

Come ride
with us!

VALLEY SPOKESMEN

Group Ride Schedule & Newsletter



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

March 2013

This month I have asked VS member Karin Ball to write about the Feather Pedals group that she does such a wonderful job leading. The topic that we chose was to explain who the Feather Pedals group is and how they integrate with the Valley Spokesmen Bicycle Club.

Karin Ball on the Feather Pedals group:

“You may or may not have heard of the Feather Pedals (FP) group. We are a volunteer social cycling group within the Valley Spokesmen (VS) Bicycle Club guided by the fundamental values of achievement, encouragement, and leisure cycling. We welcome all levels of riders from beginner to experienced. Many of our riders comment that we are a very “welcoming” group and great for newcomer cyclists and those new to cycling in a group. Although the FP rides are hosted in the East Bay, riders come to join the FP group from all over. It’s the magical fellowship that is fostered amongst our riders that is a key factor in our success.

This is our 5th year of offering hosted and supported (SAG and Sweep) rides. From January through March we offer weekly *Cinderella* conditioning Classic and Challenge route rides every Saturday that progress in miles and difficulty each week. From April-December we host monthly social Classic and Challenge route rides on the 3rd Saturday of each month.

FP is very fortunate to draw upon a rich base of resources from experienced VS Club Members who volunteer their time to help newcomers and others who are seeking to become better riders. For those who desire to be part of a more experienced rider group or seek racing guidance, riders have the opportunity to connect with other club members and with the elite riders of the VS Racing Team, too. So, on our rides take a moment to notice the 3 jerseys – VS Club jersey, VS Racing Club jersey, and FP group jersey – and recognize that “we are all one of the same wheel”.

The VS Club strives to offer something for everyone. The groups of our club collaborate to realize shared goals and offer a variety of rides from newbie rides to strenuous century-length epics. We continue to help our community of members by sharing knowledge and our learning.

Last but not least, many thanks to all the riders and non-riders who participate in the FP and the VS Club. Your participation, positive energy, and appreciation are what make it so great. Ride on...ride safe...have fun and foster fellowship! Thank you!!!!”

Valley Spokesmen new officers for 2013:

Left to Right:

Bob Heady, Vice President

Ken Hernandez, Webmaster

Emma Olenberger, Ride Co-chairman

Marcus van Raalte, President

(Missing from picture: Steve Whelan,
Webmaster)



TOURING RIDE RATINGS

All rides are rated according to predicted difficulty.

TERRAIN:

- 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:

ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is 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 regroup.
- M) Moderate, occasional regroup.
- B) Brisk, few stops.
- S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:

On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:

L=12 mph M=16 mph B=19 mph
S=22 mph-plus.

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroup and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

Rides listed as "Beginner Friendly" will often times be ridden by our most experienced riders, who just prefer to ride at a more leisurely pace. They will assist newer riders if requested. There will be slower-paced riders on these rides and will sometimes be listed as ND. Rides may be listed as Beginner Friendly if the route is an out-and-back and can be done at your own pace with your own turn-around point. Calaveras would be a good example of this. If in doubt, contact the ride host to get detailed information about a specific ride.

Rides listed as "Advanced Rides" are at a fast pace where riders will work together in a pace-line with minimal / no regroup. Not recommended for new riders.

All riders are welcome to show up for any ride scheduled, as long as you are prepared for possibly riding the route alone if it is above your level. Route slips are distributed at the start of a ride unless it is listed as a Show-n-Go, in which case the group will decide the route and no route slips are used.

It is our goal to provide as many varied rides as possible and to help guide our members and guests to the rides best suited to their riding preference / experience.

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 VALLEY
SPOKESMEN RIDES!!**

**No headphones or ear buds (except hearing aids) of
any type are permitted on Valley Spokesmen rides.**

No cell phone use while actively riding.

ATTENTION: All riders must sign a liability waiver form which is on the ride sign-in sheet. from the ride leader. **WEATHER:** If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an up-date. 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 listed - including rest stops, lunch stops, sightseeing, etc., - please e-mail or call the ride.host.

CAR POOLING: Car pooling is strongly encouraged, particularly on the out-of-town rides. Car pools are often posted to the VS e-mail list or post one yourself

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes. Bicycle rider courtesy to motorists results in motorist courtesy to bicycle riders.

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 stop to take a cell phone call the group is not obligated to wait.

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

Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar

<http://tinyurl.com/a8zi5rm>

Be informed, register for the VS e-mail list:

<http://www.valleyspokesmen.org/mailList.php?page=main>
and follow the prompts.



MARCH 2013

RECURRING RIDES OVERVIEW:

MONDAY and WEDNESDAY morning ride in Walnut Creek area starting at 9:00 a.m.

ODD FRI-DAY morning ride from Central Park. Beginner Friendly. See website for start times.

TUESDAY NIGHT Mountain Bike rides from Lake Chabot leave at 7:00 p.m. **BRING LIGHTS**
The **TUESDAY and THURSDAY** evening rides will resume on March 12th 2013

FRI. 3/1/13 2-L/M No Drop 25-35 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 San Ramon library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. **(Beginner Friendly)**

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

SAT. 3/2/13 3-L/M 50/60 miles 9:00 a.m. 9th in a weekly series of conditioning rides leading up to the Cinderella Classic. Today we'll start from Draeger's Market in the Blackhawk Plaza shopping center. Both routes will head south through the new Windemere development and then east on Highland and Manning to Livermore before returning via Pleasanton. The Challenge route will add some hills and distance by including a climb of Altamont Pass and Flynn roads east of Livermore and taking a less direct route through Pleasanton. Routes are at:

Classic: <http://ridewithgps.com/routes/2030164>

Challenge: <http://ridewithgps.com/routes/2030175>

Both men and women are welcome on these rides. Arrive 15 minutes early for pre-ride announcements.

Ride Hosts: Rebecca rcwood1@sbcglobal.net /
Chris Pham cpham1@frk.com

SAT 3/2/13 3.5-M/B 60 miles 9:30 a.m. We are riding from Danville to the 3 Bears via Walnut Creek, Pig Farm Hill, and returning by Orinda and Moraga. Meet at Diablo Vista Park located on Tassajara Ranch Road near the intersection of Tassajara and Crow Canyon. There will be two Starbucks stops along the way. Please bring plenty of water and food. Rain cancels, please check VS calendar for updates. **(Advanced Ride)**
Ride Host: Alberto Lanzas, 510-825-9581.

SUN. 3/3/13 4-M 40 miles 10:00 a.m. Mt. Tam: We'll ride to the top of Mount Tamalpais. Meet by the Safeway on Miller/Camino Alto in Mill Valley for a 10:00 a.m. departure. We'll climb to Panoramic Hwy, Pan Toll Rd. and E. Ridgecrest Blvd. to the summit. Then we will ride down the backside to Fairfax. Bring water and food or money for refreshments in Fairfax. Directions: Take Hwy. 101 south to the E. Blithedale Ave. exit, right on E. Blithedale, left on Camino Alto. Do not park in the Safeway parking lot. There should be ample street parking on Miller. Allow approx. 1 hour driving time from the Dublin area. Rain cancels, check VS calendar for status. **Advanced Riding Level**

Ride Host: Steve Kowalewski, 510-246-2815.

MON. 3/4/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.

Ride Host: Richard Skow, 925-939-6964,
rcskow@astound.net for ride details.

MON. 3/4/13 2-3 M or M/B 25-45 miles 9:30 a.m. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates. **(Advanced Ride)**

Ride Host: Alberto Lanzas (510)825-9581.

*MON. 3/4/13 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 or
vidnovic@yahoo.com, for further information.*

TUE. 3/5/13 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. 3/6/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go

east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.

Ride Host: Richard Skow, 925-939-6964,
rckskow@astound.net for ride details.

WED. 3/6/13 2-M 40 miles (65 km) 10:00 a.m.

Paradise Loop. Starting at the SF Ferry Bldg. we'll ride over the Golden Gate and through Tiburon and Corte Madera including the scenic route along Paradise Drive. Meet at the front of the Ferry Bldg. at the end of Market St. in San Francisco. Note: please RSVP to the Ride Host if you plan to participate.

Ride Host: Bob Hislop, 925-890-6300.

WED. 3/6/12 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE!

Come to the [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. 3/8/13 3-M/B 55 miles 9:30 a.m We are riding from San Ramon/Danville to the Livermore Valley area, heading east on Highland out to Livermore and returning on Collier Canyon back to the park. Diablo Vista Park is located on Tassajara Ranch Rd. near the intersection of Tassajara Ranch and Crow Canyon Roads. Bring water and fuel. Rain cancels; please check VS website calendar for updates. **(Advanced ride.)**
Ride host: Alberto Lanzas, (510) 825-9581.

SAT. 3/9/13 4-M 39-54 miles 9:00 a.m. Starting at the Crank-2 bike shop in south Pleasanton we'll head over Calaveras, drop down into Milpitas and then climb up Sierra Rd. before descending Felter back to Calaveras. Options for those wanting a little easier ride are to turn around at the Calaveras summit or at Levin Park. Meet at Crank-2: take I-680 to exit 25 (Sunol Blvd.); left on Sunol; Crank-2 will be on your right in the Raley's shopping center.
Ride Host: Rob Delfosse, 925-216-4823.

SAT. 3/9/13 3-L/B 50/60 miles 9:00 a.m. 10th in a weekly series of training rides leading up to the Cinderella Classic. Starting at Jakroo (5627 Stoneridge) in Pleasanton we'll ride north through Dublin, San Ramon, and Danville to our first regroup at the Starbucks in Blackhawk. From there we continue on Tassajara to Highland and loop through the area north of Livermore before reaching our second Starbucks stop on Vasco Rd. Then the Classic riders continue around the

southeast side of Livermore and return to Pleasanton via Vineyard Ave. while the Challenge group first gets in a few extra climbs on Carrol, Flynn, Patterson Pass, and Cross Rds. Meet at Jakroo Rider Sportsfashion at 5627 Stoneridge Dr. near the northwest corner with W. Las Positas Blvd. Take I-580 to the Santa Rita exit and head south; turn right on W. Las Positas Blvd.; right on Stoneridge Dr.; and immediately right again into the parking lot. Both women and men are welcome on these training rides. Arrive 15 minutes early for pre-ride announcements.

Ride Hosts: Julie psyyclejulz@sbcglobal.net / Karin Poe karin.poe9@gmail.com

SUN 3/10/2013 3-L/M 43 miles 9:30 a.m. Please join me for a ride from Acalanes High School. We will do a counter-clockwise loop over Pig Farm, down into Pinole for a coffee stop, then down San Pablo Dam Rd. into Orinda for another coffee stop. From there we will go through Moraga and follow the Lafayette-Moraga Regional Trail back through Lafayette. Approx. 2500' of elevation gain. Bring water, food and/or money for food. Directions: Acalanes High School. Take I-680 to Hwy. 24 heading towards Oakland. Take exit 14 for Pleasant Hill Rd. Keep right at the fork and follow the signs for Pleasant Hill Rd. North. Merge onto Pleasant Hill Rd. The school is on your right.
Ride Host: Emma Olenberger, live2map@yahoo.com, (707) 479-2549.

MON. 3/11/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964,
rckskow@astound.net for ride details.

MON. 3/11/13 2-3 M or M/B 25-45 miles 9:30 a.m. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates **(Advanced Ride)**
Ride Host: Alberto Lanzas (510)825-9581.

TUE. 3/12/13 2-M/B 25 miles (40 km) 5:30 p.m.
Note earlier start time only during March.

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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

TUE. 3/12/13 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. 3/13/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.

Ride Host: Richard Skow, 925-939-6964,
rskow@astound.net for ride details.

WED 3/13/13 2 M/B 40 miles (64 km) 9:30 a.m. Join Alberto for a ride around the Tri-Valley area. We are heading east to Livermore along Highland and we are returning via W Jack London and Dublin Blvd. to the start. Directions: Central Park is located on Bollinger Canyon Rd. in San Ramon across from the Valero station and the library. Bring snacks and water. Please check VS calendar and VS list for updates.

Advanced Ride.

Ride Host: Alberto Lanzas, (510) 825-9581.

WED. 3/13/13 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. 3/14/13 2-M/B 25 miles (40 km) 5:30 p.m.

Note earlier start time only during March.

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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

FRI. 3/15/13 2-L/M 25-35 miles 9:30 a.m. No Drop EZ-PZ LIVERMORE LOOP DAY :-) 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 San Ramon library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. **(Beginner Friendly)**

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

SAT. 3/16/13 3-L/B 50/65/75 miles 9:00 a.m. Feather Pedals Ride starting at the Sycamore Park & Ride in Danville. 11th in a weekly series of conditioning rides leading up to the Cinderella Classic. The Classic ride will head south to Calaveras Rd. with a couple possible turn-around points. The Challenge route will also go up Calaveras but will return through Milpitas and with a climb over Palomares Rd. and Dublin Canyon. Meet at the Sycamore P&R in Danville at the NE corner of the I-680 and Sycamore Ave. intersection. Both women and men welcomed. Arrive 15 minutes early for pre-ride announcements.

Ride Host: Rebecca Wood, 925-577-3842.

SAT. 3/16/13 4-M 45 miles 9:30 a.m. We are riding from San Ramon to the summit of Mt. Diablo via the south gate. We are returning along the north side down into Walnut Creek and along the Blvd/Danville back to the park. Directions: Central Park is located on Bollinger Canyon Rd. in San Ramon across from the Valero station and the library. Bring snacks and plenty of water. Please check VS calendar and VS list for updates.

Advanced Ride.

Ride Host: Alberto Lanzas, (510) 825-9581.

SUN 3/17/13 3-M, 30-55+ miles 9:30 a.m. St. Patrick's Day Ride. Meet at Bollinger Park 'N Ride at the SW corner of I-680 & Bollinger Canyon (behind the Chevron station). We will ride south on the Boulevard to the Sunol Train Station, continue out Calaveras. You can ride out to the first summit, the Wall, or make your own turn-around. Return by way of Happy Valley.

Ride Hosts: Susan O'Neer, 925-389-6279 & Mark O'Neer, 408-687-8640.

MON. 3/18/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.

Ride Host: Richard Skow, 925-939-6964,
rskow@astound.net for ride details.

MON. 3/18/13 2-3 M or M/B 25-45 miles 9:30 a.m. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates. **(Advanced Ride)**
Ride Host: Alberto Lanzas (510)825-9581.

TUE. 3/19/13 2-M/B 25 miles (40 km) 5:30 p.m.

Note earlier start time only during March.

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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

TUE. 3/19/13 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.

WED. 3/20/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964,
rskow@astound.net for ride details.

WED. 3/20/13 3-M 32 miles 9:00 a.m. Starting at the Dublin store of Livermore Cyclery, we'll head down Foothill to the Sunol RR station and then continue up to the end of Kilkare Rd. Our return will be via Happy Valley and through the Pleasanton BART station. Meet at Livermore Cyclery, 7214 San Ramon Rd., Dublin (in shopping center at the SW corner of Amador Valley and San Ramon Rd.).
Ride Host: Jane Moorhead, 925-980-9889.

THUR. 3/21/13 2-M/B 25 miles (40 km) 5:30 p.m.
Note earlier start time only during March.
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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

SAT. 3/23/13 3-L/B 46/74 miles 9:00 a.m. 12th in a weekly series of conditioning rides leading up to the Cinderella Classic. The ride today will start at Dublin High School. Take I-680 to the Alcosta exit and go east; turn right on Village Parkway; turn left on Brighton and park in lot on the left past the school. The Classic ride will head south through Pleasanton and then over to Livermore along parts of the Cinderella route before returning via Collier Canyon and the Windemere development. The Challenge route will continue east from Livermore over Corral Hollow to Tracy and returning over Altamont Pass. Both women and men are welcomed. Arrive 15 minutes early for pre-ride announcements.
Ride Host: Karin Ball, 404-406-2286.

SAT. 3/23/13 2-M/B 80 miles 9:00 a.m. The route will go over the Altamont Pass, through Mountain House towards Stockton, and then back. Mostly flat. Directions: We will be departing from the old PW market near Starbucks on Vasco Rd. (1 mile north of Hwy. 580 on the left side) in Livermore. **(Advanced Ride)**
Ride Host: Rob Delfosse, robfosse@yahoo.com

SUN. 3/24/13 2-M 32 miles 9:30 a.m. Gail will host a moderate paced ride from Central Park and utilize some of the new roads and bike trails to make an easy loop to Livermore. We will cross the freeway on Fallon, ride on W. Jack London Blvd., and return on the Alamo Canal Trail to cross 580 on the return. Elevation gain on this route is about 615 ft. Directions: Central Park is located east of the 680/Bollinger exit, and across from the San Ramon library and Valero station. There will be one Starbucks stop in Livermore.
Ride Host: Gail Blanco, 925-872-100,
gvblanco@aol.com

MON. 3/25/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964,
rskow@astound.net for ride details.

MON. 3/25/13 2-3 M or M/B 25-45 miles 9:30 a.m. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates. **(Advanced Ride)**
Ride Host: Alberto Lanzas (510)825-9581.

TUE. 3/26/13 2-M/B 25 miles (40 km) 5:30 p.m.
Note earlier start time only during March.
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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

TUE. 3/26/13 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.

WED. 3/27/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.

Ride Host: Richard Skow, 925-939-6964,
rskow@astound.net for ride details.



APRIL 2013

THUR. 3/28/13 2-M/B 25 miles (40 km) 5:30 p.m.

Note earlier start time only during March.

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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

FRI. 3/29/13 2-L/M 25-35 miles No Drop

Please log onto www.valleyspokesmen.org one week prior to see ride time. 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. **(Beginner Friendly)**

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

SAT. 3/30/13 4-M/B 60 miles 9:00 a.m. Join Alberto from San Ramon over the Dublin grade, around Lake Chabot, and up Golf Links and Skyline to the Oakland hills. Our return will take us along Pinehurst to Moraga and then return along the Blvd. There will be a rest stop at the Oakland Zoo and Moraga. Directions: Meet at the Park & Ride located at the southwest corner of I-680 and Bollinger Canyon Rd. Bring snacks and plenty of fluids. Rain cancels, please check VS calendar and VS list for updates. **(Advanced Ride.)**

Ride Host: Alberto Lanzas, (510) 825-9581.

SUN. 3/31/13 3-L 42 miles (68 km) 9:00 a.m. Starting in San Ramon we'll have a leisurely ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Bring water and snacks.

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



MON. 4/1/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964,
rskow@astound.net for ride details.

MON. 4/1/13 2-3 M or M/B 25-45 miles 9:30 a.m. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates. **(Advanced Ride)**
Ride Host: Alberto Lanzas (510)825-9581.

*MON. 4/1/13 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 or
vidnovic@yahoo.com for further information.*

TUE. 4/2/13 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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

TUE. 4/2/13 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. 4/3/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964, rckow@astound.net for ride details.

WED 4/3/13 3-M 38 miles 9:30 a.m. We'll start at the staging area at Pleasanton Ridge and ride out Calaveras to either the wall or Ed Levin, depending on weather and consensus of the group. Directions: The Staging parking lot is located on Foothill Blvd., south of the Castlewood Drive exit off I-680. No water or food available enroute. If roads are wet, we will plan an alternate route.
Ride Host: Gail Blanco, (925)872-1001.

THUR. 4/4/13 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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

FRI. 4/5/13 2-L/M 25-35 miles No Drop Please log onto www.valleyspokesmen.org one week prior to see ride time. 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. **(Beginner Friendly)**
Ride Host: Gail Blanco, 925-872-1001, gvblanco@aol.com

SAT. 4/6/13 Cinderella Classic

SUN. 4/7/13 2-M 25/35 miles 10:00 a.m. Join Peter today on this ride from Dublin to Sunol and back again. Longer options for the return are via Sunol Regional Park or Palomares Rd. Meet on the southeast side of Dublin High School. Take I-680 to the Alcosta Blvd. exit and go east; turn right on Village Pkwy. and left on Brighton; Dublin High is on left. Bring water. The annual post-Cinderella Swap Meet will follow the ride.
Ride Host: Peter Rathmann, 925-336-0973.
(For just the Swap Meet, come to Dublin High School at 1:00 p.m.)

SUN. 4/7/13 1:00 – 4:00 p.m. SWAP MEET
Dublin High School, NEW CAFETERIA, 8151 Village Parkway, Dublin. For information, contact
Organizer: Bonnie Powers, 925-828-5299

MON. 4/8/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964, rckow@astound.net for ride details.

MON. 4/8/13 2-3 M or M/B 25-45 miles 9:30 a.m. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. Bring water and fuel or money for possible coffee stop along the way. Rain cancels, please check VS Calendar for updates. **(Advanced Ride)**
Ride Host: Alberto Lanzas (510)825-9581.

TUE. 4/9/13 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. **(Advanced Ride)**
Leader: Jim Duncan, 925-209-1369.

TUE. 4/9/13 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. 4/10/13 2-L/M 35-55 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. This Leisurely/Moderately paced ride will usually cover 35-55 miles. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right.
Ride Host: Richard Skow, 925-939-6964, rckow@astound.net for ride details.

WED 4/10/13 2-M/B 40+ miles 9:30 a.m. We are riding south on Foothill Blvd. to Sunol and continuing to Sunol Regional Park. After a brief regroup at the park, we are heading back via Happy Valley and Pleasanton with a coffee. Directions: Central Park is located on Bollinger Canyon Rd. in San Ramon across from the Valero station and the library. Bring snacks and water. Please check VS calendar and VS list for updates. **(Advanced Ride.)**
Ride Host: Alberto Lanzas, (510) 825-9581.



VALLEY SPOKESMEN BICYCLE SWAP MEET
 Sunday, April 7, 2013
 1:00 a.m. – 4:00 p.m.
 Dublin High School – “New” Cafeteria
 8151 Village Parkway, Dublin, CA 94568
 Join us as you SWAP – Sell – or just plain Look
 For information call Bob or Bonnie Powers
 at (925) 828-5299
 FREE!!!



UPCOMING EVENTS

March

- 2 [Kings River Blossom Ride](#) – Reedley, CA
- 2 [Death Valley Century/Ultra/Double Century](#) –
Furnace Creek, CA
- 3 [Senorita Century](#) – Del Mar, CA
- 9 [Solvang Century](#)– Solvang, CA
- 10-15 [Tour of Death Valley](#) – Death Valley, CA
- 16 [Randonneur Half Moon Bay 200 K](#) -
Santa Cruz, CA
- 16 [Tour of Borrego](#) – Borrego Springs, CA
- 16 [Napa Valley Spring Social](#) – Napa, CA
- 23 [Solvang Double Century](#) – Solvang, CA
- 23 [Ay Chihuahua](#) – Santz Ysabel, CA
- 25-31 [Solvang Spring](#) – Solvang, CA
- 30 [Santa Clarita](#) – Valencia, CA
- 30 [Napa Valley Spring Social](#) – Napa, CA
- 31-4/5 [Tour of Solvang Wine Country](#) – Solvang, CA

April

- 6 [Cinderella Classic/Challenge](#) –
Pleasanton, CA
- 6 [Party Pardee](#) – Lone, CA **Reg. Close**
- 6 [Farm to Forest](#) – Willows, CA
- 6 [Randonneur Buena Vista 300K](#) –
Santa Cruz, CA
- 13 Pedal Away Pollution – Lodi, CA
- 13 [Tierra Bella](#) – Morgan Hill, CA
- 13 [Mulholland Challenge](#) – Santa Monica, CA
- 13 [Hemet Double](#) – Hemet, CA
- 14 Woody Y Century – Bakersfield, CA
- 18/21 [Sea Otter Classic](#) – Monterey
- 20 [Cycle for Sight](#) – Napa, CA
- 20 [Mr. Frogs Wild Ride](#) – Murphys, CA
- 20 [Mt. Laguna Bicycle Challenge](#) –
San Diego, CA
- 20 [Bike Around the Buttes](#), Yuba, CA
- 20 [Ventura-Ojai Century](#) – Ojai, CA

- 21 [Primavera Century](#) – Fremont, CA
- 27 [Devils Mountain Double](#) – San Ramon, CA
- 27 [Covered Bridge Bike Classic](#) – Snelling, CA
- 27 [SLO Wildflower](#) – San Luis Obispo, CA
Reg. Close
- 27 [Mt. Hamilton Challenge](#) – Santa Clara, CA
- 27 [Alpine Challenge](#) – San Diego, CA
- 27 [Randonneur Monterey Bay 300K](#) –
Santa Cruz, CA
- 27 [Cycle East Lake](#) – Chula Vista, CA
- 28 [Chico Wildflower](#) – Chico, CA



VALLEY SPOKESMEN AFFILIATIONS

- Adventure Cycling – www.adventurecycling.org
- Bay Area Ridge Trail Council – www.ridgetrail.org
- Bicycle Trail Council of the East Bay - www.btceb.org
- C.B.C. - California Bicycle Coalition - www.calbike.org
- California State Parks Foundation - www.parks.ca.gov
- E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org
- East Bay Regional Parks - www.ebparks.org
- Greenbelt Alliance – www.greenbelt.org
- L.A.B. - League of American Bicyclists -
www.bikeleague.org
- National Parks Conservation Association -
www.npca.org
- Nature Conservancy – nature.org/legacy
- Planning and Conservation League - www.pcl.org
- Rails to Trails – www.railstotrails.org
- Yosemite Conservancy



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.net or 925-209-1369



MILEAGE REPORT AS OF 2/18/2013

	Sum of Miles	Rides Led	Total Rides
Ball, Karin	214	2	6
Barnett, Bob	531	0	13
Blanco, Gail	530	4	13
Campbell, Rick	259	0	6
Carhart, Dan	211	0	6
Carpenter, Don	230	0	7
Culshaw, Peter	361	4	11
Fujii, Bob	355	0	8
Gabe, Jan	269	0	8
Hampton, Julie	319	2	9
Heady, Bob	300	7	13
Kowalewski, Steve	220	1	6
Kurzrock, Matt	475	0	13
Lanzas, Alberto	603	9	14
Moorhead, Jane	337	6	14
Neer, Mark	251	0	6
Neer, Susan	296	0	7
Parrish, Charles	572	0	16
Rathmann, Peter	889	2	23
Rose, Molly	230	0	7
Satoutah, Brahim	339	0	8
Settle, Andy	239	0	7
Skow, Dick	268	8	8
Stevens, Jan	244	2	8
Tallerico, Tom	237	0	8
Thieben, Kevin	401	0	9
Thomas, Walt	274	0	8
Uher, Julie	246	0	7
Uher, Will	256	0	7
van Raalte, Marcus	334	0	8
Ward, Dick	203	1	7
Whelan, Steve	295	0	7
Wood, Rebecca	220	1	6

This report includes ride sign-up sheets as of 2-18-13.

Total Mileage ridden thus far in 2013 equals 22,642.

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

Don't forget – Ride Hosts of club rides earn points toward FREE club clothing. The more rides you lead, the more clothing you receive – FREE!

🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲🚲

**Valley Spokesmen “Bicycle” Touring Club
Executive Board Meeting
February 13, 2013**

Meeting called to order at 7:05 p.m. by President Marcus van Raalte.

The minutes from the January 8, 2013 Executive Board Meeting were approved as presented.

OLD BUSINESS:

1. Past month's rides – The Feather Pedals rides continue to be very well attended with cold starts; other rides have been well attended as well.
2. V.S. web site – Ken Hernandez was unable to attend; all goes well.
3. Bob Heady distributed information on organizations we have been donating to. Discussion followed. Motion made, seconded and passed to renew membership in: Adventure Cycling; Bay Area Ridge Council; Bicycle Trail Council of the East Bay; California Bicycle Coalition; California State Parks; East Bay Bicycle Coalition; East Bay Regional Parks District; Greenbelt Alliance; League of American Bicyclists; Nature Conservancy; National Parks Foundation; Planning and Conservation League; Rails-to-Trails; and Yosemite Conservancy.
4. Ride Library – no report.
5. Club computer – James Paulos is working with Bonnie on our new computer. It's a learning experience – STEEP learning curve!
6. Community Liaisons – Marcus has included an updated list of Community Liaisons in the last newsletter.
7. Bicycle Master Plans – Dublin meeting scheduled for Thursday, February 21st at the Dublin Library. Hwy. 84 undergoing several changes. Bill Well reported on proposed development on Mt. Diablo Road. He will have a report available for board members to read.
8. V.S. By-laws – Bob Heady willing to peruse, update and make suggested changes for board members to discuss. Peter Rathmann to assist and Bonnie wishes to be involved.

NEW BUSINESS:

1. March/April ride schedule – was reviewed. Peter updated board on rides not listed in current schedule.
2. Newsletter – Marcia is learning new formatting techniques with the Publisher program
3. Cinderella – Bonnie filled us in on all the latest and greatest. There are a few headaches, but all will come together in due time. The rider count is down from this time last year with 1587 riders registered.
4. Yosemite trip – the cost will be higher this year due to a drastic increase for lodging in Yosemite and the increase in gasoline prices.
5. Mid-winter party has 158 people signed up so far. We are ready to PARTY!
6. Swap Meet – The new Dublin High cafeteria has been secured.

GOOD OF THE ORDER:

1. Bonnie gave Bob Heady a book/DVD from League of American Bicyclists for possible entertainment,.
2. Bob asked about Cinderella posters. He will contact Linda Longinotti.
3. Peter has been contacted by Dick Skow regarding a repeat of the Erie Canal tour.
4. Emma will be attending the Silicon Valley Bicycle Coalition/Stanford Hospital & Clinics summit regarding agencies working together to create safe, welcoming environments for bicyclists.
5. Marcus has received feedback on our role in the bicycle community that will appear in a future Newsletter.

There being no further business, the meeting was adjourned at 8:25 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

~~~~~

### Valley Spokesmen "Bicycle" Touring Club February 2013

*Correspondence sent:*

1. Check to James Paulos for USB printer cable.
2. Check to Jim Duncan for Cinderella socks.
3. Check to Contra Costa County for Cinderella permit with application form.
4. Check to Minuteman Press for Cinderella flyers/workers sheets.
5. Check to Minuteman Press for February newsletter.
6. Deposit to Alameda County Fairgrounds for Cinderella with application form.
7. Check to Alameda County for Cinderella permit with application form.
8. Check to Bob Powers for copier drum/mylar blankets/gratuity for DJ.
9. Check to Office Depot for printer cartridge and Cinder labels/envelopes.
10. Check to Minuteman Press for Feather Pedal signs.
11. Check for Armstrong Garden Center for Mid-winter flowers.
12. Check to Amos Productions for final payment for Mid-winter party.
13. Check to Crank 2 for ride leader awards.
14. Check to Dublin Cyclery for ride leader awards.
15. Check to Livermore Cyclery for ride leader awards.
16. Check to REI for ride leader award.
17. Check to City of Dublin for Cinderella permit with application form.
18. Check to Jim Duncan for awards gift.
19. Check to Imprint Works for new SAG flags.
20. Check to Purchase Power for postal meter postage.
21. Final payment to Pleasanton Marriott for Mid-winter party.
22. Check to Rails-to-Trails for annual membership dues.
23. Check to The Nature Conservancy for annual membership dues.
24. Check to the Yosemite Conservancy for annual membership dues.
25. Cinderella refund check to Anne Walker.
26. Letters of welcome to old/new club members. Membership stands at 380 so far for 2013.

*Correspondence received:*

1. Bills from several organizations requesting the club to

renew their membership.

2. Swap Meet permit from City of Dublin/Dublin Unified School District.
3. Thank you letter from City of Pleasanton for \$1500.00 donation after Cinderella 2012.
4. Community report from East Bay Regional Parks.
5. Thank you letters from League of American Bicyclists; National Parks Conservation Association; California State Parks Foundation and Greenbelt Alliance for membership renewal.
6. Announcements of upcoming events and tours.
7. Newsletters and magazines from various clubs, organizations and businesses.
- 8.



**Valley Spokesmen member Jim Duncan** was recently honored by the Red Cross blood bank on the occasion of his 400<sup>th</sup> donation of blood platelets. Jim has been donating regularly since 1993 – a more complicated and time-consuming procedure than donating whole blood. When he went in as scheduled on Dec. 3, he was greeted by the site supervisor, the Apheresis staff, and a banner congratulating him on his 400th donation; Jim's surprised reaction was, "I had no idea this was a milestone donation for me!" You are much appreciated, Jim!



## THE VALLEY SPOKESMEN TOURING CLUB

Proudly Presents

### THE THIRTY-SIXTH CINDERELLA CLASSIC and CHALLENGE

**EXCLUSIVELY for Women and Girls!**



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

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

**WOMEN AND GIRLS ONLY!** No male riders

**When:** Saturday, March 6, 2013

**Where:** Alameda County Fairgrounds, Pleasanton, CA

From I-680 traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12

From BART (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on West Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

**Bring:** Bright green confirmation card

**Cost:** ADVANCE REGISTRATION ONLY - \$45.00 - Includes registration, Cinderella patch, Food, SAG support and insurance.

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

**Time:** Gates open at 6:30 a.m. Check-in between 7:00 to 9:00 a.m. Cinderella is NOT a Race. Course closes at 5:00 p.m.

**Helmets:** A bicycle helmet is required on this ride!

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

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

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

**Rain:** The ride is on rain or shine, there is NO make-up day!

**T-shirts/Sweatshirts:** Special Cinderella Classic shirts will be available for purchase from a vendor.

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

**For Additional Information Call:** Jim Duncan (925) 209-1369 or e-mail:

[cinderellaclassic@valleyspokesmen.org](mailto:cinderellaclassic@valleyspokesmen.org)

Bob Powers (925) 828-5299 or e-mail: [b-bpowers@att.net](mailto:b-bpowers@att.net)

webpage: <http://www.valleyspokesmen.org>

## 2013 CLUB OFFICERS

President: Marcus van Raalte 925-437-3253  
Vice-President: Bob Heady 925-980-7989  
Treasurer: Dan Carhart 925-828-8964  
Recording Secretary: Lynn DeMattei 925-373-1803  
Corresponding Secretary: Bonnie Powers 925-828-5299

Ride Chairmen Emma Olenberger 707-479-2549  
Peter Rathmann 925-336-0973

Newsletter Editor/Typist Marcia Seeger 510-223-9347  
e-mail [VSnews02@aol.com](mailto:VSnews02@aol.com)

Electronic newsletter editor Jim Paulos 510-200-8125  
Newsletter Publisher: Bill and Mary Well 925-837-0103  
Past President Mark Dedon 925-828-9183

V.S. Racing Team Jim Duncan 925-209-1369  
contacts: Ted Vidnovic 925-337-2803

## 2011 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen: Jim Duncan 925-209-1369  
Bob Powers 925-828-5299

Swap Meet: Bonnie/Bob Powers 925-828-5299  
T.O.S.R.D. Chairman: Francie Cushman 925-719-2256

E.B.B.C. Rep.: Chris Talbot 925-968-0215

Mileage Keeper: Jim Paulos 510-200-8125  
Webmasters: Ken Hernandez 510-329-9481  
Steve Whelan 925-831-8258

Feather Pedals liaisons Karin Ball 408-406-2286  
Rebecca Wood 925-577-3842

## Community Liaisons:

|                |                 |              |
|----------------|-----------------|--------------|
| Alamo          | Ralph Speck     | 925-837-2932 |
| Castro Valley: | Open            |              |
| Concord:       | Jean Watts      | 925-676-6164 |
| Danville       | Bill/Mary Well  | 925-837-0103 |
| Dublin         | Francie Cushman | 925-719-2256 |
| Hayward        | James Paulos    | 510-200-8125 |
| Lafayette      | Open            |              |
| Livermore:     | Susan Neer      | 925-829-4980 |
| Pleasanton:    | Bill Rose       | 925-846-3867 |
| Pleasant Hill: | Emma Olenberger | 707-479-2549 |
| San Ramon:     | Peter Rathmann  | 925-828-1973 |
| Walnut Creek:  | Peter Culshaw   | 925-932-0790 |

### ISED

We appreciate receiving articles and photos to be printed in the newsletter and we are sorry if they cannot always be printed during the month of submission. 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>

**2013 club members may subscribe to the VS mailing list by pointing their browser to**

**<http://www.valleyspokesmen.org/mailList.php?page=main>**  
and following the directions there.

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

**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 2013 individual membership** (\$11.00 after June 30th) OR **\$30.00 per year for a 2013 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: \_\_\_\_\_