 7th

The club ride started at the Park & Ride lot on Airway Blvd. in Livermore, riding the length of the Arroyo trail through town, and then continued south to Del Valle reservoir. The return took us through some neighborhoods in the northern part of Livermore. It was a nice day for a ride with lots of sunshine but cooler air.

Peter

July 10th

It was a fun day for a ride from Heather Farm to the Danville farmer's market, with a stop for coffee at Peet's and lunch after the ride, and noteworthy in that there were more Delta Pedalers than Valley Spokesmen for a change. Randy

July 10th

Rob led our ride today that started near the pier and boardwalk in Santa Cruz and headed up the coast to Pescadero. Sorry I delayed things a little with a mechanical problem just before Davenport. The lockring on my cassette loosened and then jammed between the hub and the frame. Repair efforts with a variety of multi-tools failed, but repeated pounding with a large rock finally did the trick. [This technique is probably not covered in the Park Tool repair guides.]

In Pescadero we discovered that there is a new picnic area adjacent to the market and we enjoyed a lunch there. For the return trip we first headed slightly inland on Cloverdale and Gazos Creek roads before rejoining Hwy. 1. South of Big Basin we again made an inland excursion, this time on Swanton Rd. which climbed well up from the ocean before dropping back down through some dense forest areas. Unfortunately there was a sharp bump on one of the down hills that caused Mark N. to lose control and suffer a minor accident - hope he has a quick recovery. Peter

+ + + + +

Thanks for the summary, Peter. The slow group didn't do Swanton Rd at the end so I think we clocked a few miles less than the others, and ended a good half hour later - but the memorable parts of the ride to me (apart from making it through unscathed) were having seen two whales, a rabbit, hawks, waterfowl, a whole lot of beautiful coastline, and having fresh and warm artichoke garlic bread. Gary

July 11th

Thanks to Alaine for leading another nice ride to the top of our favorite mountain. The early start did succeed in beating the warmer temperatures and also resulted in very little car traffic. But it may have discouraged a few late-risers from participating. Peter

July 14th

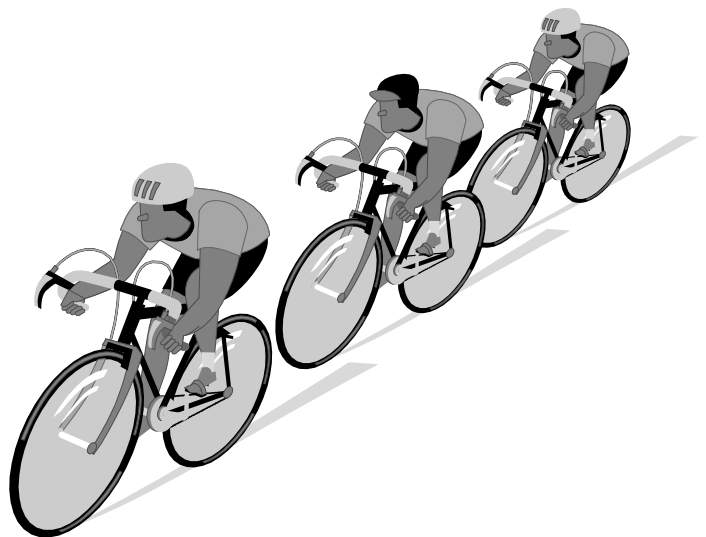
Today's club ride started at Shannon Center in Dublin. We rode up through the new Schaefer Ranch development and then down into Castro Valley before climbing the hills in the 5 Canyons area of Hayward. The return trip took us past the Hayward campus back into Castro Valley and then retraced our steps through Dublin Canyon and Schaefer Ranch. Peter

July 20th

Not as big a turnout for the Tuesday evening Chabot ride as there was the previous two weeks, but we enjoyed the loop around the park taking the shorter of the two usual options. Saw a flock of turkeys, a swan on the lake, and a deer that wandered out on the road directly in front of me before vanishing in the brush. Hope to recover from my little tumble in time for Linda's ride tomorrow. Peter

July 21st

Linda led us on an interesting and informative ride past assorted murals, painted utility boxes, and other artwork - many of which she painted. The ride started in Castro Valley and headed through downtown Hayward where most of the art was located before continuing on the Bay Trail into San Leandro. We returned to Castro Valley via the climb over Fairmont followed by the lovely descent of Lake Chabot Rd. Besides beautifying the city, Linda indicated that the artwork has been cost-effective in cutting down on the amount of graffiti and other vandalism, particularly of the utility boxes. Once the painting is finished, it's protected by three coats of clear sealant. If any graffiti is painted over it, a thin top layer of the sealant can be removed along with the graffiti paint. Up to 12 such cleanings can be performed before the sealant needs to be renewed. Peter



VALLEY SPOKESMEN DISCOUNT BIKE SHOPS

Missing Link
1988 Shattuck Way
Berkeley, CA 94704
510-843-7471
<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
<http://encinabicyclecenters.com/>

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
<http://www.danvillebike.net/>

Pegasus Bicycle Works
439 Railroad Ave.
Danville, CA 94526
925-362-2220
<http://www.pegasusbicycleworks.com/>

Dublin Cyclery
7001 Dublin Blvd.
Dublin, CA 94568
925-828-8676
<http://www.dublincyclery.com/>

Livermore Cyclery
7214 San Ramon Rd.
Dublin, CA 94568
925-829-4310
<http://www.livermorecyclery.com>

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

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

Hayward Bicycles
22420 Foothill Blvd.
Hayward, CA 94541
510-881-5177
<http://haywardbicycles.com/>

Witt's Bicycle Shop – **CLOSED**
DUE TO RETIREMENT
22125 Mission Blvd
Hayward, CA 94541
510-538-8771

Hank and Frank Bicycles
3377 Mt. Diablo Blvd.
Lafayette, CA 94549
925-284-BIKE
<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
<http://www.livermorecyclery.com>

Hank and Frank Bicycles
6030 College Ave.
Oakland, CA 94606
510-654-2453
<http://www.hankandfrankbicycles.com>

Pleasant Hill Cyclery
1100 Contra Costa Blvd.
Pleasant Hill, CA 94523
925-676-2666
<http://www.pleasanthillcyclery.com>

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

Cyclepath Pleasanton - **CLOSED**
337-B Main St.
Pleasanton, CA 94566
925-485-3218

CyclePros – **NEW SHOP**
718 Main St.
Pleasanton, CA 94566
925-400-4336
<http://thecyclepros.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
<http://www.robinsonww.com>

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

Delta Cyclery
130 West 11th ST., #A
Tracy, CA 95376
209-835-7151

Encino Bicycle Centers
2901 Ygnacio Valley Blvd.
Walnut Creek, CA 94598
925-944-9200
<http://encinabicyclecenters.com/>

Fleet Feet (Athletic Outpost)
1528 Bonanza ST.
Walnut Creek, CA 94596
925-943-6453
<http://athleticoutpost.com/>



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

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E.B.B.C. Rep.: Jim Eklund

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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:

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