



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

NOVEMBER 2011

President's Message

Have you heard of the Biz Johnson trail? Erica and I just discovered it two weekends ago and it was pretty sweet. It is one of those "rails to trails" routes that you can find with a quick web search. It is located near Chester and Lake Almanor, just southeast of Lassen National Park. The trail runs about 26 miles from Westwood to Susanville and follows a gradual descent in that easterly direction. We were able to put a car at each end but there is also a shuttle on many weekends that can help you ride it in just one direction if you want. It is packed dirt but we had no problem riding it on our Bike Fridays (1 1/8 in. width tires). A mountain bike or a hybrid would probably be better than your usual road bike. The trail is quite remote (zero cars on the trail) so you need to have your tools and water along for the ride. But you are rewarded by gorgeous woodlands, gorges, a few tunnels and cool trestle bridges. This is a great time of year to see the fall colors along the trail. There are a lot more details available online about this trail. Check it out. At the beginning of the trip we had the luck to meet with Dan Brown (no, not the Da Vinci Code author) of Bicycle Bananas located in Susanville. He was very informative and helpful. Dan would love for our club to get to know the area. There are some great other rides around this area in addition to the BZ Trail. Drop Dan a line for more information (dan@bicyclebananas.com).

You'll need a place to stay and we would suggest the Bidwell House B&B in Chester. No we haven't stayed there yet, but our local friends highly recommend it (their son was married there this summer). It is on our next visit list.



Happy Fall Cycling!

Mark Dedon

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!

**MEMBERSHIP DUES
ARE NOW DUE!
JOIN TODAY!**

**NOVEMBER 2011**

WED. 11/2/11 2-M 38 miles (61 km) 10:00 a.m. Join Edith for this absolutely beautiful ride from Vacaville to the quaint city of Winters. We will travel through walnut and apricot groves, past llamas, cows, goats, sheep and small farm houses. Even a wild turkey might cross our path!

Meet at the Lagoon Regional Park in Vacaville. Take I-680 North to I-80 East, take the Pena Adobe exit into the park. Do not go thru the gate - use the left parking lot. Bring water and lunch or buy at a cute coffee shop in Winters. I will bring cookies!

Ride Host: Edith Norby, 707-771-0483 (c).

**WED. 11/02/11 NO CLUB MEETING THIS MONTH.
The next club meeting is scheduled for Wednesday,
September 7, 2011.**

SAT. 11/5/11 3-M 31 miles (50 km) 9:00 a.m. Time Trial and Ride: Castro Valley – Redwood Rd-Skyline Blvd.-Pinehurst Road-Redwood Road. Time Trial will start at the top of the hill in Castro Valley (Corner of Redwood Rd. and Proctor Rd.). Leaving in 1 minute intervals, ride 9.8 miles to the top of Redwood Rd. to Skyline Blvd. For those not wanting to time-trial, the group will leave after the last time trial rider. Regroup at the top of Skyline Blvd. Right on Skyline to Pinehurst, down Pinehurst Rd. to Redwood Rd. and Left on Redwood Rd. back to Castro Valley. Meet at Castro Valley High School Football Field. Take I-580 to the Redwood Rd exit and go north; turn left into Football Field Parking Lot. Bring water and snacks. Call if in doubt about the weather.

Ride Host: Chris Lundell, 510-566-4464.

**SUN. 11/6/11 PROGRESSIVE DINNER –
DON'T FORGET THE TIME CHANGE!!! FALL BACK!**

HOW: By bicycle, covering about 50 or 65 miles

HOUR: 10:00 a.m.

WHERE: Meet at the home of Pam and Steve

BRING: Salad----OR----Dessert----OR----2 loaves sliced, buttered French bread.

DRINKS: Will be provided.

MUST SIGN UP BY THURSDAY, 11/3/11

ORGANIZER: Bonnie Powers, 925-828-5299.

RSVP Bonnie!

Suggested Carpool: Park & Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m. Valley Spokesmen Club members, families, and friends are invited to this year's Progressive dinner ride at Pam and Steve Gifford's circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite! We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don't despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup.

The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad.

Then it's off to the east on the day's long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner.

For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Giffords' for dessert and socializing.

Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca.

Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in

Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero station and stay right. Turn right on McHenry Avenue, and proceed thru town into the country for three miles to the flashing red light at River Road. You're close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Road at the sharp 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome! The day's activities will begin at 10:00 AM at Giffords'- 22549 Burwood Road, Escalon, CA, 95320.
STEVE'S CELL PHONE IS 925.487.9150.

MON. 11/7/11 Mtn-3 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.

Ride Host: Jane Moorhead, 925-980-9889.

MON. 11/7/11 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Ted Vidnovic, 925-337-2803, for further information.

TUE. 11/8/11 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 the Change

WED. 11/9/11 3-M 10:00 a.m. Join Pete as he rides "The Bears". Lots of hills, so be prepared. Bring food/water. Check website calendar listing for exact mileage and meeting point a week prior to the ride – they are yet to be determined.

Ride Host: Pete Slagle, 925-819-6600.

FRI. 11/11/11 1-L/M 10-30 miles (16-50 km) 9:00 a.m. No Drop This Odd FriDay series of rides will occur every Friday that falls on an odd date. All rides will start at Central Park and will be geared toward the riders who show, with multiple distance options available. Central Park is located at the intersection of Bollinger and Alcosta Blvd. ALL riders are welcomed!
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com (Beginner Friendly)

SAT. 11/12/11 2.5-B 43 miles (69 km) 9:00 a.m. We'll be riding from south San Jose towards Gilroy heading out through Santa Theresa Park and passing the Chesbro, Uvas, and Calero reservoirs. Meet in the

shopping center at the southwest corner of the Almaden Expressway and Camden Ave. Park behind the Burger King (6477 Almaden Expy.) in the center of the lot. About 2000' of climbing. Bring water and food (no resupply on the route).

Ride Host: Robin Johnson, retorobin@yahoo.com

SUN 11/13/11 3-M 38 miles 9:30 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. Take I-680 to Olympic Blvd., head west, right on Pleasant Hill Blvd. Acalanes HS is on the right at Deer Hill Rd. We will have a lunch stop in Pinole. In-climate weather will cancel ride.

Ride Host: Gail Blanco 925-872-1001
gvblanco@aol.com

MON 11/14/11 Mtn-3 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

Ride Host: Jane Moorhead, 925-980-9889.

WED 11/16/11 3-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.

Ride Host: Barbara Wood, 707-745-6353.
(Beginner friendly, but very hilly)

SAT 11/19/11 2-L/3-M 25/35 miles (40/55 km) 9:30 a.m. Feather Pedals ride from Heather Farm in Walnut Creek to Danville and Alamo. The Challenge option features a climb up Southgate to the Mt. Diablo junction before descending Northgate back to Walnut Creek. Meet at the north parking lot at Heather Farm by the ball fields. Take Ygnacio Valley east to San Carlos Rd. and turn left into Heather Farm; continue north to the ball field parking lot on the right. Please arrive half an hour early to get ready and for pre-ride announcements. Bring water and snacks.

Ride Host: Kathy Kane, kathymkane@gmail.com

SUN 11/20/11 2-M 30 miles 10 a.m. Join Julie on her first Sunday as a ride leader to Livermore. Start at the Sycamore Park & Ride just east of the Sycamore Exit on I-680. Ride will leave 10 a.m. sharp. Coffee stop en-route. <http://ridewithgps.com/routes/748450>

Ride Host: Julie Hampton 510-685-7103
psyclejulz@sbcglobal.net

MON 11/21/11 Mtn-3 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.

Ride Host: Jane Moorhead, 925-980-9889.

WED 11/23/11 2-M 34 miles (57 km) 10:00 a.m. Ride from San Ramon to Walnut Creek. Meet at the San Ramon Central Park on Bollinger Canyon Rd. (Take I-680 north or south to Bollinger Canyon Rd. exit and go east; turn left into the park opposite the Market Place shopping center.) Bring water and lunch or money to buy.

Ride Host: Peter Rathmann, 925-336-0973.

THU 11/24/11 1-M 28 miles (45 km) 9:00 a.m. Not wanting to risk life and limb on that "other" Thanksgiving ride? **Join Gary on a Thanksgiving spin through parts of Pleasant Hill, Martinez, and north Concord/Clyde.** Meet at Pleasant Hill BART, at the water fountain on the east side of the station by all the bus stops. We'll aim to be done before noon. Bring food and water. Rain cancels. See link for route map: <http://www.mapmyride.com/routes/view/54659196>.

Ride Host: Gary Hsueh, ghsueh@me.com, 510-334-1976

FRI. 11/25/11 1-L/M (NO DROP) 25-30 miles 10:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride.

Ride Host: Dave Leddon 925-462-0727 (Beginner Friendly)

SAT 11/26/11 2-M 38 miles (60 km) 9:00 a.m. Ride from San Ramon Central Park - Blackhawk - Collier Canyon - Livermore - Pleasanton. Meet at Central Park just north of the Market Place. Take I-680 to the Bollinger Canyon exit and go east; turn left into Central Park (if you reach Alcosta you went too far). Bring water and snacks.

Ride Host: Peter Rathmann, 925-336-0973.

SUN 11/27/11 3-L/M up to 60 miles (97 km) 9:00 a.m. Mines Road Out and Back Treat yourself to a scenic excursion of Mines Road and work off that turkey! You decide how far you'd like to go, and turn back whenever you feel like it, or ride the 30 miles to the junction (hint: "they" say it's easier after Mines Rd. mile marker 10). Meet south of downtown Livermore at the old Nob Hill shopping center at the corner of S. Livermore Ave. and

Pacific Ave. Bring plenty of food and water; no services until the junction. Rain cancels.

Ride Host: Gary Hsueh, ghsueh@me.com, 510-334-1976. (Advanced Level Ride)

MON 11/28/11 Mtn-3 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.
Ride Host: Jane Moorhead, 925-980-9889.

WED 11/30/11 2-M 33 miles 9:00 a.m. This ride will start at the P&R at the Sycamore exit off of I-680. Head out to Windemere and loop back via Blackhawk. Possible coffee stop.

Ride Host: Dick Ward 925-389-6738
rward87@sbcglobal.net



DECEMBER 2011

SAT. 12/03/11 3-M/B 55 miles (88 km) 10:00 a.m. We'll ride from San Ramon and climb over the Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. Then will ride to Orinda for a Starbucks coffee break. We'll return through Lafayette, Alamo, and Danville. Meet at San Ramon's Bollinger Park & Ride lot on the southwest corner of I-680 and Bollinger Canyon (behind the Chevron station). Bring food and water or money to buy in Orinda.
Ride Host: Alberto Lanzas 510-825-9581 (Advanced ride)

SAT. 12/03/11 2 L/M Join Julie Hampton as she celebrates her Birthday! Check website (ValleySpokesmen.org) at a later date for details. Happy Birthday Julie!

Ride Host: Julie Hampton 510-685-7103
psycejulz@sbcglobal.net

SUN 12/4/11 2-L/M 25 miles 9:30 a.m. Karin's Country Club Loop ride will begin at Draeger's Market in Blackhawk. Informal lunch gathering at Draeger's after the ride. 4100 Blackhawk Plaza Circle where Crow Canyon becomes Blackhawk Rd. at the intersection of Camino Tassajara.

Ride Host: Karin Ball, kball2@yahoo.com, 408-406-2286. (Beginner Friendly)

MON 12/5/11 Mtn-3 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.
Ride Host: Jane Moorhead, 925-980-9889.

MON. 12/5/11 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! Call Ted Vidnovic, 925-337-2803, for further information.

WED 12/7/11 38 miles 10 a.m. This will be a ride out to Livermore utilizing remote bike paths through vineyards. There will be a Starbucks stop en-route. Check calendar (ValleySpokesmen.org) one day prior if there is in-clement weather. Diablo Vista Park is located on Tassajara Ranch Rd. near the intersection of Crow Canyon and Tassajara.
Ride Host: Gail Blanco 925-872-1001
gvblanco@aol.com

WED. 12/7/11 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE! ELECTION OF OFFICERS FOR 2012. 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. Pizza served at 6:30 p.m. 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 for a map.
http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903

FRI. 12/9/11 1-L/M (NO DROP) 20-30 miles 10:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. Check calendar 24 hrs. prior for a go or no go weather status.
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com (Beginner Friendly)

SAT 12/10/11 Details TBA Ride Host: Robin Johnson retro robin@yahoo.com

SUN 12/11/11 3-M 42 miles (68 km) 9:00 a.m. Starting in San Ramon we'll ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Bring water and food or money to buy.

Ride Host: Peter Rathmann, 925-336-0973.

WED 12/14/11 Executive Board Meeting of the OLD and NEW club officers 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.

See the valleyspokesmen.org website calendar for additional rides.



PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

DAILY LUNCHTIME TRAINING RIDES: Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, **contact Rocco Hollaway at 925-422-9701: hollaway1@lnl.gov**

EVERY SUNDAY MORNING 3-B (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less hilly). We'll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, Manning, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. **Contact Don Williams at 925-580-9395.**

EVERY 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

- November 5 [21st Solvang Prelude](#) – Solvang
- 6 [Giro de Vino Wine Tour](#) – Woodbridge
- 12 [Solvang Finest Century](#) – Solvang
- 12 [Tour de Foothills](#) – Upland
- 12 [1st Palm Desert Century](#) – Palm Desert
- 12/13 [4th San Francisco Bicycle Expo](#)
- 13/18 [Tour of Death Valley](#)

- December 8 [Borrego Springs Century](#) – Borrego Springs



ATTENTION ATTENTION ATTENTION

SAVE THE DATE for the Mid-winter party Saturday, February 11, 2012.



With deepest sympathy to the family and friends of Robert (Bob) Emberton, who passed away recently ending his battle with cancer. He will be missed by everyone.



VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

- short sleeve jersey - club cut -\$65.00
- short sleeve jersey - women's cut -\$65.00
- long sleeve jersey - *(to be discontinued)*\$70.00
- sleeveless wind shell vest -\$60.00
- long sleeve jacket - *(to be discontinued)*.....\$69.99
- shorts - women / men -\$58.00
- bib shorts - *(to be discontinued)*.....\$65.00
- arm warmers -\$30.00
- gloves - yellow, blue, black - *(changing to blue & black only)*
-\$27.00
- socks - white, yellow, black - *(changing to blue & black only)*
-\$7.00

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



**Valley Spokesmen "Bicycle" Touring Club
Executive Board Meeting
October 12, 2011**

Meeting called to order at 7:07 p.m. by President Mark Dedon.

Minutes from the September 7th Club Meeting were approved as read.

Treasurer Bill Well reported on our accounts. T.O.S.R.D. proved to be very successful: however, there are a few outstanding expenses. Final numbers will be reported later. Bill announced this is his last year as V.S. Treasurer: he has his successor in mind. Motion made, seconded and passed to accept his report.

OLD BUSINESS:

1. Gail reported on this past month's rides. There have been very few rainouts. The Odd Friday rides have been successful with the leisure factor in mind. Feather Pedals continue to see new riders. The new ratings have been well received. Gail would like to continue to have rides geared for the slower riders so as to attract new people.
2. Francie reported on a great T.O.S.R.D.: favorable comments, no accidents, all was good. We had 188 participants. Discussed a T.O.S.R.D. jersey order; currently we have 7 interested parties. Motion made, seconded and passed that when we receive 15 paid orders, we will order 25 jerseys for following years.
3. There was no update on the web site, all looks good.
4. The list of Cinderella donations was reviewed and approved. The following organizations will receive \$1,000.00: Alameda County Food Bank; Assistance League of Diablo Valley; Assistance League of San Jose; Biletnikoff Foundation; Cancer Support Community; Charlotte Maxwell Complimentary Clinic; Dream Catcher Youth Shelter; Family Violence Law Center; Food Bank of Contra Costa and Solano; GirlVentures; Hope Hospice; Marjaree Mason Center; Next Door Solutions to Domestic Violence; Placer County Food Bank; Rainbow Community Center of Contra Costa County; Sage Alternative to Violent Environments; STAND! Against Domestic Violence; Support Network; Tri-Valley Haven; Women's Cancer Resource Center; Women CARE; Women's Community Center; Women's Daytime Drop-In Center. The following Police Departments will receive \$1,500 each: Danville; Dublin, Livermore; Pleasanton and San

- Ramon. Motion made, seconded, and passed to donate a total of \$30,500.
5. Mark distributed results of his V.S. survey for perusal and discussion. The board agreed to change the title "ride leader" to "ride host." The ride sign-up sheet will have improvements. It was agreed to discuss two survey results at each future executive board meeting.
 6. There will be an Alameda Transportation Commission Meeting at the Dublin Library on November 2nd.

NEW BUSINESS:

1. The October/November ride schedule was reviewed. There are a few dates in need of additional info, refer to web site.
2. The Mid-winter Party is scheduled for February 11, 2012.
3. The Great Western Bicycle Rally has two new Coordinators/owners. There will be some changes made, but the Wares will continue to be involved.
4. The club printer is slowly but surely dying. Discussion followed to upgrade to a laser printer. Motion made, seconded, and passed for Jim P., Bonnie and Bob to explore and purchase one of the two proposed options, for under \$400.00.
5. The Canon copier with color, fax and scanner is up for grabs.
6. Save-Our-Creek - Danville - Local residents have concern over the possible construction of 123 dwellings by Summer Hill Homes on Mt. Diablo Road between Mt. Diablo Scenic and Green Valley Road and the impact of additional traffic. Council meeting is probable in November.
7. It is that time of year for the Officer Nominating Committee to be formed. Members to include the President, Vice-President, and three members at large. Bob Powers agreed to be one of the three. If interested call Mark.
8. Bonnie reviewed correspondence sent and received: REI in Dublin is having an Open House on October 27th with the store officially opening on October 28th. Motion made, seconded and passed to send the League of American Bicyclists a \$500. donation.
9. The next Executive Board meeting will be TUESDAY, November 8th due to a conflict Mark has while attending a Trauma Bicycle Safety Seminar at Stanford.

FURTHER NEW BUSINESS:

1. Deepest sympathy to the family of Bob Emberton on his recent passing after battling cancer.
2. Karin has been exploring options on a new meeting place for club meetings. She has looked into the possibility of Frankie Johnnie Luigi Too as an option. Discussion followed. More details will be forthcoming.
3. The Feather Pedals are providing ride opportunities for more and more ride leaders.

There being no further business, the meeting was adjourned at 8:55 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.



7. Newsletters and magazines from various clubs and organizations.



**Valley Spokesmen "Bicycle" Touring Club
October 2011**

Correspondence sent:

1. Check to Meadowlark Dairy for It's It's for T.O.S.R.D.
2. Check to La Quinta Hotel and Suites for T.O.S.R.D.
3. Check to Jim Duncan for out of pocket expenses on T.O.S.R.D.
4. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
5. Check to Minuteman Press for printing of T.O.S.R.D. maps
6. Check to Franchise Tax Board for filing of 2010 Income tax form.
7. Checks to Bob Powers for out of pocket expenses on T.O.S.R.D.
8. Check to Minuteman Press for printing of October newsletter.
9. Check to Jean Watts for out of pocket T.O.S.R.D. expenses.
10. Check to Robert DeMattei for out of pocket T.O.S.R.D. expenses.
11. Check to Jim Owens for out of pocket T.O.S.R.D. expenses.
12. Check to Purchase Power for postage on meter.
13. Check to Jim Duncan for out of pocket T.O.S.R.D. expenses.
14. Check to James Paulos for out of pocket T.O.S.R.D. expenses.
15. Check to League of American Wheelmen as a donation.
16. Check to Office Max for printer purchase.
17. Donation checks from the Cinderella were sent to the following organizations: Alameda County Food Bank; Assistance League of Diablo Valley; Assistance League of San Jose; Biletnikoff Foundation; Cancer Support Community; Charlotte Maxwell Complimentary Clinic; Dream Catcher Youth Shelter; Family Violence Law Center; Food Bank of Contra Costa and Solano; Girl Ventures; Hope Hospice – Dublin; Marjaree Mason Center; Next Door Solutions to Domestic Violence; Placer County Food Bank; Rainbow Community Center of Contra Costa County; SAVE – Shelter Against Violent Environments; STAND! Against Domestic Violence; Support Network for Battered Women; Tri-Valley Haven for Women, Inc; WomenCARE; Women's Cancer Resource Center; Women's Community Clinic; and Women's Daytime Drop-In Center.
18. Donation checks from the Cinderella were sent to the following police departments: City of Danville; City of Dublin; City of Livermore; City of Pleasanton; and City of San Ramon.
19. Letters of welcome to old/new club members. Membership stands at 454 so far in 2011.

Correspondence received:

1. Liability Insurance policy from James G. Parker Insurance Associates from 08/01/11 through 08/01/12.
2. Information on the Calaveras Dam replacement.
3. Information on the proposed Summerhill development on Diablo Road corridor.
4. Copies of *Bicycling* magazine for November..
5. Advertisements from various organizations and businesses.
6. Announcements of upcoming events and tours.

Mileage Report as of October 23, 2011

	Sum of Miles	Rides Led	Total Rides
Aguirre, Steve	1127	1	31
Andrews, Bill	338		2
Ball, Karin	418	3	9
Blanco, Gail	2387	24	55
Bonilla, Herman	260	1	6
Bousfield, Sarah	328		2
Burkle, Kathy	232	1	6
Campbell, Rick	2093	3	38
Carhart, Dan	2508	32	69
Carlson, Dane	611	4	22
Carpenter, Don	912		14
Castaneda, Ana	304		5
Choy, Serena	216		7
Clarke, Lorretta	330		9
Culshaw, Pete	484		16
Culshaw, Sharon	204		7
Cushman, Francie	3553	6	71
Daly, Deb	779		17
Daniel, Don	313		10
DaShiell, Carol	303	1	10
Dedon, Erica	606	2	14
Dedon, Mark	745	4	22
Delfosse, Rob	1154	2	22
DeMicco, Mike	811	3	11
Deornelas, Vic	674		13
Duncan, Jim	3743	16	82
Dunning, Clay	898		21
Dunning, Craig	355		4
Durant, Patric	475	1	11
Eacret, Wes	1005		25
Flansburg, Bonnie	258		4
Flexer, Reva	258		7
Foss-Durant, Anne	316		7
Fraser, Heidi	932	6	19
Fujii, Bob	1317		31
Fujii, Vivian	507		13
Fusco, Bob	706		15
Gale, Randy	806		16
Granahan, Dan	711	2	15
Groves, Susan	204		7
Hampton, Julie	405	1	11
Hardy, Teresa	220		5
Heady, Bob	300		18
Hedges, Richard	760	3	13
Hernandez, Ken	1996	1	38
Hernandez, Mary	2079	1	41
Hirt, Janice	326		8
Hirt, Joe	263		7
Hislop, Bob	316	2	3
Ho, William	1401		40

Mileage Report as of October 23, 2011 – cont.

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Hsueh, Gary	357	1	9	Shiba-Buscheck, Nancy	315		7
Johns, Leni	273		7	Shum, Bart	781		16
Juan, Gordon	240		6	Simpson, Christy	2361	2	53
Kane, Kathy	657	1	17	Slagle, Linda	625		19
Kohnen, Jim	288		9	Slagle, Pete	1600	3	40
Kowalewski, Steve	518		15	Spiegel, Joan	228		4
Lanzas, Alberto	2506	8	62	St. Clair, Kimberly	494		11
Leaver, Kent	484		16	Stevens, Jan	238		10
Leddon, Dave	4006	4	95	Strain, Bob	917	1	23
Lenzi, Marty	213	2	6	Strain, Kathy	1318		31
Livingston, Bekki	383	1	9	Thieben, Kevin	1986	6	51
Low, Ellen	438		9	Thieben, Teresa	478		10
Lundell, Chris	301		7	Thomas, Walt	678		20
McBee, Michelle	1502	1	36	Thompson, Dianne	412		8
Merritt, Donna	254		4	Tracy, Steve	339		8
Montes, Frank	1115		28	Trublood, Lori	338		7
Moore, Janet	331		8	Twesten, Ray	268		6
Moorhead, Jane	665	3	30	Tyler, Chuck	210		1
Moyer, Greg	700		23	Van De Vreugde, Jim	2362	5	54
Nadeau, Alaine	307	3	9	van Raalte, Laurie	341		7
Neer, Mark	2206	1	52	van Raalte, Marcus	2856	3	61
Neer, Susan	1943	1	42	Walz, Gary	310		5
Norby, Edith	450	5	13	Ward, Dick	508		13
Nowell, Keith	300		10	Whelan, Steve	2902	1	56
Nowell, Linda	294		8	Wood, Rebecca	341	5	8
Obata, Ken	1568		39	Woods, Colleen	305	1	8
Oh, Nancy	308		3	Woodworth, John	1788	1	33
Olenberger, Emma	473		10	Yates, Sheryl	225		8
Page, Janie	451	22	29	Zielinski, Alynne	335		10
Parrish, Charles	1035		24	Zielinski, Stan	460		15
Payne, Pat	290		7				
Piekarski, Sharon	363		9				
Poe, Karin	417		10				
Powers, Bob	453	3	3				
Powers, Hailey	306		3				
Quist, Jonathan	394		16				
Raeburn, Marty	210		1				
Rathmann, Peter	4718	14	121				
Reilly, T.J.	287		7				
Rodriguez, John	243		2				
Roe, Joan	410		9				
Roe, Larry	270		6				
Satoutah, Brahim	2180	1	53				
Schiefer, Alma	639	2	16				
Shannon, Geoff	464	1	15				

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2011.

IS YOUR NAME MISSING FROM THIS MILEAGE SHEET? REMEMBER IF YOU ARE NOT A MEMBER OF THE CLUB IN 2011, YOU DO NOT RECEIVE CLUB MILEAGE!

Total miles ridden by club members so far this year is 119,684!!! IMPRESSIVE!!

DON'T FORGET – Ride Hosts (Leaders) of club rides earn points toward FREE club clothing. The more rides you lead, the more clothing you receive – FREE!!!



RIDE REVIEWS

September 21

A little on the warm side, but otherwise a splendid day for Alberto's ride from Pleasanton Ridge to the Calaveras 'Wall'. We all opted to stop at the top rather than descend to Ed Levin Park and have to come back up again. The dam construction is underway with a steady stream of trucks on the spur road leading from the first summit to the new dam site. Peter



September 24th

The Livermore Wineries ride was a laid back and fun leisurely ride. Very grateful Peter came along. He knew the roads so when we needed to make modifications, he was there to lend expertise. Thank you Peter!

+ + + + +

The return of cooler weather made today an excellent time for Kathy's ride to a variety of Livermore wineries. Although we didn't do much actual wine tasting, we did enjoy our ride visiting the vineyards and exploring the local bike paths and neighborhoods along the way. Peter



September 25th

While the rest of the club was returning from Sacramento on the TOSRD ride, a few of us enjoyed the local roads by riding from San Ramon out Highland to the Collier/Carneal loop and returning over Windemere and Old Ranch. Got a few sprinkles just at the end of the ride. Peter



September 25th

Hi:
Just wanted to get back to you and thank you once again for a terrific TOSRD this year. As always the food is excellent, but in addition, I wanted to comment on the excellent marking of the roads. It was so easy to follow the arrows and lead us right up to La Quinta. Both of you and your "team" put a lot of effort in to make this a fantastic ride, and indeed it was! I really liked the last 10 miles of the route going to Sacramento. It was fun seeing those streets and would love to see that route again next year (even though it was a detour).

Thank you and we will see you next year, if not before.
Carole & John



September 28th

Gail led today's ride from Diablo Vista Park to Livermore by way of Highland, Collier Canyon, Carneal, etc. to Springtown with our lunch stop at the Starbucks on Portola. A number of us had ridden to the start from home, so we split up on the return with some heading south through Livermore and then taking Vineyard to

Pleasanton while the official route led back on Highland to Tassajara. Peter



September 30th

Beautiful day for Julie's ride this morning that started at the Sycamore Park&Ride in Danville and took us through a variety of neighborhoods on our way to Lafayette. There we enjoyed an assortment of snacks from La Boulange bakery before returning through Rossmoor and Alamo. Peter



October 1st

John led us on a new route today. The first part was familiar, with climbs on Cross Rd. and over Patterson Pass before returning on Altamont Pass and our familiar stop at Starbucks at Vasco. Then we headed to Collier Canyon Rd. and the usual descent back into town. But instead of our normal turn to cross the freeway at Airway we turned east and used the brand new and not yet officially opened freeway junction and overpass at the north end of Isabel. From there we wound through some neighborhood streets before getting on the Arroyo trail that led us back to the former Nob Hill parking lot. Peter



October 2nd

Rob led us on an exploration of the Bay Trail starting at the Hayward Shoreline Interpretive Center and heading north through San Leandro, Oakland airport, and into Alameda. After a lunch stop at the Speisekammer with their Oktoberfest celebration we continued to the Alameda shoreline before retracing our path back to the start. Much nicer weather than I had expected today with plentiful sunshine and mid-70s temperature. Peter



October 15th

Perfect weather and a traffic-free Calaveras made yesterday one of the best rides in recent memory! There were 57 riders total with 26 choosing the Classic Ride and 31 taking on the Challenge Ride with more than a few braving the Wall! Only two non-FP riders were SAGged -- thanks to Dean -- who is there for ALL riders. A big thank you to our SAG, Dean, for his humor, donuts and, of course, the SAG support. And thanks as always to our terrific Sweep, Charles, for his support!! Rebecca

+ + + + +
Thanks Rebecca for a well-organized ride!

I'd like to congratulate Chris and Adele for taking on an additional challenge....they rode Calaveras all the way to the wall for the 1st time! Karin



October 22nd

Thanks for leading the Mines Rd. ride today Rob. Great weather and not too many people on the road. The route is a classic. Managed to get into First Street Alehouse for lunch too. That place is getting popular!
Rick

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

Dear Valley Spokesmen,

I realize this is long overdue, since Levi's Gran Fondo was 2 weeks ago. But I thought I'd share my thoughts about it, and hopefully you will share yours too!

But first for the impatient: As a conclusion, while it was worth doing once, I will wait until I am ready to do the Gran route before I do it again. There are some logistical challenges associated with such a large ride that to me make only the Gran route seem worth the hassle. On the other hand, it is a very well-supported, scenic ride that goes through many rural areas that I would otherwise not know about.

Read on for the recap...

Levi's Gran Fondo is a charity ride in Santa Rosa that has been growing in size every year. It "features" a mass start outside of downtown at Finley Park, this year with 7,500 cyclists passing through the starting arch. It is quite a scene! My friend and I got to see Levi because we hung out at the start, then we slowly integrated ourselves into the crowded stream. Too bad he didn't talk much at all!

The weather was generally overcast the entire time except for a few times in the afternoon. The coast segment was as cold as could be expected, but it warmed up later on our route. The Gran riders had a tougher time, with the road being closed at one point due to rain.

Most of the roads we rode were blocked off to traffic. Often we were allowed to take up the entire right lane, while CHP individually escorted private vehicles up and down the left side of the road. It's a fair bet that we got all the off-duty cops, highway patrolmen, firefighters, and ambulance drivers plus all the on-duty ones in the entire county!

The website is pretty strongly worded about how difficult the Gran route is, and unfortunately their figurative "swagger" (if that can be applied in online terms) seemed duly earned. The Medio route did not include the famous King Ridge, but it did include the second climb of the Gran, which is a steep (13-14%) extended climb up Coleman Valley. Many people walked or, if they rode too fast up the hill, had to stop and recover along the way. I might be able to claim the slowest riding speed on the hill - 2.4 mph, or about walking speed! Total climbing for the whole route was about 3,500 to 4,000 feet - actually quite reasonable considering the Gran was more than 9,000 feet.

Once we got to the ridgeline and followed that for a while, we could see really far both towards the ocean as well as inland; one could see all of the intermediate ridges in the Coast Range which was pretty.

Unfortunately there was another climb after that, but it wasn't as steep.

The rest stops were well-stocked, but unimaginative (I wouldn't expect more for the massive quantities involved in such an event). However, at the last rest stop, we were able to trade in our old water bottles for new ones from Camelbak! Camelbak will give our old ones to people in Africa (don't ask me why they wouldn't just give the people in Africa the new ones...)(also, who knows what kind of acid washing they will have to do to clean out the bottom of my old bottles...)

We made pretty good time the last 15 miles, most of which was along a pretty, paved path. It was interesting when we were going at a pretty clip only to be passed by a string of guys going 10 mph faster who were no doubt finishing the century, while noticing the oncoming nonchalant dude on his cruiser, and the retired couple walking their dog, all happening on an 8-foot wide path! Fortunately we miraculously got by several times without incident. Not knowing exactly where I was, I felt that the ride ended somewhat abruptly back at the park, but that was a good thing. At the finish line, the announcer used our bib numbers to read both of our names out loud! It was pretty unexpected, but it sure gave me a big grin on my face. Now that I think about it, maybe he thought I was finishing the Gran route. Ah, that would make a lot more sense!

The after-party was really big. They had a whole row of food and beer vendors to choose from. There was also a fairly big expo in a big grassy area (but not as big as the one at the Cinderella ride!). The event also probably had the largest valet parking area I have ever seen!

I think a few of the potentially troublesome aspects include:

- Santa Rosa location (somewhat far away), shortage of parking at the start, and start time (8 a.m.) mean that it's best to stay at a friend's place or hotel in Santa Rosa the night before, which means leaving work early and/or traffic on 101 getting up there on a Friday night.
- If staying in Santa Rosa the night before, then there is additional mileage to ride to and from the start/finish.
- Packet pickup is primarily the night before, hence the strong recommendation to stay there overnight, but they say they can just maybe accommodate you on Saturday morning
- snarky e-mail newsletters are annoying at times (but that can simply be my own inferiority complex speaking)
- mass start takes at least 30 minutes for the whole route to clear the start line, and can be scary for some
- a slightly annoying manned bike valet system at the end and some overzealous, overprotective volunteers who forced us to wait in long lines to claim our bikes behind people checking in their bikes (though a little sly maneuvering allowed me to shorten my wait considerably without inconveniencing any other riders)
- it is a fairly pricey ride (\$135 for the century) because it is a fundraiser; yet a positive is that it doesn't require a separate fundraising minimum.

Regards, Gary Hsueh

PROGRESSIVE DINNER

WHEN: Sunday, November 6, 2011

DON'T FORGET THE TIME CHANGE!!! FALL BACK!

HOW: By bicycle, covering about 50 or 65 miles

HOUR: 10:00 a.m.

WHERE: Meet at the home of Pam and Steve

BRING: Salad---OR---Dessert---OR---2 loaves sliced,
buttered French bread.

DRINKS: Will be provided.

MUST SIGN UP BY THURSDAY, 11/3/10

ORGANIZER: Bonnie Powers, 925-828-5299.

R.S.V.P. Bonnie

Suggested Carpool: Park & Ride lot at I-680 and Bollinger (SW corner of intersection) by 8:45 a.m.

Valley Spokesmen Club members, families, and friends are invited to this year's Progressive dinner ride at Pam and Steve Gifford's circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling fifty (50) miles. Hammerheads don't despair! Each loop has additional distance just for you, giving you a total of 65 miles.

The first ride skirts the limits of Escalon, and turns back thru the center of town for the return to our first course of delicious soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto, but turn back across the river and return to our second meal of cool salad. Then it's off to the east on the day's long ride out thru Oakdale, and back thru Riverbank. Returning to our home base, we get to feast on the chef-prepared frozen dinner. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road, and back to the Gifford's for dessert and socializing.

Plan on a 1 hour-15 minute drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte.120 east exit towards Manteca. Bear left on Rte.120 east as it loops onto Rte.99 north for one mile before exiting to Yosemite Avenue in Manteca. Turn right on Rte.120 east towards the National Park. Start to relax and enjoy green orchards and fields. Go ten miles and enter Escalon. Cross the railroad tracks after the Valero and stay right. Turn right on McHenry Avenue, and proceed thru town into the country for three miles to the flashing red light at River Road. You're close now! Turn left on River Road, drive two miles, turn right on Burwood Lane, which becomes Road at the sharp 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Welcome!

The day's activities will begin at 10:00 AM at Gifford's-22549 Burwood Road, Escalon, CA, 95320.
STEVE'S CELL PHONE IS 925.487.9150.

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 2012 individual membership** (\$11.00 after June 30th) OR **\$30.00 per year for a 2012 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: _____

2011 CLUB OFFICERS

President	Mark Dedon	
Vice-President	Karin Ball	
Treasurer	Bill Well	
Recording Secretary	Lynn DeMattei	
Corresponding Secretary	Bonnie Powers	925-828-5299
Ride Chairmen	Gail Blanco Peter Rathmann	
Newsletter Editor/Typist	Marcia Seeger	
E-mail	VSnews02@aol.com	
Newsletter Publisher	Mary Murphy	
Past President	Dan Carhart	
V.S. Racing Team contacts	Jim Duncan Zafer Demir	

2011 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen	Jim Duncan Bob Powers
Email	CinderellaClassic@valleyspokesmen.org
Swap Meet	Bob/Bonnie Powers
T.O.S.R.D. Chairman	Francie Cushman
E.B.B.C. Rep.	Open
Mileage Keeper	James Paulos
Webmaster	Curtis Stallins

Community Liaisons

Alamo	Ralph Speck
Castro Valley	Molly Heekin
Concord	Jean Watts
	Kathy Tate
Danville	Bill/Mary Well
Dublin	Christy Simpson
Hayward	James Paulos
Lafayette	Stan Goodman
Livermore	Susan Neer
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>

2011 club members may subscribe to the VS mailing list by sending an email with their names to <http://www.valleyspokesmen.org/maillinglist.php> and following the directions there.

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