



Valley Spokesmen Bicycle Touring Club

P.O. Box 2630 • Dublin, CA 94568 • www.valleyspokesmen.org

SEPTEMBER 2010

President's Message

2010: the year that "summer" never came. No, let me take that back; we did have two days, August 23rd and 24th. Of course many of us missed them since we were at work. We can only hope that we have the mother of all "Indian Summers" to at least end the year on a high note and provide the dry heat to help finish out the grapes which have also been suffering.

In spite of the weather I am glad to report that our beloved sport of cycling seems to still be on a major growth spurt. Calaveras was slammed by cyclists and looked like "680 on a Monday morning" last Saturday. There were so many riders that you would have guessed that a "Century Ride" must be in process except that half of the participants must be lost since the road was equally jammed in both directions. As our ranks continue to grow, the ongoing challenge of equitably sharing the roads with our car-bound brethren continues to grow.

There may be nothing we can do to change the attitudes of angry car pilots "Road Nazis" (no lane for you!) who apparently consider us the "enemy". Let's do our part not to create any new ones out of neutral if not sympathetic drivers.

- Single up when "car back" is yelled. If you are already over, let those riders currently hung out on the left into the line. Its OK. You can reestablish your advantageous position once the traffic clears.
- Yield the right of way at intersections; don't stare the car down as you roll thru the stop.
- Do not blast through signals (even though it may be a great way to get to know the local law enforcement professionals).
- Give a friendly wave to acknowledge a kind act.

In as much as we often get extremely upset, and rightly so, over the blatant disregard some drivers seem to have for our physical safety, we must continue to do our part to "share the road". The life you save may be your own.

Keep on spinning,
Dan:

DON'T MISS OUR NEXT CLUB MEETING!

Free Pizza to all attendees!
*A perfect chance for non-members
to come see what our club is all about!*



Wednesday, September 1st
7:00 p.m.
Round Table Pizza in Dublin
On Amador Valley Blvd, just east of San Ramon Road.

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!



SEPTEMBER 2010

WED. 9/1/10 2-M 40 miles (64 km) 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.

WED. 9/1/10 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_entry.php?id=599&date=20080903 for a map.

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, especially 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@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) 5:30 p.m. (Note:

Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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 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. 9/8/10 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 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. 9/9/10 2-L/M 25 miles (40 km) 9:00 a.m. Walt's 7th Annual Happy Birthday Ride.

Meet at the Don Edwards Wildlife Center to join the rolling party to celebrate Walt's 79th birthday. We will head around Coyote Hills, accompany Walt on his annual trek up Nike (optional) and head to Anderson Bakery near Union Landing in Union City. There is a Cold Stone a few doors down for ice cream. If you haven't yet met Walt Thomas, this would be a great time to do it. Hopefully the "old regulars" will dust off their bikes and join us too. Bring money for lunch/ice cream. A route sheet will be provided. This ride is co-listed with the Fremont Freewheelers.

Leaders: Lori Sommer, (510) 794-8624 home, (510)693-8624 cell; lorimsommer@gmail.com Peter Rathmann, 925-336-0973.

THUR. 9/9/10 2-M/B 25 miles (40 km) 5:30 p.m. (Note:

Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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) 5:30 p.m.

Note: Times may change to 5:00 p.m. in late September – check the website ride calendar for start time. 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 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. 9/15/10 4-M 40 miles (65 km) 10:00 a.m. Mt.

Tam We'll climb to the top of the friendliest of the Bay Area peaks. Meet at the Safeway on Miller/Camino Alto in Mill Valley. Please arrive in time for a prompt departure. We'll climb to Panoramic Hwy, Pan Toll Rd. and E. Ridgecrest Blvd. to the summit for lunch. Then down the backside to Fairfax. Bring lunch and ice cream money, as there will be an ice cream stop at Fairfax Scoop. Directions: Take 101 S, Exit E Blithedale Ave., right on E. Blithedale, left on Camino Alto. Do not park in the Safeway parking lot. There should be ample street parking on Miller.

Leader: Dane Carlson, 925-323-5865, dane.c@att.net

THUR. 9/16/10 2-M/B 25 miles (40 km) 5:30 p.m.

(Note: Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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. 9/18/10 2.5-L 25 or 38 miles (40 or 60 km) 8:30 a.m. Monthly Feather Pedals ride. We'll meet at Draeger's Market in the Blackhawk Plaza shopping center and ride through the new Windemere neighborhood of San Ramon before continuing south to Old Ranch and returning after a brief stop at Starbucks in the Market Place. SAG support on the main route.

There will also be an optional longer loop (38 miles) that goes out to the north side of Livermore. Take I-680 to Sycamore exit in Danville and go east; continue on

Camino Tassajara; turn left at Blackhawk Rd. and right into the shopping center parking lot. Lunch and socializing after the ride at Draeger's Market.

Leader: Marty Lenzi, cell 925-324-3804

SAG: Dean Ball, cell 925-786-5710.

SUN. 9/19/10 2-L 50 miles (80 km) 9:00 a.m. From the Livermore airport we'll head south to Vallecitos Rd. and continue on to Sunol. Then we'll turn north to ride through Pleasanton, Dublin, and San Ramon to take a short break in Blackhawk before returning to Livermore via Highland and Collier Canyon. Bring water and food or money to buy.

Leader: Bill Goodwin, 925-486-0521.

TUE. 9/21/10 2-M/B 25 miles (40 km) 5:30 p.m.

(Note: Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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. 9/21/10 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. 9/22/10 2-L/M 35 miles (60 km) 10:00 a.m.

Outskirts of Livermore Ride. Starting at the Livermore Airport we'll loop around the perimeter of Livermore. Take I-580 to the Airway exit and go south; turn right into the airport and park on either the street or in the parking lot. Bring water and snacks.

Leader: Gail Blanco, 925-872-1001.

THUR. 9/23/10 2-M/B 25 miles (40 km) 5:30 p.m.

(Note: Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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./SUN. 9/25-26/10 It's the T.O.S.R.D. weekend! Join us on our annual Tour of the Sacramento River Delta. See all details elsewhere in this newsletter or go online at

<http://www.valleyspokesmen.org/tosrd.php>

TUE. 9/28/10 2-M/B 25 miles (40 km) 5:30 p.m. (Note: Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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. 9/28/10 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. 9/29/10 3-M 25-35 miles (40-60 km) 9:00 a.m.
Departing from San Ramon Central Park. Take I-680 north, exit Bollinger heading east, turn left in Central Park opposite the Market Place. If you pass Alcosta, you've gone too far. Make a U-turn then turn right into the park. Bring food and fluids.
Leader: Alaine Nadeau, 925-577-6568,
l8trees@aol.com.

THUR. 9/30/10 2-M/B 25 miles (40 km) 5:30 p.m. (Note: Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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.



OCTOBER 2010

FRI. 10/1/10 – TUE. 10/5/10 2-M 275 miles (440 km) 9:30 a.m. Tour from the Daly City BART station down the coast to Morro Bay. Option of camping or motels at each stop. Possibly with a Sag vehicle.

Preliminary schedule is:

Friday: Daly City to Capitola

Saturday: Capitola to Monterey
 Sunday: Monterey to Big Sur
 Monday: Big Sur to San Simeon
 Tuesday: San Simeon to Morro Bay
Leaders: Bill Goodwin, 925-487-0521, and Peter Rathmann, 925-336-0973.

SAT. 10/2/10 1-L 56 miles (90 km) 10:00 a.m.
American River Trail to Folsom. Join Randy for an easy ride along the scenic American River trail from Old Town Sacramento, past the fish hatchery to Folsom for lunch and return. This is a great ride for new cyclists. Bring water and lunch or money to buy at Folsom. The ride will start at Discovery Park by Old Town Sacramento. Take I-680 north and get on Hwy 242 to pickup Hwy 4 through Antioch and over the Antioch bridge to Rio Vista. Then take Hwy 12 east to I-5, and continue on I-5 north to Sacramento. Exit I-5 at Richards Blvd., turn left onto Richards Blvd, turn right onto Jibboom St, and park in Discovery Park lot near the American River trail-head (just over the bridge into Discovery Park). Parking is \$5, and allow 1¼ hours for drive to Sacramento. Call if in doubt about the weather.
Leader: Randy Huey 925-518-8439.

SUN. 10/3/10 4-L 40 miles (65 km) 9:00 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory. A long climb but not too steep and we'll ride at a leisurely pace (rabbits can sprint on ahead). Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection. Bring plenty of water and fuel. Suggested carpool: Shannon Center in Dublin by 8:00 a.m.
Leader: Alaine Nadeau, 925-577-6586,
l8trees@aol.com.

MON. 10/04/10 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. 10/5/10 2-M/B 25 miles (40 km) 5:30 p.m. (Note: Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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. 10/5/10 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., 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. 10/6/10 2-L/M 30 miles (50 km) 10:00 a.m.

Starting at Shannon Center in Dublin, we'll ride through San Ramon and Danville to Alamo. Take I-680 to Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into parking lot. Bring water and snacks

Leader: Gail Blanco, 925-872-1001.

WED. 8/04/10 NO CLUB MEETING THIS MONTH.

The next club meeting is scheduled for Wednesday, December 1, 2010.

THUR. 10/7/10 2-M/B 25 miles (40 km) 5:30 p.m. (Note:

Times may change to 5:00 p.m. in late September – check the website ride calendar for start time.) 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.

THU. 10/7/10 to 10/23/10 425 miles Tour of the Texas Hill Country.

Leaders: Bob and Bonnie Powers, 925-828-5299.

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

Celebrate Navy Fleet Week and 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 to Marina Green to watch the Navy Blue Angels air show.

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.

WED. 10/14/10 Executive Board Meeting of at the home of ?????? at 7:00 p.m.



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

SEPTEMBER

- 10/12 [Cyclebration 2010](#) – Folsom
- 11 [23rd Annual Siskiyou Century](#)– Yreka
- 11 [High Sierra Century](#) – Mammoth Lakes
- 11 [Amtrak Century](#) – Irvine to San Diego
- 11 [Big Buddies Challenge](#) – Carmel to Heart Castle
- 10/12 [Emigrant Trails Bike Trek](#) - Petaluma
- 12 [Tour de Tahoe](#)– Stateline, NV
- 18 [Tour de Fresno](#) - Fresno
- 25 [Tour de Fat](#) – Bay Area Ridge Trail Council
- 25 [Connect 4 a Cure Century](#) – Loomis
- 25 [Tahoe Sierra Century](#)
- 25 [Lighthouse Century](#) – San Luis Obispo
- 25/26 [Waves to Wine](#) – San Francisco to Sonoma County

OCTOBER

- 2 [Konocti Challenge](#) – Lakeport
- 2 [Canyons Century](#) – Tuolumne
- 2 [Grizzly Century](#) – North Fork
- 3 [Harvest Ride](#) - Hopland

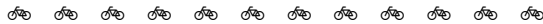
- 3 [Tour de Poway](#) – San Diego
- 9 [Wheels for Meals Ride](#) – Shadow Cliffs, Pleasanton
- 9 [Coyote Creek Cycling Classic](#) – Morgan Hill
- 10 [Riverbank Cheese and Wine Century](#) - Stanislaus Bicycle Club
- 10 [Chico Velo Fallflower Century](#) - Chico
- 16 [Foxy's Falls Century](#) – Davis Bike Club
- 16 [Asti Tour de Vine](#) – Dry Creek
- 17 [Long Beach Marathon Bike Tour](#)
- 23 [Spooktacular](#) - Bakersfield



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

LAST CHANCE to sign up for the tour of the Texas Hill Country. We will cover approximately 400 miles. The total cost per person is \$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.



PROGRESSIVE DINNER 2010

PLAN AHEAD AND SAVE THE DATE FOR OUR ANNUAL PROGRESSIVE DINNER ON SATURDAY, NOVEMBER 6TH EVERYONE HAD A GREAT TIME LAST YEAR, SO YOU WON'T WANT TO MISS THE FUN THIS YEAR!

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

Contact Jim Duncan: hey-you@comcast.com or 925-209-1369



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



HELP HELP HELP HELP HELP HELP!

Help is needed staffing the Mt. Diablo Challenge on Sunday, October 3rd!

We have been assisting with this event since it first began, in fact we were the original organizers. Now we are needed to assist the Save Mt. Diablo group by serving water at the aide stations (Rock City, the Junction, and Juniper). In addition to these spots we prepare and serve the food at the top.

If you can help **PLEASE** call **Bonnie Powers** at 925-828-5299 or b-powers@att.net

THANKS!

Valley Spokesmen “Bicycle” Touring Club Executive Board Meeting August 11, 2010

Meeting called to order at 7:15 p.m. by Bill Well.

Minutes from the July 14, 2010 club meeting were approved as presented.

Treasurer Bill Well reported on our checking and savings account, all is solid. Our IRS tax form (990-EZ) has been filed electronically today. The California form (199) will be filed immediately including a filing fee of \$10.00. A statement of Information Filing (form SI-100) as well as copies of our other forms of public records are available for perusal.

OLD BUSINESS:

1. Past month's rides – Everyone is enjoying the cooler weather. The "ugliest jersey" ride was smashing success. The T 'n T's continue to be well attended.
2. V.S. web site – No update from our web master. However it was brought to our attention there have been several non-VS events posted on our calendar. Motion made, seconded and passed that only VS rides will appear on our calendar.
3. There were no updates on area Bicycle Master Plans.
4. Cinderella donations were tabled due to the absence of Jim Duncan.
5. The letter regarding the use of the Iron Horse Trail on Cinderella day has also been tabled.
6. Yosemite 2011 is filled, with a waiting list only.

NEW BUSINESS:

1. The September/October ride schedule was reviewed. There was discussion as to how long the T 'n T rides will last. The Tuesday Chabot rides will continue through October as lights are used.
2. East Bay Bicycle Coalition has reported Niles Canyon is due for widening from I-680 to Mission Blvd. beginning in 2012 with completion in 2014. Unfortunately it does not appear that includes the bridges and train overpass.
3. Discussion followed as to the October/November newsletter being a combo. Probably not, since it makes it difficult for the ride chairmen to obtain ride leaders far in advance.
4. Discussed the location of the October Executive Board as the Powers' will be out of town.
5. Bonnie reviewed correspondence sent and received. The question was raised regarding our Cinderella trademark. Motion made, seconded and passed to donate \$200. to the California State Parks Foundation Emergency Fund. Motion made, seconded and passed to donate \$100. to Ruth Winder, a U.S. Junior Track Cycling Champion, who is heading for Italy if funds allow.
6. There will be a Celebration of Life for Carol Rose (Bill's wife). Motion made, seconded and passed for Bonnie to spend an appropriate amount to send a plant from V.S.
7. Everyone was reminded about the 39th Anniversary Ride and Barbeque at the Powers' this Sunday.
8. Jim P. reported on the number of members who prefer to read their newsletter online rather than receiving a hard copy. This saves a significant amount of money.

There being no further business, the meeting was adjourned at 8:05 p.m.
 Respectfully submitted, Lynn DeMattei, Secretary.

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

*Correspondence sent:*

1. Check to Jim Duncan to cover out-of-pocket T.O.S.R.D. expenses.
2. Check to Minuteman Press to cover printing of August newsletter.
3. Check to Franchise Tax Board for filing fee of 2009 taxes.
4. Check to California State Parks Foundation as a donation.
5. Check to Bill Well to cover reimbursement of Secretary of State filing fee.

6. Check to Office Depot for office expenses and T.O.S.R.D. expenses.
7. Check to Jim Duncan to cover T.O.S.R.D. expenses.
8. Check to Bob Powers to cover V.S. anniversary expenses/copier toner.
9. Check to California Department of Parks and Recreation for Brannan Island activity fee on T.O.S.R.D.
10. Check to California Department of Parks and Recreation for deposit at Brannan Island on T.O.S.R.D.
11. Letters of welcome to old/new members. Membership now stands at 491.

*Correspondence received:*

1. September copy of *Sunset* magazine.
2. Copy of the permit for use of Delta High School on the T.O.S.R.D.
3. Copies of the Certificates of Insurance for Brannan Island and Delta High School.
4. Thank you letter from Pacific Crest Trail Assoc. for membership renewal.
5. Advertisements from various organizations and businesses.
6. Requests for donations.
7. Membership renewal requests.
8. Newsletters and magazines from various clubs and organizations.



**Pleasanton has just published the Pleasanton Bikeways Map 2010. It is available at the city hall recreation department or access it on the city website.**

<http://www.ci.pleasanton.ca.us/pdf/traffic/bikeways-map.pdf>





**TOUR OF THE SACRAMENTO RIVER DELTA**  
**September 25-26, 2010**

The Valley Spokesmen Touring Club invites you to venture with us onto the levee back roads of the Sacramento River Delta during the 24<sup>th</sup> Tour of the Sacramento River Delta (TOSRD), an overnight bicycle tour from Brannan Island State Park to the state capital and back.

All you have to do is check your gear in at the starting point and it will be waiting for you in Sacramento when you arrive.

**Enjoy the Sights! Delta Levees, Ferry and More!**

TOSRD is proud to provide our riders with a modification of a favorite route. Starting at 8:30-9:00 a.m., you meander on levee roads from Brannan Island through Isleton; then, further down the road encounter the Howard Landing ferry for a short river crossing. Continue at treetop level along Steamboat Slough, and on to Delta High School for lunch. After lunch your path takes you along the picturesque Sacramento River and into the Old Sacramento Historical District near the state capitol and on to the motel. After you are settled into the motel, you can return to wander through the many shops, enjoying the "old town" atmosphere. The motel provides a shuttle. Don't forget to visit the renowned California Railroad Museum, too!

At the motel stretch out those muscles in the swimming pool. Dinner can be purchased at local restaurants.

The next day the sun rises early on riders eager for the return trip. After a breakfast provided by the motel, you head out of town and tour the river path. Along the levee route you go through the historic Chinese community of Locke, on to Walnut Grove and Isleton, and finally to Brannan Island for a barbecue feast. At Brannan Island, you will find your gear awaiting you.

The route is flat both days with probable headwinds Sunday. There will be 13 hours of daylight. All stragglers will be picked up by 4:30 p.m. each day. Each day is a little more than 55 miles.

Riders bring themselves, a bicycle and water bottles. Bring extra clothing, swimsuit, and personal toiletries in a SMALL duffel bag.

**NOTE:** At Brannan Island there will be a two-day fee for entering the park and leaving your car overnight (\$10.00 in the past).

**VALLEY SPOKESMEN will provide:**

Food – Motel – SAG support – Gear transportation – Commemorative gift

**COST** \$90.00 Individual (double occupancy)  
\$200.00 Family (2 adults & minor children)

**REGISTRATION IS LIMITED to 200 entries**

**REGISTRATION form available on club web site:** <http://www.valleyspokesmen.org/>

**CONTACTS for registration forms and additional information:**

Bonnie Powers (925) 828-5299

Francie Cushman (925) 719-2256

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**RIDE REVIEWS**

July 25<sup>th</sup>

I'm sure Jim will have much more to say about the ride from Martinez to Sacramento, as we escorted the Bikes4Peace group on their first leg to DC. The escort group met up with the B4P riders at Martinez, and headed for Sacramento after a few group photos. It was a good day for cycling, with just a bit of wind from the west. I can't speak for the others, but for me it was a very unusual ride. In only 56 miles I received 6 flat tires. (What a time for my tire's inner liner to give out!) I was riding with a group of 4 others that broke away from the peloton a little over an hour into the ride. As the day progressed, and I was receiving flats more frequently (meaning I was unfortunately slowing the group down), and another breakaway group of two riders from the escort group caught up with us. The day was getting late, so we decided to catch Amtrak at Davis. It was almost 4PM, in Winters at mile 56, that I got my sixth flat. The group had run out of time to wait for me, and so I bid them good luck as they continued on to Davis. So there I was alone in an unfamiliar town, 15 miles from Davis, and few options to get there. I was just sitting down on a corner bench, to think things over when a Grayhound bus came up the street with the words DAVIS above the windshield. They stopped, stowed my bike, and let me board the bus. For a \$2 fare they took me to the end of the line in the center of the UC campus. From there (thanks to my GPS) I walked the short 0.6 mile distance to the train station. I arrived at the station 20 minutes before the 4:55 train to Oakland. Al arrived, by car(!) with 10 minutes to spare, and Tracy arrived on her bike with only 4 minutes before the train's arrival. Tracy got her ticket and boarded the train with me. I don't know what became of Al. The others of the group unfortunately arrived at the station just as the train was pulling out. We asked if they could wait, but no, the train had a schedule to keep. (Just as well, if they purchased their ticket on the train they would have paid an extra \$20).

Because the B4P group was carrying all their cross country supplies with them, the pace of the group in the morning was slow. My tire repairs slowed down my group as well. I feel very sorry for causing so many delays. Although they caught the next train, I want to apologize for causing them to miss the first train. Along the trip, after I ran out of spare tires and CO2 cartridges, the others supported me with their supplies. I want to thank everyone in the group for their patience. I especially want to thank those that unselfishly gave up their spare tires and cartridges to me. I am very grateful. On the ride I didn't want to exchange their new tire for my bad tire with many patches. For the riders in my group, I would like to repay everyone for their generosity by resupplying them with a couple new tubes and cartridges. So please email me with your home address. (I'm leaving on a 2-week vacation this week, and won't be able to read your email until I get back.)

I hope Jim and the rest of the group made it into Sacramento safely. Best of luck to the Bikes4Peace riders. Ross

+ + + + + + + + + +

The ride with the Bike4Peace group, including Green Party presidential '08 candidate and 6-term Congresswoman Cynthia McKinney. The first day's ride to Sacramento was joint with the Valley Spokesmen bike club and went from Martinez through Fairfield and Davis to Sacramento. At that point the Valley Spokesmen riders took the train back while the Bike4Peace group stayed overnight in the yard of a supporter.

The next day's ride went from Sacramento along the American River Trail to Folsom and then continued to Placerville where there was a potluck dinner at a supporter's home. Due to the late hour, the group was shuttled up to the night's destination: a lovely B & B in Fair Play.

Some serious climbing was in store on the third day, riding Omo Ranch Rd. to its intersection with Hwy. 88 and continuing to climb past Cook's Station and to the Forest Service campground at Silver Lake. Several of us enjoyed a refreshing swim in the lake before setting up camp and getting a good night's rest.

On the fourth day we climbed to 8574' Carson Pass. At that point the Bike4Peace group continued down the other side for their stay at a host family that night while I turned around to head for home (and was picked up by my wife when I got to Stockton). The Bike4Peace group is continuing to Washington DC with their arrival scheduled for Sept. 22nd to coincide with World Car-Free Day.

\*\*\*\*\*

July 28th

Alaine led another great ride from Shannon Center down Foothill to Sunol then down Niles Canyon and up Palomares. The early clouds kept the temperature nice and cool for the climb. Still some construction toward the bottom of Dublin Canyon Rd. to watch for on the descent from Schaefer Ranch. Peter

\*\*\*\*\*

August 4<sup>th</sup>

The official club ride started at the Pleasanton Ridge staging area on Foothill Blvd. and went up Calaveras Rd. to Ed Levin Park and returned the same way. It was a beautiful cool but sunny day for the ride. A couple of us decided to make a loop instead by continuing through Milpitas, Fremont, Niles, and Sunol. Peter

\*\*\*\*\*

August 7<sup>th</sup>

Nice day for Susan and Mark's ride to Calaveras Reservoir. Started out cool and cloudy, but the sun came out by the time we got to Sunol and if anyone wasn't sufficiently warmed up then climbing the 'wall' at the turnaround point quickly cured that. Lots of different cycling groups out riding today. Seemed like a steady stream of riders along Calaveras. Peter

\*\*\*\*\*

August 7<sup>th</sup>

Valley Spokesmen and Delta Pedalers joined Randy for a great Saturday morning 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.

\*\*\*\*\*

August 8<sup>th</sup>

VS – Here are the winners of today's ugly jersey contest:

1<sup>st</sup> Place: Jim Duncan

2<sup>nd</sup> Place: Christie "Twinkie" Simpson

3<sup>rd</sup> Place: Pat Payne

Never before have we seen a cycling jersey with ruffles on the sleeves. Special thanks to Vic Deornelas for being our official judge. Thanks to everyone for participating and pulling those jerseys out from the back of the closet!! Mark & Susan

\*\*\*\*\*

August 8<sup>th</sup>

Cool and cloudy much of the day on the other side of the hills, but still good for Bill's ride from Berkeley to Pt. Richmond with a number of sightseeing stops along the way. Peter

\*\*\*\*\*

August 11<sup>th</sup>

The early 8:30 start certainly succeeded in beating the heat as we stayed quite cool throughout the ride. Thanks to Alaine for leading this ride to see the sights of Sunol, including the water temple, beloved Mayor Bosco, and the interesting community along Kilkare Rd. Peter

\*\*\*\*\*

August 14<sup>th</sup>

Thanks to Randy for leading today's ride from Fuddrucker's in the Willow Shopping Center and taking us on a variety of trails and local roads in the Concord area. Peter

\*\*\*\*\*

August 15<sup>th</sup>

The club rides today (a 22 mile leisurely and 37 mile moderate) were in celebration of the V.S. 39th birthday. Jim D. and Bob P. led these rides with both ending up at the house of two of the club founders. There was a BBQ, cake, and ice cream in commemoration of the club's founding back in 1971. Peter

+++++

Thanks to Bob and Bonnie for a fine birthday celebration in their backyard in honor of the clubs 39<sup>th</sup> year. The barbeque was delish and the potato salad the best!

Mary

+++++

Special thanks to all the helpers who pitched in to give me a hand (literally) with the set up and clean up for the club's birthday celebration. Thanks too to the assistant cooks that helped Bob out. You are all greatly appreciated. Bonnie

\*\*\*\*\*

August 21<sup>st</sup>

Despite an unseasonably cool morning, 26 riders joined us today for the 23-mile August Feather Pedals rides. Sixteen riders opted for the "Classic" route through Orinda, Lafayette, and Moraga. The other 10 intrepid pedalers took on the Three Bears "Challenge". The two groups came together at the end of the ride, for lunch at Geppetto's Cafe in Orinda. Good food and great company :)

No flats today - yay! And we had several riders new to our group. Welcome, April, Bob, and Marguerite - looking forward to seeing you on future FP and VS rides.

Big thanks to Sag Dean Ball, and co-leaders Kathy Kane and Alma Schiefer, for all their help! Nena

\*\*\*\*\*

MILEAGE REPORT AS OF AUGUST 26, 2010

|                      | Sum of Miles | Rides Led | Total Rides |
|----------------------|--------------|-----------|-------------|
| Agostino, Val        | 388          |           | 10          |
| Aguirre, Steve       | 445          |           | 14          |
| Ball, Karin          | 740          | 7         | 17          |
| Berckmoes, Russ      | 523          |           | 16          |
| Blanco, Gail         | 933          | 12        | 25          |
| Bonilla, Herman      | 229          | 1         | 5           |
| Brown, Connie        | 223          |           | 5           |
| Burger, Barb         | 537          |           | 13          |
| Burkle, Kathy        | 495          | 5         | 13          |
| Burton, Jennifer     | 245          |           | 6           |
| Butler, Sher         | 317          |           | 7           |
| Campbell, Rick       | 2382         | 4         | 51          |
| Carhart, Dan         | 2120         | 7         | 54          |
| Carlson, Dane        | 469          | 2         | 16          |
| Carpenter, Don       | 1062         |           | 22          |
| 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     | 3446         | 6         | 69          |
| Daly, Deborah        | 436          |           | 12          |
| DaShiell, Carol      | 556          | 1         | 16          |
| Dedon, Erica         | 739          | 1         | 11          |
| Dedon, Mark          | 1042         |           | 23          |
| Delfosse, Rob        | 1351         | 7         | 31          |
| DeMicco, Mike        | 456          | 3         | 8           |
| Deornelas, Vic       | 713          |           | 18          |
| Duncan, Jim          | 4014         | 35        | 93          |
| Duncan, Tom          | 334          |           | 8           |
| Dunning, Clay        | 844          |           | 20          |
| Dunning, Craig       | 362          |           | 4           |
| Eacret, Wes          | 495          |           | 14          |
| Estey, Sue           | 304          |           | 7           |
| Fraser, Heidi        | 425          |           | 10          |
| Fujii, Bob           | 1413         | 10        | 36          |
| Fujii, Vivian        | 709          |           | 21          |

MILEAGE REPORT AS OF AUGUST 26, 2010 - cont

|                      | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |                       | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |
|----------------------|-----------------|--------------|----------------|-----------------------|-----------------|--------------|----------------|
| Fusco, Bob           | 341             |              | 7              | Pinsky, Bert          | 324             |              | 8              |
| Gale, Randy          | 425             |              | 11             | Pinsky, Kyle          | 404             |              | 10             |
| Gallagher, Perri     | 355             |              | 10             | Powers, Bob           | 406             | 4            | 4              |
| Gaunt, Ross          | 395             |              | 8              | Quist, Jonathan       | 221             |              | 9              |
| Goodwin, Bill        | 593             | 6            | 16             | Rathbun, Kim          | 283             |              | 9              |
| Granahan, Dan        | 852             | 8            | 20             | Rathmann, Peter       | 3185            | 14           | 90             |
| Heady, Bob           | 452             | 10           | 21             | Reid, Marie           | 201             |              | 4              |
| Hedges, Richard      | 699             |              | 13             | Repulles, Diane       | 274             |              | 8              |
| Hernandez, Ken       | 213             |              | 4              | Rodriguez, John       | 467             |              | 9              |
| Hernandez, Mary      | 736             |              | 14             | Roe, Joan             | 203             |              | 4              |
| Herrera, Gloria      | 406             |              | 10             | Satoutah, Brahim      | 2379            | 2            | 58             |
| Hirt, Janice         | 411             |              | 10             | Schiefer, Alma        | 704             | 1            | 16             |
| Hirt, Joe            | 346             |              | 9              | Seaton, Shela         | 203             |              | 4              |
| Ho, William          | 1458            |              | 37             | Shannon, Geoff        | 486             |              | 15             |
| Huang, Shiny         | 229             |              | 7              | Shum, Bart            | 748             |              | 14             |
| Huey, Randy          | 273             | 11           | 11             | Simpson, Christy      | 2844            | 5            | 64             |
| Hunt, Nena           | 589             |              | 15             | Skow, Richard         | 451             |              | 8              |
| Johnson, Dan         | 336             | 2            | 9              | Slagle, Pete          | 1235            |              | 33             |
| Johnson, Joan        | 377             |              | 9              | Smith, Harriet        | 234             |              | 5              |
| Jones, Don           | 226             |              | 5              | Smith, Kimberly       | 236             |              | 6              |
| Kelly, Linda         | 200             |              | 2              | Smith, Mike           | 211             |              | 7              |
| Kibbee, Mike         | 717             |              | 20             | Spangenberg Jr, Larry | 220             |              | 1              |
| Kirn, Hudson         | 220             |              | 1              | Spangenberg, Ed       | 220             |              | 1              |
| Kita, Jim            | 289             |              | 7              | St. Clair, Kimberly   | 898             |              | 20             |
| Kohnen, Jim          | 438             |              | 10             | Strain, Bob           | 1576            | 1            | 32             |
| Koniges, Alice       | 236             |              | 6              | Strain, Kathy         | 1746            |              | 37             |
| Kowalewski, Steve    | 417             |              | 10             | Strain, Robert        | 395             |              | 11             |
| Lam, Henry           | 223             |              | 5              | Thieben, Kevin        | 1268            | 1            | 29             |
| Leaver, Kent         | 1219            | 1            | 36             | Thieben, Teresa       | 420             |              | 10             |
| Lenzi, Marty         | 333             |              | 10             | Thomas, Walt          | 581             |              | 18             |
| Lin, Linda           | 364             |              | 8              | Till, Gary            | 280             |              | 5              |
| Livingston, Bekki    | 609             | 6            | 12             | Tomita, Ross          | 225             |              | 10             |
| Longinotti, Linda    | 276             |              | 2              | Tracy, Steve          | 440             |              | 11             |
| Marande, Melissa     | 262             |              | 6              | Trublood, Lori        | 213             |              | 5              |
| Marchetti, Francesco | 215             |              | 6              | Van De Vreugde, Jim   | 2573            | 4            | 59             |
| Marchetti, Karen     | 385             |              | 13             | van Raalte, Laurie    | 344             |              | 9              |
| Matic, Mike          | 230             |              | 8              | van Raalte, Marcus    | 2985            |              | 72             |
| McBee, Michelle      | 1500            | 1            | 37             | Whelan, Steve         | 2835            | 1            | 54             |
| Montes, Frank        | 240             |              | 7              | Wilson, Beth          | 334             |              | 8              |
| Moore, Janet         | 554             |              | 15             | Womack, James         | 320             |              | 11             |
| Moorhead, Jane       | 577             | 3            | 22             | Wood, Barbara         | 205             | 2            | 5              |
| Murphy, Michele      | 262             |              | 7              | Woods, Colleen        | 458             |              | 12             |
| Musson, Nathalie     | 368             |              | 8              | Woodworth, John       | 1157            | 2            | 25             |
| Nadeau, Alaine       | 544             | 10           | 15             | Zane, Lydia           | 210             |              | 4              |
| Neer, Mark           | 2964            | 16           | 69             |                       |                 |              |                |
| Neer, Susan          | 2869            | 16           | 64             |                       |                 |              |                |
| Norby, Edith         | 289             | 2            | 8              |                       |                 |              |                |
| Nowell, Keith        | 782             |              | 22             |                       |                 |              |                |
| Nowell, Linda        | 476             |              | 13             |                       |                 |              |                |
| Owens, Punam         | 291             | 4            | 8              |                       |                 |              |                |
| Page, Janie          | 234             | 5            | 10             |                       |                 |              |                |
| Parrish, Charles     | 876             |              | 25             |                       |                 |              |                |
| Payne, Pat           | 580             |              | 12             |                       |                 |              |                |
| Pendery, Tom         | 217             |              | 6              |                       |                 |              |                |
| Pham, Jimmy          | 251             |              | 10             |                       |                 |              |                |
| Piekarski, Sharon    | 575             |              | 16             |                       |                 |              |                |

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 - 109,947!! 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!!!

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.

Table with 3 columns: Name, Age, Signature. Includes multiple blank rows for entry.

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

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

## 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)