

*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

SEPTEMBER 2013

For the September President's message I have again collaborated with Emma Olenberger, one of our 2 ride Chairmen, this month the objective is to provide our new, still a work in progress, ride host guidelines or "cheat sheet". Thanks Emma!

RIDE HOST INFORMATION

Hosting a ride, also known as leading a ride, is meant to be fun for you and everybody on the ride. All ride hosts must be **current Valley Spokesmen members**. Being a ride host means you define the ride, when it is, where it goes and where it starts. A ride host does not have to ride at the front of the group.

The great things about hosting a ride are that you get to choose the route, the pace, and the rest stops. You get to show people your favorite routes, your favorite hills, your favorite vistas and points of interest. You get to meet new people who share your interest in cycling and you get to learn about the other interests that fellow cyclists might have. By hosting a ride, you have the ability to share and learn safe bicycling habits and to foster cycling in our community. By hosting a safe and fun ride, you become an ambassador for the great sport of cycling.

The Valley Spokesmen Bicycling Club wants to encourage people to host rides and offers incentives in the form of Valley Spokesmen clothes, and more rides hosted means more clothes earned.

RIDE HOST GUIDELINES

Selecting a route

Please choose a ride that you enjoy and that has not already been chosen in the previous several weeks or is planned for the following weeks. Also, if there is another ride on the day you want to host a ride please check that your ride is different e.g. local vs. distant, long vs. short etc.

- **Choose an existing ride** from the [Valley Spokesmen ride library](#) – Be sure to familiarize yourself with the route a few days before your ride just in case any changes need to be made due to road closures or construction.
- **Modify an existing ride** from the ride library - You can modify a ride to make it new and make it yours. You will have to make a new cue sheet to show your changes. You can submit it to the ride masters to add to the library.
- **Create a brand new ride** – Be sure the start location has sufficient free parking. Avoid dirt or poorly paved roads; dangerous intersections, especially when a left turn is required; and extremely fast, busy roads without a designated bike lane.

Telling everybody about your ride

1. Send an email to the ride coordinators announcing your ride (ridecoordinators@valleyspokesmen.org). The club requests rides to be defined a couple of months in advance in order to be printed in the newsletter. It will also be posted to the ride Calendar.
2. If you define a ride after the newsletter has been published then you need to make sure that your ride is posted to the Ride Calendar, the ride coordinators will be happy to assist you. This must be done at least 72 hours prior to the ride date. It is also affective to send an email to the vslist (vslist@valleyspokesmen.org) telling everybody about the ride.
3. Provide the ride coordinators with the following information:
 - Name of the ride
 - Ride rating ([link to the ride rating webpage](#))
 - Date and time of the ride
 - Start location for the ride. Include an address or a link to Google Maps with directions.
 - Your name as the ride host with cell phone number and email address
 - Description of the ride rest stops, ride highlights and if there are different mileage options
 - Link to the ride 'turn by turn' instructions (valley Spokesmen use ridewithgps)

4. If there are important changes to your ride, i.e. route or time change (due to heat or icy conditions), email the ride coordinators immediately to update the online ride calendar and email the update to the VS group list. All cancellations should be made by 7 am the morning of the ride.

Prepare a cue sheet (list of turn by turn instructions)

- We recommend that you use [RidewithGPS](#) to map your ride. You will need a [RidewithGPS](#) account (free) to save it. The rides from the Ride library came from [RidewithGPS](#).
- Turn-by-turn cues are automatically created in the left column on the RidewithGPS page. Copy and paste this column into a Word or Excel document. Verify the directions are clear and easy to follow and add rest stops and/or regroup locations. When it looks correct, save the document. If you need any help please contact the Ride Library masters at (vs-rides@valleyspokesmen.org).
- Print out and bring extra copies of route slips to the ride. Leave any extras on the windshield of a vehicle for late arrivals. As you linked to the ride on the ride calendar you only need to bring a few.

Pre-Ride Preparation

- Print out Sign-in sheets from the Valley Spokesmen website. These can each have space for 20 people signing in. So bringing 2 sheets can be useful.
- Arrive 15 minutes early.
- Offer riders the sign-in sheet to [sign-in](#) Offer a cue sheet, if they did not print one for themselves. Ride hosts need to sign-in as well if they are cycling with the group.
- It is requested that you print out some membership forms to encourage non-members to sign up. This is not a requirement; non-members are welcome on Valley Spokesmen rides.
- Helmets are **mandatory** on all Valley Spokesmen rides. Head phones, including ear buds, are **not permitted** to be worn on Valley Spokesmen rides.
- *Emphasize* that each rider should have ID and emergency contact information on their person.
- Announce that if anyone plans to leave the ride before the group returns to the starting point, that they should let the ride host know their intention.
- Be familiar with the procedures in [What to do in an Emergency](#) on the website.

Starting the Riders

- Start the ride on time. Leave extra cue sheets on a vehicle in a visible location.
- Introduce yourself and welcome everyone on behalf of Valley Spokesmen and encourage all non-members to join.
- Safety Talk - Reinforce safety issues. Where applicable, cite any known safety issues on the ride.
- Discuss re-group locations and rest stops.
- Carry the sign-in sheets (liability forms) with you the entire ride, for reference, in case of an emergency.

At the End

- Try to account for all the riders that started. Some riders may simply ride home if they live close to the route. Look for empty cars in the parking area. If a rider remains out much longer than expected recruit help from other riders and backtrack the route by car. DO NOT KNOWINGLY LEAVE A RIDER STRANDED.
- Send the completed sign-in sheets or waiver form to the address listed on the form. The club uses this information to help the riders track their miles for the year to date.

Feedback on this message will be much appreciated.



RECURRING RIDES OVERVIEW:

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

TUESDAY night Mountain Bike rides from Lake Chabot leave at 7:00 p.m. **BRING LIGHTS**

The **TUESDAY** and **THURSDAY** evening rides are now listed, some at multiple levels.

WEDNESDAY Livermore WAW (Wednesday After Work) ride series.

ODD FRIDAY morning ride from Central Park. **Beginner Friendly.** See website for start times.

**SEPTEMBER 2013**

SUN. 9/1/13 2-M 38 miles (62 km) 9:30 a.m. Starting at San Ramon's Central Park we'll head up to Blackhawk and then over to Livermore via Collier Canyon. Our return will be on Vineyard through Pleasanton and back on the Iron Horse trail. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place.
Ride Host: Peter Rathmann, 925-336-0973.

MON. 9/2/13 2-3 M 30 - 45 miles 9:00 a.m. Even-Monday ride. We are riding from San Ramon's Central Park. The rides will vary in distance and destination around the Tri-Valley area. An email will be sent to the VS-Email list with the route's link prior to each ride. Central park is located at the intersection of Bollinger and Alcosta Blvd., across from the SR Library. Bring water and fuel or money for our coffee stop along the way. Please check VS calendar for updates.
(Advanced Ride - minimum regroup)
Ride Host: Alberto Lanzas, 510-825-9581.

MON. 9/2/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: start time may be earlier if temperature > 90F, VSlist message will be sent.) Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. 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. The route will be available at: <http://ridewithgps.com/users/74695/routes> at least 48 hours before the ride (click on 'More details' to make this a clickable link). Be sure to check for the ride listed with the correct date.
Ride Host: Richard Skow, 925-939-6964,
rcskow@astound.net for ride details.

TUE. 9/3/13 2-L 20 miles 9:30 a.m. This is a leisurely recovery/conditioning ride. It starts at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route (three to choose from) will be determined by participants. This is a good ride for someone getting back to riding after a lay off for any reason.
Ride Host: Bob Heady, arbob25@gmail.com 925-980-7989.

TUE. 9/3/13 2-M/B 20-25 miles 6:00 p.m. Regular T and T rides from Shannon Center in Dublin, on San Ramon Road between Alcosta Blvd. and Amador Valley Blvd. There are two groups, brisk and 'relaxed pace' - semi no-drop
Ride Host: Dan Carhart., 925-828-8964.

TUE. 9/3/13 Ride with EBBC on the bike path on the new eastern span of the Bay Bridge. The path won't actually open for access to Treasure Island for another 2 years since the old bridge must first be removed, but we'll be able to ride most of the length of the path this evening. Meet at the West Oakland BART station. More details at:
<https://www.facebook.com/events/1407704696120885/?context=create>

TUE. 9/3/13 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. 9/4/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/3/13 for details.

WED. 9/4/13 3-M/B ~ 20 miles 6:15 p.m. Livermore 'WAW' (Wednesday After Work) Weekly series of after work rides leaving from Lester Knott Park in Livermore (on Mines Rd. just north of 1st St.). Routes will vary. Meet at the park at 655 N. Mines Rd.
Ride Host: Doug Ondricek, 925-980-2490.

WED. 9/4/13 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at [Round Table Pizza in Dublin](#), located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interest. Entertainment for the evening will be provided by Bob Heady, who will show a travel log presentation on his recent Alaska vacation. Sounds interesting! Find out the answers to all your club questions, and see if we're the club for you! Check our online ride calendar at

THU. 9/5/13 2-L 20 miles 9:30 a.m. Leisurely recovery/-conditioning ride. See 9/3/13 for details.

THU. 9/5/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center. See 9/4/13 for details.

FRI. 9/6/13 3-M 44 miles 9:00 a.m. TGIF ride from San Ramon Central Park. South through Sunol to the first summit of the Calaveras reservoir. road climb. Return via Pleasanton and bike trails with a stop at the Bagel Street Cafe for coffee. Optional re-hydration after the ride at the San Ramon Hopyard, just south of Central Park.
<http://ridewithgps.com/routes/3156821>
Ride Host: Jim Conger, 925 876 4949 james.conger@gmail.com

SAT. 9/7/13 3-L/M 45 miles 9:00 a.m. Starting at the Castro Valley BART station we'll ride up Redwood and Pinehurst roads to Moraga and continue through Lafayette to Tice Valley road and the blvd. into Danville. After refreshments at Peet's we'll head back to Castro Valley on Norris Canyon road. Meet on the north side of the BART station. Take I-580 to the Redwood Rd. exit and go north; take the first left (Norbridge Ave.) into the BART station.

Ride Host: Nora Crans, 510-913-0638.

SUN. 9/8/13 2.5-L/M 31 miles 9:00 a.m. We'll leave from Shannon Center in Dublin, located at the intersection of San Ramon Blvd and Shannon Avenue. We'll go out San Ramon Road and Foothill Road to Stoneridge Drive. We will follow residential roads and rejoin Foothill Road going to our first rest stop at the train station in Sunol. We will then climb to the end of Kilkare Road. Our return will utilize Pleasanton-Sunol Road and the paved trails going back into Dublin. There will be a coffee stop at Peet's Coffee at mile 25. Please bring hydration and nourishment.

Ride host: Steve Kowalewski, 510-246-2815, skowalewsk@aol.com

MON. 9/9/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) **Heather Farm ride - see 9/3/13 for details.**

MON. 9/9/13 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. 9/10/13 2-L 20 miles 9:30 a.m. Leisurely recovery/conditioning ride. See 9/3/13 for details

TUE. 9/10/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center. See 9/4/13 for details.

TUE. 9/10/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 9/4/13 for details.

WED. 9/11/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) **Heather Farm ride - see 9/3/13 for details.**

WED. 9/11/13 3-M 25-40 miles 9:30 a.m.. Leave from San Ramon Central Park. Rides will be in the Mt. Diablo/San Ramon area with "re-hydration" after the ride at the San Ramon Hopyard (470 Market Place, S.R.) one block south of Central Park. Take I-680 to the Bollinger Canyon exit and go east; turn left into Central Park opposite the Market Place (if you get to Alcosta you went too far).

Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 9/11/13 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. 9/12/13 2-L/M 25 miles 9:00 a.m. Walt's B-Day ride from Fremont. Come celebrate Walt's Happy 82nd Birthday! Meet at Don Edwards Visitor Center, Marshlands Rd, Fremont (off Thornton Rd. just south of the Dumbarton Bridge) to join the rolling party with Walt. We will ride around Coyote Hills, accompany Walt on his annual trek up Nike (optional) and head to Anderson Bakery near Union Landing in Union City. Although Anderson Bakery is welcoming us back, the manager has told us the party will have to take place outside, in consideration of their other customers. They will setup extra tables/chairs but I expect seating may be limited. Lori will send out a menu and take preorders for lunch. Please let her know your order by Tuesday evening, 9/9/13. A route sheet will be provided and cake will be served. This ride is co-listed with (and organized by) the Fremont Freewheelers.
Ride Hosts: Lori Sommer, lorimsommer@gmail.com, (510) 693-8624 –C and Peter Rathmann, 925-336-0973.

THU. 9/12/13 2-L 20 miles 9:30 a.m. Leisurely recovery/conditioning ride. See 9/3/13 for details

THU. 9/12/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center. See 9/4/13 for details.

FRI. 9/13/13 2-L/M No Drop 25-35 miles 8:30 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. **(Beginner Friendly)**
Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

SAT. 9/14/13 3-L/M 47 miles 9:00 a.m. Shannon to Moraga loop. First we'll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we'll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.
Ride Host: Peter Rathmann, 925-336-0973.

SUN. 9/15/13 Day Trip to Angel Island

Details: We will take BART to San Francisco with our bikes and catch the 9:20 ferry from the Ferry Building to Angel Island. While on Angel Island, we will ride around the Island, have a picnic lunch, visit the historical buildings and do some exploring. The paved road around the island is about 5 miles. There are an additional 4 miles or so of dirt trails and 2 miles of hiking trails. It is relatively flat on the paved road, but the dirt trails climb a little.

The ride will credit 10 club miles. In order to take full advantage of the park, a mountain bike or hybrid is recommended, although you can use a road bike if you stick to the paved roads. They are rough, but rideable. Riders will sign the VS waiver on Angel Island, and then be on their own. Ferries returning to San Francisco depart Angel Island at: 12:25, 3:20 and 4:30. You can choose your time to leave. You will need to purchase two one-way tickets (for a round trip) on-line, for redemption at the Ferry Building, at this link: <https://secure4.gatewayticketing.com/BlueAndGoldFleet/shop/ViewItems.aspx?CG=BGFTKTGP&C=ANGTKTS>
The total for Ferry tickets is \$17, \$9.50 for 65+ (ID required).

We recommend leaving enough time to shop for some gourmet picnic supplies at the Ferry Building! Bring a backpack for layers (the weather is changeable), and a change of shoes in case you want to walk around and explore. If you plan on hiking to the top of Mt. Livermore, you will need to lock up your bike.

Link for Angel Island Brochure:

http://www.parks.ca.gov/pages/468/files/angelisland_web.pdf

Contact me if you have any questions. Let me know if you plan to come so that we know to look for you. Show up at the Ferry Building for the 9:20 ferry.

Ride Host: Jane Moorhead, 925-980-9889

mailto:jane_moorhead@mac.com

MON. 9/16/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/3/13 for details.

TUE. 9/17/13 2-L 20 miles 9:30 a.m. Leisurely recovery/conditioning ride. See 9/3/13 for details

TUE. 9/17/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T n' T rides from Shannon Center. See 9/4/13 for details.

TUE. 9/17/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 9/4/13 for details.

WED. 9/18/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/3/13 for details.

WED. 09/18/13 4-M 39.2 miles 10:00 AM, Mill Valley to Mount Tamalpais/-Fairfax. We will travel over scenic roads and climb to the summit of Mount Tamalpais. We will return following Ridgecrest Boulevard to Fairfax-Bolinas Road. This wooded road will descent to Alpine Lake, returning through Fairfax. Possible lunch at the Marin Brewing Company following the ride. Approximately 4,900 feet of climbing. Take I-580 across the Richmond Bridge to Highway 101. Go south on 101 to exit 447, E. Blithedale, and go right (west). Make a left (south) on Camino Alto. Follow Camino Alto to Miller Avenue and turn right. Find street parking near the Safeway Store at that corner (non-customer parking not allowed in the business lot). Car pooling is recommended and allow at least one hour for travel.

Ride host: Steve Kowalewski 510-246-2815 (cell)

skowalewsk@aol.com

THU. 9/19/13 2-L 20 miles 9:30 a.m. Leisurely recovery/conditioning ride. See 9/3/13 for details

THU. 9/19/13 2-M/B 25 miles (40 km) 6:00 p.m. Regular T and T rides from Shannon Center in Dublin, on San Ramon Road between Alcosta Blvd. and Amador Valley Blvd. There are two groups, brisk and 'relaxed pace' - semi no-drop.

THIS IS THE LAST T&T FOR 2013. RIDES WILL RESUME IN MARCH 2014

Ride Host: Dan Carhart - dcarhart@minutemanpress.com - 925-548-2809

SAT. 9/21/13 2/3-L/M 25 – 44 miles 9:00 a.m. From the Crank-2 bike shop (5480 Sunol Blvd in Pleasanton), we'll head out Foothill to Sunol and continue to Calaveras. Turn-around options include the base of hill for 'classic' 25 mile loop

or two 'challenge' choices: 1st summit (30 miles) or top of Wall (44 miles). SAG support for classic route. Take I680 to Sunol Blvd exit East, then right into Raley's Ctr after Junipero.

Ride host: Jan Stevens 510-428-0223

SUN. 9/22/13 2-L/M 34 miles 9:00 a.m. Ride from San Ramon through Danville and Alamo 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.

MON. 9/23/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/3/13 for details.

TUE. 9/24/13 2-L 20 miles 9:30 a.m. Leisurely recovery/conditioning ride. See 9/3/13 for details

TUE. 9/24/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 9/4/13 for details.

WED. 9/25/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/3/13 for details.

WED 9/25/13 3-M 25-40 miles 9:30 a.m.. Leave from San Ramon Central Park. **Rides will be in the Mt. Diablo/San Ramon area** with "re-hydration" after the ride at the San Ramon Hopyard (470 Market Place, S.R.) one block south of Central Park. Take I-680 to the Bollinger Canyon exit and go east; turn left into Central Park opposite the Market Place (if you get to Alcosta you went too far).

Ride Host: Jim Conger, 925 876 4949,

james.conger@gmail.com

THU. 9/26/13 2-L 20 miles 9:30 a.m. Leisurely recovery/conditioning ride. See 9/3/13 for details

FRI. 9/27/13 2-L/M No Drop 25-35 miles 8:30 a.m. This Odd Fri-Day series of rides will start at Central Park and be geared toward the riders who show. See 9/13/13 for details.

SAT. 9/28/13 2-M 38 miles 9:30 a.m. Starting at San Ramon's Central Park we'll head up to Blackhawk and then over to Livermore via Collier Canyon. Our return will be on Vineyard through Pleasanton and back on the Iron Horse trail. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place.

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

SUN 9/29/13 SUN 9/29/13 3-M 42 miles 9:00 a.m. Gail's Birthday Ride - Acalanes High School - Pinole Loop. It's time to head out to Pinole again. Start at Acalanes High School (1200 Pleasant Hill Road Lafayette) and proceed over Pig Farm Road to Pinole. Loop around through El Sobrante and return via San Pablo Dam, Moraga Commons then back to Acalanes HS. We will stop for coffee/regroup in Pinole and Orinda. Take Hwy. 24 to the Pleasant Hill Rd. exit in Lafayette and go north; Acalanes High will be on your right.

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

MON. 9/30/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/3/13 for details.



OCTOBER 2013

TUE. 10/1/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 9/4/13 for details.

WED. 10/2/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/3/13 for details.

WED. 10/02/13 WED. 10/02/13 2.5-M 30 miles 9:00 a.m. Leaving from Shannon Center we'll head down to Sunol and then continue down Niles Canyon to Palomares for a scenic climb past vineyards, peacocks, and a monastery. After descending the north side we'll have our final climb over Dublin grade before returning to Shannon Center. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring food and fluids.
Ride Host: **Alaine Nadeau, 925-216-0801, l8trees@aol.com.**

SAT. 10/05/13 3-M 37.6 miles 9:00 am Meet at the Pleasanton Ridge staging area parking lot located on Foothill Road between Pleasanton and Sunol. Take I-680 to Castlewood, turn west on Castlewood Drive to Foothill Road, then left on Foothill. The entrance to the Pleasanton Ridge parking lot is about 1.5 miles from Castlewood on Foothill Road.
Ride host: **Steve Kowalewski 510-246-2815 (cell) skowalewsk@aol.com**

SUN. 10/6/13 Mt. Diablo Challenge. While not a club ride, the Valley Spokesmen club has long supported this event with volunteers and other assistance. Please consider volunteering to help with this race to the top of Mt. Diablo. Contact **Bonnie Powers, 925-828-5299**

SUN. 10/6/13 3-L/M 35 miles 9:00 a.m. Starting at the Bollinger Canyon Park & Ride we'll head south to Sunol and then down Niles Canyon to Palomares. After climbing the hill we'll drop down to Dublin Canyon and return via Schaefer Ranch. Take I-680 to the Bollinger Canyon exit. The Park&Ride lot is at the southwest corner of the intersection behind the Chevron station. Bring water and snacks.
Ride Host: **Peter Rathmann, 925-336-0973.**

MON. 10/7/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist

and online calendar) Heather Farm ride - see 9/2/13 for details.

TUE. 10/8/13 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop - Mountain bike trails. See 9/3/13 for details.

WED. 10/9/13 2-L/M 25-50 miles 9:00 a.m. (NOTE: if over 90F the start may be earlier – notice will be sent on VSlist and online calendar) Heather Farm ride - see 9/2/13 for details.

WED. 10/9/13 3-M 25-40 miles 9:30 a.m. Leave from San Ramon Central Park. Rides will be heading up Mt. Diablo from San Ramon with "re-hydration" after the ride at the San Ramon Hopyard (470 Market Place, S.R.) one block south of Central Park. Take I-680 to the Bollinger Canyon exit and go east; turn left into Central Park opposite the Market Place (if you get to Alcosta you went too far).
Ride Host: **Jim Conger, 925 876 4949, james.conger@gmail.com**

WED. 10/9/13 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin, 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.



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

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

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 - www.yosemiteconservancy.org

UPCOMING EVENTS

September

- 1 [Echelon Gran Fondo Palo Alto](#) - Palo Alto, CA
- 7 [High Sierra Fall Century](#) - Mono Lake, CA
- 7 [Siskiyou Century](#) - Yreka, CA
- 7 [Tour de Trinidad](#) - Trinidad, CA
- 14 [Tour de Fuzz](#) - Santa Rosa, CA
- 14 [Tour de Fresno](#) - Fresno, CA
- 14 [Tahoe Sierra Century](#) - Squaw Valley, CA
- 16 [Tour de Foothills](#) - Upland, CA
- 21 Nutcracker Century - Rocklin, CA
- 21 [Taste & Tour of the Valley](#) - Orcutt, CA
- 28 [Napa Valley Ride to Defeat ALS](#) - Yountville, CA
- 28 [Revolution Ride](#) - Geyserville, CA
- 28 [Canary Challenge](#) - Palo Alto, CA
- 28 [Knoxville Fall Classic Double](#) - Vacaville, CA
- 28 [SLO Lighthouse Century](#) - San Luis Obispo, CA

October

- 5 [Konocti Challenge](#) - Lakeport, CA
- 5 [Grizzly Century](#) - North Fork, CA
- 5 [Levi King Ridge Granfondo](#), Santa Rosa, CA
- 6 [Mt. Diablo Challenge](#) - Danville, CA
- 6 [Princess Promenade](#) - Sacramento, CA
- 6 [Tour de Poway](#) - Poway, CA
- 12 [Veterans Victory Velo Devil Mountain Challenge](#) - San Ramon, CA
- 12 [Coyote Creek Cycling Classic](#) - Morgan Hill, CA
- 12 [SLO Granfondo](#) - San Luis Obispo, CA
- 12 [Tour de Rocklin](#) - Rocklin, CA
- 12 [Fruit Yard Century](#) - Modesto, CA
- 19 [Tour de Foothills](#) - Upland, CA
- 19 [Foxy's Fall Century](#) - Davis, CA
- 19 [Spooktacular](#) - Bakersfield, CA
- 26 [Death Valley Fall Century, Ultra and Double](#) - Death Valley, 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

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 - <i>(to be discontinued)</i>	\$70.00
sleeveless wind shell vest -	\$60.00
long sleeve jacket - <i>(to be discontinued)</i>	\$69.99
shorts - women / men -	\$58.00
bib shorts - <i>(to be discontinued)</i>	\$65.00
arm warmers -	\$30.00
gloves - yellow, blue, black - <i>(changing to blue & black only)</i>	
-	\$27.00
socks - white, yellow, black - <i>(changing to blue & black only)</i>	
-	\$7.00

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

Valley Spokesmen "Bicycle" Touring Club Executive Board Meeting Minutes August 14, 2013

Meeting called to order by Vice-President Bob Heady at 7:07 p.m.

Minutes from the July 10, 2013 Executive Board Meeting were approved as read.

Treasurer Dan Carhart reported on our checking and savings accounts; both are solvent. We will be filing our 2012 tax returns immediately.

OLD BUSINESS:

1. Past month's rides - All remains much the same, well attended etc.
2. V.S. web site - There was no report in Ken's absence.
3. Ride Library - Gail reported there are 26 rides in the library. No one is submitting rides. It is expected to take time to build it up, so we are depending upon leaders to submit their rides.
4. There are 24 missing sign-in sheets from past rides. Jim distributed a list in hopes of zeroing out these rides or having them turned in.
5. The V.S. By-laws update will occur at the September meeting.
6. Update on area bicycle issues - Bonnie reported on a recent meeting in Dublin regarding various options to deal with bicycle traffic on Dublin Blvd. between San Ramon Valley Road and Dougherty Road. City staffers appear to

favor a two-way sidewalk path on the south side on the Blvd. Jim P. reported downtown Hayward is a terrible mess for bicyclists.

NEW BUSINESS:

1. Ride schedule for September/August reviewed. Jim Conger to take Gail's place hosting the Odd-Friday rides while she and a group of 27 are in Italy.
2. T.O.S.R.D. – We have 141 pre-registered riders. Due to the number of those wishing a private room, we have only 15 rooms left available out of our 100 reserved.
3. The Ride Hosts guidelines have been tabled until the October meeting.
4. Cinderella donations – The list of possible recipients was reviewed. Motion made, seconded and passed for Jim D. to finalize the list. Motion made, seconded, and passed for the five police departments to receive \$1,500. each and the non-profits to receive \$750. each.
5. Mid-winter party – The probable date will be February 22, 2014. Motion made, seconded, and passed to increase the cost of the party to \$20.00 per person.
6. Bonnie reviewed our correspondence. We will be rejoining the Bay Area Ridge Trails Council.
7. Next Business Meeting September 4th. Entertainment for the evening will be presented by Bob Heady who will have a travel log of his recent trip to Alaska.
8. The next Executive Board Meeting will be at the Powers' place September 11th.
9. Head mechanic Brad Van Scyoc at Livermore Cyclery was involved in a serious bicycle accident. To assist with his medical bills a fund has been set up by Livermore Cyclery. Motion made, seconded and passed to contribute \$200.00 to this fund.

GOOD OF THE ORDER:

1. Jim P. reported Channel 5 reported the best place to buy a bike was Livermore Cyclery.

There being no further business, the meeting was adjourned at 8:13 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.



Valley Spokesmen "Bicycle" Touring Club Correspondence August 2013

Sent:

1. Check to Harburn Enterprises, Inc. for T.O.S.R.D. patches.
2. Check to Minuteman Press for printing of August newsletter.
3. Check to Office Depot for copier paper and address labels.
4. Check to James G. Parker Insurance Assoc. for additional insurance certificates.
5. Check to Varenchik Accountancy Corporation for preparation of 2012 income taxes.
6. Check to Lisa Lyon for T.O.S.R.D. refund.
7. Check to Franchise Tax Board for filing fee for 2012 State taxes.
8. Check to Bay Area Ridge Trail Council for annual membership dues.
9. Check to Brad Van Scyoc (head mechanic at Livermore Cyclery) to assist with medical expenses after experiencing a very serious bicycling accident.
7. Letters of welcome to new members. Membership for 2013 stands at 472.

Received:

1. Certificate of Appreciation from Yosemite Conservancy.
2. Thank you letters from Adventure Cycling Association; Bay Area Ridge Trail Council; and National Parks Conservation Association for our financial support.
3. *Cyclosource* (Fall 2013) from the Adventure Cycling Association.
4. Information on upcoming events and tours.
5. Newsletters and magazines from various clubs, organizations and businesses.



Ride Review

July 27th

Steve W. led our ride from the Sycamore Ave. Park & Ride lot in Danville out to Orinda (Starbucks stop), San Pablo Rsvr., Castro Ranch and Alhambra Valley Rds., Pig Farm Hill, and Reliez Valley. Unusually cool for the first part of the ride as the marine fog layer stayed with us from when we left Orinda until the summit of Pig Farm.

Peter

July 28th

Nice day for Gail's ride to Del Valle reservoir. Stayed a little cool early but climbing the hill north of the reservoir warmed us right up. The group split at the summit with some opting to continue to the reservoir while the rest of us turned around at the top and avoided the climb back out. The group I was with also opted to modify the return route and went through Pleasanton and Dublin. Peter

August 2nd

Our ride today started in Pleasanton and headed out to Greenville Rd. in Livermore to meet up with a Bike & Build group that had originally started in Jacksonville, FL and was riding from Modesto to Pleasanton today. Peter

August 3rd

Nice sunny day with pleasantly cool temperatures in Palomares canyon today. The resident peacocks were heard but not seen and a large buck was seen by some of the riders. Peter

August 4th

The lingering marine layer kept things rather cool for Dick Ward's ride today. We started at the Sycamore Park & Ride in Danville and headed over to Livermore on Tassajara, Highland, and Collier Canyon. Our return was via Jack London and Fallon past the outlet mall and then through the Windemere development before continuing through Blackhawk and back to Danville. Peter

August 7th

Thanks to all who came on my Lewis & Clark/ Christopher Columbus ride to-day. Great to have an adaptable group who hung together and wound through, for some, new territory. Hope you had a good ride. Great to break bread after with the erstwhile Web Master who is hale & hearty as ever. Plan to do so a couple of Wednesdays a month, so join in. Francie

+++++

It was a great ride and it's always nice to have the opportunity to give Jim D a hard time! Jane

August 10/11th

Valley Spokesmen Bicycle Touring Club annual bike ride from Dublin, CA to Santa Cruz, CA. Our 100 mile route took us out to Fremont via HWY 84 and we continued on Alameda Creek Trail to Don Edwards National Wildlife Refuge. We crossed the SF Bay via the Dumbarton Bridge to Palo Alto. We proceeded up north to Old La Honda Rd. and climbed the Santa Cruz/SF Peninsula

mountains for our final descent to the coast on HWY 1 and south to Santa Cruz, CA.

+++++

And an EPIC ride it was..... Thank you Ken, Mary, Theresa and all 28 riders (including 8 women) who helped make this ride a great one. We even had a State Champion join us along the way who stopped and chatted with us for quite a while. I'm sure many of us are already looking forward to next year's epic adventure.

August 11th

Thanks for hosting today, Steve, while Alaine was in her beautiful balloon. Even those who chose a different route (same mileage) had a nice ride. Nice to have lunch after with VS member Gary H., in town from his new digs in 'Toronto'..he is working on his accent, aye. Jim

August 16th

Perfect day for Jim C's ride to Las Trampas with the optional extra of an out-and-back on the Norris Canyon hill thrown in for good measure. Haven't ridden as much on Norris since the housing development went in, but it's still a nice lower traffic alternative to Crow Canyon. Peter

August 17th

Cooler temperatures with some cloud cover made for a pleasant Feather Pedals 'country club' ride today. Starting at Jack's on SRVB we rode north to Rudgear and then went through the Roundhill, Diablo, and Blackhawk country clubs. The 'challenge' option led up to the Mt. Diablo junction before rejoining the regular route down Dougherty into Dublin before swinging back north to San Ramon. Peter

August 18th

With an early start time and a route that had the steepest hills at the beginning we got those out of the way while it was still cool and could relax on the rest of the ride as the temperature started to climb. Thanks to Jim C. for filling in as ride host and best wishes to Emma for a speedy recovery. Peter

August 21st

Yesterday Bob hosted a ride from the Dublin branch of Livermore Cyclery down to Verona Bridge and returning through Pleasanton with a stop at Peet's Coffee Peter

August 22nd

That was a very brisk 'B-brisk' pace, thanks for towing me along, Doug! A cyclist's Ode de Joy, the ache of dangling on the fringe of the paeline, pained and too weak to take a turn on the front. Gilbert was impressive, nearly bridging up to Bob on the Collier climb - who knew? Doug

+++++
Yes, that was a fun ride and glad we all hung together and yes, given's Gilbert's impressive and hidden strength we are going to let him pull into the wind leading to the climb on the next ride. OH JOY!!!! :-) Bob

August 23rd

Started out a little cool and cloudy, but we quickly rode into the sunshine on Gail's ride from San Ramon up to Livorna Park and then into Walnut Creek. Our return was down the boulevard to our refreshment stop at La Boulange Peter

August 24th

Rick led us from Shannon Center to the 'wall' at the end of the Calaveras Reservoir on a beautiful sunny day. We weren't able to spot the new eagle nest but think we observed either a Golden or immature Bald Eagle flying over as we started back. The group split up on the return and took a few slightly different routes. We did a shortcut through the neighborhood off Happy Valley and then returned via the Marilyn Kane trail west of Valley Ave. and the Alamo Creek trail along I-680. Peter

August 25th

A cool start but it turned out to be a lovely day for the club's rides and BBQ in commemoration of the club's founding 42 years ago. The shorter ride started at the Powers' house and headed up Dougherty and Bollinger to Crow Canyon and then down Camino Tassajara to Greenbrook and the Iron Horse trail back to Dublin. Back at the Powers' we joined the riders from the longer option and others for burgers, salads, assorted beverages followed by the club's birthday cake and ice cream. Thanks to all who participated in making this such a delightful event. Peter

August 26th

Alberto took us through the Windemere development and out the Tassajara - Highland - Manning - N. Livermore route to the Starbucks on Vasco before heading back through town and then into Dublin via Jack London and Fallon. A nice cool but sunny day for the ride. Peter



JOIN E.B.B.C. FOR A BIKE ADVISORY TOUR OF DUBLIN BLVD. ON SEPTEMBER 7TH

Everyone:

Join us for a bike advocacy tour of Dublin Blvd. on Sept 7 to survey the street for potential bike lanes and explore our proposed option of a 3-month Summer pilot of bike lanes on Dublin Blvd. next year. We will meet at Heritage Center in West Dublin, at the corner of Donlon Way and Dublin Blvd. There is still a lot of public outreach to do to build support for our pilot proposal of bike lanes and you can start by helping us scope out how new bike lanes as part of a lane reduction project could work to improve Dublin Blvd. for all users of the roadway, and in the process make Downtown Dublin a better destination and more successful business environment. See you on September 7.

RSVP on Facebook:

<https://www.facebook.com/events/181385655374761/>

Thanks and help spread the word!

Dave Campbell
Advocacy Director
East Bay Bicycle Coalition
dave@ebbc.org

UPCOMING DATES TO MARK ON YOUR CALENDAR

September 5th – Club Business Meeting at Round Table Pizza in Dublin.

October 6th – Mountain Challenge – 12 volunteers needed to work Rock City; the Junction; Juniper; and the top of the mountain serving food.

October 12-13th – Tour of the Sacramento River Delta – registration is limited to 200 riders and is filling up quickly.

October 27th – Progressive Dinner at the Giffords' home in Escalon. Multiple ride loops are offered between each course.

December 4th – Club Business Meeting at Round Table Pizza in Dublin. The election of your 2014 Club Officers will take place at this meeting.

February 15th 2014 – Mid Winter Party

April 5, 2014 – Cinderella Classic and Challenge

April 6, 2014 – Bicycle Swap Meet

MILEAGE REPORT of 8/26/2013

(This does not include the 20 ride sheets that have not been turned in to this date).

Name	Total of Miles	Rides Led	Total Rides
Alexander, Bernadette	377	0	8
Alexander, Lisa	203	0	4
Amos, Bob	592	2	25
Ball, Karin	613	4	15
Barbier, Larry	893	0	25
Barnett, Bob	2582	1	60
Berckmoes, Russ	202	0	4
Blanco, Gail	4579	30	102
Bonilla, Herman	307	0	8
Bousfield, Sarah	266	0	2
Burkle, Kathy	417	0	10
Campbell, Rick	2055	1	42
Carhart, Dan	2427	10	62
Carpenter, Don	1318	0	31
Castaneda, Ana	616	0	16
Cayton, Nancy	642	0	12
Cefalu, Gina	333	0	9
Choy, Serena	362	0	11
Clarke, Lorretta	246	0	6
Coe, Marlene	385	0	8
Conger, Jim	1565	5	45
Cooke, Pam	1158	0	38
Cosin, Wendy	314	0	8
Crawford, Marlowe	685	0	14
Culshaw, Pete	1915	15	52
Culshaw, Sharon	844	9	25
Cushman, Francie	3480	10	78
Daly, Deb	795	0	17
de la Motte, Janelle	485	0	11
DeCarlo, Geri	467	0	13
Dedon, Erica	705	1	21
Dedon, Mark	824	1	24
Delfosse, Rob	1728	4	36
DeMicco, Mike	403	0	5
Deornelas, Vic	1696	0	37
Dronkers, Dave	316	0	9
Duncan, Jim	3822	27	95
Dunning, Clay	949	0	16
Dunning, Craig	815	0	11
Duran, Veronica	519	0	13
Eacret, Wes	590	0	13

Name	Total of Miles	Rides Led	Total Rides
Eckels, Del	654	0	17
Eder, David	398	0	10
Engleton, Mary	305	0	3
Enriquez, Gilbert	1478	0	32
Faires, Debbie	529	0	13
Fredricks, Larry	291	0	8
Fryar, Richard	259	0	6
Fujii, Bob	2160	0	46
Fujii, Vivian	253	0	8
Fusco, Bob	823	0	20
Gabe, Jan	1496	0	38
Gaunt, Ross	449	0	7
Goroff, Marc	1230	2	27
Groves, Susan	399	0	10
Guedon, Donna	590	0	12
Gumpert, Sandra	248	0	5
Hallahan, Pat	665	0	14
Hammond, Chuck	700	0	20
Hampton, Julie	1961	27	58
Heady, Bob	1793	63	80
Hedges, Richard	687	2	12
Heggelund, Merel	321	4	7
Hernandez, Ken	1464	2	25
Hernandez, Mary	1230	1	26
Herrera, Gloria	1048	0	25
Hirt, Janice	468	0	10
Hirt, Joe	372	0	8
Hislop, Bob	401	0	5
Ho, Will	430	0	10
Hojnacki, Susan	666	0	11
Hsueh, Gary	379	0	4
Hunt, Nena	214	0	6
Jakubowski, Diane	247	0	5
Johnson, Marie	533	0	13
Johnson, Robin	796	0	16
Kamzan, Marni	319	0	7
Kane, Kathy	658	3	15
Kennon, Lisa	226	0	5
Kiely, Mary Ann	438	0	10
Koneti, Suresh	329	0	7
Koniges, Alice	464	0	11
Kowalewski, Steve	1817	12	50
Krewson, Lisa	374	0	9
Kurzrock, Matt	757	0	20
Lanzas, Alberto	4318	45	94

Name	Total of Miles	Rides Led	Total Rides
Leddon, Dave	3278	1	85
Lee, Jeffrey	382	0	8
Lee, Karen	321	0	7
Lenzi, Marty	440	2	10
Lisy, Norm	440	0	12
Low, Ellen	781	0	18
Maciey, Mindy	526	0	15
Madelo, Adele	577	0	15
McBee, Michelle	1321	0	30
Meidberg, Larry	684	0	20
Mombeni, Ana	302	0	6
Montevago, Marsha	218	0	4
Moorhead, Jane	2080	22	79
Morales, Maria	486	0	10
Nadeau, Alaine	511	0	15
Neal, Carolyn	1380	1	25
Neal, Dave	1560	1	28
Neer, Mark	1573	2	35
Neer, Susan	1519	2	33
Norek, Al	214	0	6
Nowell, Keith	361	0	9
Nowell, Linda	466	0	10
Olenberger, Emma	805	1	19
Ondricek, Doug	767	10	20
Ondricek, Janet	507	4	12
Owens, Jim	240	0	2
Page, Janie	605	10	32
Parrish, Charles	3524	0	89
Pearsons, Ruth Ann	311	0	9
Peters, Steven	846	0	17
Po, Ismael	892	0	28
Poe, Karin	349	1	11
Porubcan, Alexis	1023	0	23
Powers, Bob	450	2	3
Powers, Dick	1100	0	26
Quist, Jonathan	213	0	6
Rama, Anita	498	0	12
Rathmann, Peter	5060	16	131
Rayome, Morgan	220	0	3
Reid, Marie	306	0	6
Reilly, T.J.	1459	0	40
Roberts, Susan	610	0	17
Rose, Molly	549	0	14
Rudy, Kevin	602	0	14
Satoutah, Brahim	2085	3	45

Name	Total of Miles	Rides Led	Total Rides
Schiefer, Alex	960	0	22
Schiefer, Alma	1231	0	26
Schulze, Jennifer	221	0	6
Settle, Andy	1034	0	28
Shum, Bart	812	0	18
Simpson, Christy	2518	13	67
Skow, Dick	1596	38	43
Sovulewski, Larry	211	0	15
Spiegel, Joan	570	0	14
Stevens, Jan	1444	4	39
Strain, Bob	1382	1	36
Strain, Kathy	1337	3	36
Strain, Katie	667	0	14
Stubbs, Will	623	0	14
Stucky, Jane	241	0	10
Sturm, Jeff	225	0	7
Talbot, Chris	429	0	12
Tallerico, Tom	780	0	21
Thieben, Kevin	1858	9	41
Thieben, Teresa	830	0	17
Thomas, Walt	964	0	28
Thompson, Dianne	397	0	11
Tracy, Steve	288	0	7
Trublood, Lori	363	0	9
Uher, Julie	1471	0	38
Uher, Will	1472	0	36
van Raalte, Laurie	604	1	15
van Raalte, Marcus	1802	1	37
Von Hoosear, Lisa	209	0	6
Walker, Pat	245	0	5
Ward, Dick	1334	6	43
Wheadon, Kathy	315	0	6
Whelan, Steve	2577	1	53
Wood, Barbara	289	1	3
Wood, Rebecca	696	3	17
Woods, Colleen	473	0	11
Yates, Sheryl	235	0	6
Young-Shigemoto, Lisa	545	0	13
Zucker, Pam	440	0	12

Total miles ridden by club member so far this year is 164,896. Impassive!

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2013.

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	925-838-1973
Newsletter Editor/Typist:	Marcia Seeger	510-223-9347
	e-mail 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	Jim Duncan	925-209-1369
Team contacts:	Ted Vidnovic	925-337-2803

2013 PRESIDENTIAL APPOINTMENTS

Cinderella chairmen:	Jim Duncan	925-209-1369
	Bob Powers	925-828-5299
Swap Meet:	Bob/Bonnie 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	Karin Ball	408-406-2286
Liaisons:	Rebecca Wood	925-577-3842

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

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
Oakland	Adele Madelo	510-773-0693
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

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/maillinglist.php> and following the directions there.

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: _____