

# VALLEY SPOKESMEN

## Group Ride Schedule

*Come ride  
with us!*

Valley Spokesmen Bicycle Touring Club P.O. Box 2630 • Dublin, CA 94568 • [www.valleyspokesmen.org](http://www.valleyspokesmen.org)

### **President's Message**

Marcus Van Raalte  
**SEPTEMBER 2014**

#### **Safety on a bicycle**

This month's message is more on cycling safety and includes the things I have learned over the few years I have been cycling. Although I have documented these previously, I think they are very important. Safety while riding a bicycle on the roads of California is crucial to our enjoyment of bicycling, and just as we practice defensive driving every day in our cars, we should do the same while riding our bicycles. There are many choices to maximize our safety, minimize our likelihood of accidents, and to mitigate our injuries when accidents do occur.

#### **Ways to maximize our safety**

- Ride with bright colored clothes, lights, and reflectors to make sure cars can see you.
- Follow all road usage laws and make sure others can always anticipate your actions.
- Limit your speed so that you can safely handle unexpected holes and bumps in the road and the sudden appearance of children or animals on the road.
- Do not swerve to avoid holes or bumps in the road as this is dangerous to other riders, and is not expected by cars.
- Drink plenty of water, consume plenty of salt and eat frequently to stay agile while riding.
- Always maintain your bike so that nothing unexpected happens while riding, e.g.: loose components locking the wheels or gears or the pedals.
- Ride as close to the edge of the road as possible but ride far enough from the edge of the road to avoid storm drains and car doors opening.

#### **Ways to minimize likelihood of an accident**

- When encountering railroad tracks, approach them at a perpendicular angle to avoid getting your wheel stuck.
- Take extra care or avoid riding in the rain. If you do ride in the rain avoid riding on road markings.
- Make sure that tires are checked and are at the correct pressure to reduce flats and maximize handling
- Do not ride too close to other cyclists
- Do not ride erratically, ride at a steady pace in a straight line.
- Do not ride so much as to be exhausted and thus ride erratically.
- Do not ride on the sidewalk that is adjacent to the road, as any accident you have will be more likely to result in a catastrophic collision with a car, as your arrival in the street will be a surprise.
- Do not ride with others who ride erratically or in other unsafe ways.
- If you do become exhausted on a ride, move to the back of the group.
- Listen to others who offer advice from experienced cyclists to improve your riding; the advice will usually be vital to everyone's safety.

#### **Ways to mitigate our injuries when we have an accident**

- Wear a helmet! This is vital to avoid catastrophic head injuries and death, but most helmets do little to prevent or even reduce concussion.
- Ride with others so that if you do need help, someone is there to quickly contact emergency services.
- Carry identification and personal details so that you can receive prompt and effective help from emergency services.

**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 available 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 [Valley Spokesmen Ride Calendar](#)

**Be informed: current VS members can register for the VS e-mail list: [VS List](#) and follow the prompts.**

**REGULARLY SCHEDULED RIDES:**

**EVEN MONDAY** ride starting at 8:30 a.m. in San Ramon  
**MONDAY and WEDNESDAY morning** ride in Walnut Creek area starting at 8:30 a.m.  
**TUESDAY night** Mountain Bike rides from Lake Chabot leave at 7:00 p.m. BRING LIGHTS  
**TUESDAY and THURSDAY** conditioning rides from Dublin leave at 9:30 a.m.  
**TUESDAY and THURSDAY** evening T 'n T rides starting at 6:00 p.m.  
**WEDNESDAY** Livermore WAW (Wednesday After Work) ride series starting at 6:30 p.m.  
**EVEN FRIDAY** ride starting at 8:30 a.m. in Dublin  
**ODD FRIDAY morning** ride from Central Park. Beginner Friendly. See website for start times.

**SEPTEMBER 2014 RIDE SCHEDULE**

**MON. 9/1/14 2-L/M 25-50 miles 8:30 a.m.** 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. 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. 9/2/14 2-M 20 miles 9:30 a.m.** This is a 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 will be determined by participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18 mph pace.  
**Ride Host: Bob Heady, 925-980-7989.**

**TUE. 9/2/14 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. 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.  
**Ride Host: Dan Carhart, 925-828-8964.**

**TUE. 9/2/14 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. 9/3/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**WED. 9/3/14 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. WAW (Wednesday After Work) is a Wed. evening training ride series** leaving from Les Knott Park in Livermore. Most weeks we will have two options available. Doug will lead a B paced ride intended to get the heart rate up quickly and keep it there for an hour and Janet will lead an L paced ride for anyone looking for something a bit more tame. Routes will vary and are generally posted on the calendar prior to the ride. Meet at the park at 655 N. Mines Rd.  
**Ride Hosts: Doug Ondricek, 925-980-2490, and Janet Ondricek, 925-579-4573**

**WED. 9/3/14 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 ????? Find out the answers to all your club questions, and see if we're the club for you!**

**THUR. 9/4/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 9/2 for details.**

**THUR. 9/4/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 9/2 for details.**

**FRI. 9/5/14 2-L/M No Drop 25-35 miles 8:30 a.m. This Odd FriDay series of rides will start at San Ramon 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, gvblanco@aol.com, 925-872-1001.**

**SAT. 9/6/14 3.5-M 58 miles 8:30 a.m. Diablo Vista Park to 'Pig Farm Hill' and 'The Bears.'** We'll be riding from Blackhawk through Walnut Creek and Pleasant Hill to Alhambra Valley Rd. to climb 'Pig Farm Hill' and continue on Bear Creek Rd. over 'The Bears' before stopping for refreshments in Orinda. Our return will be through Lafayette and along the Blvd. to Danville and back to the park. Approx. 3800' of elevation gain. Start at Diablo Vista Park – take I-680 to the Crow Canyon exit and go east; turn right on Tassajara Ranch Rd. and right again into Diablo Vista Park.  
**Ride Host: Kevin Thieben, 925-437-5919.**

**SUN. 9/7/14 3-L/M, M, M/B 45-55 miles 9:30 a.m. Standing 1<sup>st</sup> Sunday Ride.** We will be riding a 45-55 mile loop from San Ramon Central Park and out to Livermore. There will be a group adding on the Flynn's to the route that is listed. We have a rest stop at the Starbucks in N. Vasco and Scenic, as well as the Starbucks on Vineyard in Livermore, before returning to San Ramon. Please feel free to join us and ride at your own pace. The route can be shortened after the 1st rest stop by returning on Greenville to Tesla and continuing on the route. Significant chance of rain will cancel this ride. Route:  
<http://ridewithgps.com/routes/3888766>  
**Ride Host: Kevin Thieben, 925-437-5919.**

**MON. 9/8/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**MON. 9/8/14 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](mailto:vidnovic@yahoo.com), for further information.**

**TUE. 9/9/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride - see 9/2 for details.**

**TUE. 9/9/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride - see 9/2 for details.**

**TUE. 9/9/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride - see 9/2 for details.**

**WED. 9/10/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**WED. 9/10/14 3-M 40 miles 9:30 a.m. Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into Walnut Creek 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 have gone too far).**

<http://ridewithgps.com/routes/2267409>

**Ride Host: Jim Conger, 925 876 4949, [james.conger@gmail.com](mailto:james.conger@gmail.com)**

**WED. 9/10/14 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride - see 9/3 for details.**

**WED. 9/10/14 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. 9/11/14 2.5-L/M 25 miles 9:00 a.m. Walt's B-Day ride from Fremont. Come celebrate Walt's Happy 83rd**

**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 set up 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, 9/9/14. 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](mailto:lorimsommer@gmail.com), 510-693-8624 and Larry Roe, 925-846-0734.**

**THUR. 9/11/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride - see 9/2 for details.**

**FRI. 9/12/14 3-M/B ~40 miles 8:30 a.m. Ride on every even-numbered Friday starting at Fallon Sports Park in Dublin with various routes in the area. Take I-580 to the El Charro/Fallon Rd. exit and go north on Fallon Rd.; turn left on**

Central Pkwy.; turn right on Lockhart; turn right into Fallon Sports Park and meet near the restrooms.

**Ride Host: Cindy Gilbertson, 805-423-4814, or Peter Kyong, 925-200-0844.**

**SAT. 9/13/14 TBA - Check the online calendar for updates and details.**

**Ride Host: Marcus van Raalte, 925-437-3253.**

**SUN. 9/14/14 4-L/M miles 9:30 a.m. Out & Back from Woodside to Half Moon Bay.** We will be riding from the parking lot by the Woodside Town Hall over Kings Mountain Rd. down Tunitas Creek Rd. then over Higgins Canyon Rd. to Half Moon Bay with a lunch stop at the San Benito House Deli. The return route will be via Hwy. 1 over Lobos Creek Cutoff Rd., up Tunitas Creek Rd. and down Kings Mountain Rd. Meet at the Woodside City Hall. Take the San Mateo Bridge (Hwy. 92W) to I-280 S; take exit 25 for CA-84/Woodside Rd. Town Hall parking lot is located on the left side of Woodside Rd. before Robert's Market. Bring plenty of water & food or money to buy. **Advanced Ride.** "Ride with GPS" link:

<http://ridewithgps.com/routes/5483348>

Route sheet: [Woodside to HMB Out Back Cue Sheet.pdf](#)

**Ride Hosts: Bob Barnett, 209 479-8328, [barnettr4@gmail.com](mailto:barnettr4@gmail.com); Steve Kowalewski, 510 246-2815, [SKowalewski@aol.com](mailto:SKowalewski@aol.com)**

**MON. 9/15/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**TUE. 9/16/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride - see 9/2 for details.**

**TUE. 9/16/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride - see 9/2 for details.**

**TUE. 9/16/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride - see 9/2 for details.**

**WED. 9/17/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**WED. 9/17/14 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride - see 9/3 for details.**

**THUR. 9/18/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride - see 9/2 for details.**

**THUR. 9/18/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride - see 9/2 for details.**

**FRI. 9/19/14 2-L/M No Drop 25-35 miles 8:30 a.m. This Odd Friday series of rides will start at San Ramon 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, [gvblanco@aol.com](mailto:gvblanco@aol.com), 925-872-1001.**

**SAT. 9/20/14 2/3-L/M 25 - 44 miles 9:30 a.m. Feather Pedals Monthly Ride.** 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 I-680 to Sunol Blvd. exit and go north; then right into Raley's Ctr. after Junipero.

**Ride Host: Kathy Kane, 925-323-5611.**

**SUN. 9/21/14 3-M 60 miles 8:30 a.m.** We will ride from the former Nob Hill parking lot in Livermore on the corner of Livermore Ave. and Pacific Ave. to Mines road and **out to the Junction and back**. Bring plenty of food and water as there are no services until the Junction. Out-and-back ride is easy to shorten if you prefer.

**Ride Host: Merel Heggelund, 925-989-8867.**

**MON. 9/22/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**TUE. 9/23/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride - see 9/2 for details.**

**TUE. 9/23/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride - see 9/2 for details.**

**TUE. 9/23/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride - see 9/2 for details.**

**WED. 9/24/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**WED. 9/24/14 3-M 40 miles 9:30 a.m.** Leave from San Ramon Central Park. **Ride will be to the Diablo Junction** and down into Walnut Creek 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 have gone too far).

<http://ridewithgps.com/routes/2267409>

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

**WED. 9/24/14 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride - see 9/3 for details.**

**THUR. 9/25/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride - see 9/2 for details.**

**THUR. 9/25/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride - see 9/2 for details.**

**FRI. 9/26/14 3-M/B ~40 miles 8:30 a.m. Ride on every even-numbered Friday starting at Fallon Sports Park in Dublin with various routes in the area.** Take I-580 to the El Charro/Fallon Rd. exit and go north on Fallon Rd.; turn left on Central Pkwy.; turn right on Lockhart; turn right into Fallon Sports Park and meet near the restrooms.

**Ride Host: Cindy Gilbertson, 805-423-4814, or Peter Kyong, 925-200-0844.**

**SAT. 9/27/14 3-L/M 98 miles 7:00 a.m. We'll start at the Shannon Center at Shannon and San Ramon Rd. in Dublin and ride out Foothill Rd. to Sunol for a quick stop before heading down Niles Canyon to the Alameda Creek Trail.**

We will then ride to and across the Dumbarton Bridge and into Palo Alto for a break at Starbucks. We'll continue up towards Stanford then cut over to Sand Hill Rd. and up Old La Honda Rd. to Skyline for a regroup before going Old La Honda & Hwy 84 to our lunch stop at the La Honda Market. Then it's on to Pescadero and Gazos Creek roads to Hwy 1 and on to the Davenport Bakery for our last break before heading into Santa Cruz. The payoff is the spectacular ride along West Cliff Drive to the Santa Cruz Wharf. We have 2 SAG vehicles lined up for support but you may want money for coffee or a sandwich at the deli in La Honda. Donations to the SAG drivers for fuel will be appreciated. Since this is a point-to-point ride, some of us

will need to drop off vehicles in Santa Cruz Friday evening and get shuttled back. Some of you may make arrangements to be picked-up in Santa Cruz after the ride.

Route: <http://ridewithgps.com/routes/2737980>

**Ride Host: Ken Hernandez, [kenhernandez52@yahoo.com](mailto:kenhernandez52@yahoo.com), 510-329-9481.**

**SUN. 9/28/14 MTB-3 17 miles 9:00 a.m.** Starting at the parking lot of the Nike Training classrooms adjacent to the East Bay Regional Parks headquarters at **Lake Chabot**, we will ride on a variety of trails and roads mainly on the north side of the lake. Take I-580 west from the Dublin area and exit at the Strobridge Avenue exit in Castro Valley. Turn right at the bottom of the ramp (Stanton Avenue) and right again on Castro Valley Boulevard. At the next stop light, Lake Chabot Road, make a left turn. Travel about 1.6 miles and look for a small road going to the right, just past Arcadian Drive. This signed road leads to the East Bay Regional Parks Headquarters. The parking area is on the left right across from the headquarters facility, in front of the Nike Training Center. This ride will be on groomed trails. However, there are some decent climbs and descents and some mountain biking skills are recommended. Expect about 2,000 feet of climbing. There will be a mixture of fire roads and single track. This route will avoid the high foot-traffic trails on the south side of the Lake.

GPS users: <http://ridewithgps.com/trips/2215750>

**Ride Host: Steve Kowalewski, 510-246-2815, [skowalewsk@aol.com](mailto:skowalewsk@aol.com)**

**MON. 9/29/14 2-L/M 25-50 miles 8:30 a.m. Heather Farm Ride - see 9/1 for details.**

**TUE. 9/30/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride - see 9/2 for details.**

**TUE. 9/30/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride - see 9/2 for details.**

**TUE. 9/30/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride - see 9/2 for details.**



## OCTOBER 2014 RIDE SCHEDULE

**WED. 10/1/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm Ride - see 9/1 for details.**

**WED. 10/1/14 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.**

**WED. 10/1/14 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride - see 9/3 for details.**

**WED. 10/1/14 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, December 3, 2014.**

**THUR. 10/2/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 9/2 for details.**

**THUR. 10/2/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 9/2 for details.**

**FRI. 10/3/14 2-L/M No Drop 25-35 miles 9:00 a.m. This Odd FriDay series of rides will start at San Ramon 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, gvblanco@aol.com, 925-872-1001.**

**SAT. 10/4/14 1.5-L 40 miles 10:00 a.m. Ride the Coyote Creek Trail from San Jose to Morgan Hill for a stop at Starbucks, then return on the same trail. Route: <http://ridewithgps.com/routes/4869696>  
If you want or need a route sheet, you must print your own. As much as possible, the group will be kept together with frequent regroupings as necessary. Meet at the Tully Road trailhead to the Coyote Creek Trail. The trailhead is located at Tully Road and Galveston Avenue, next to the Tully Community Branch Library. Take I-680 south through San Jose; take the US-101S exit; in 2 miles take Tully Rd. west; go 3/4 mile and turn left opposite Galveston Ave. into the parking lot for the trail head. Suggested carpool staging is at the Pleasanton Senior Center on Sunol Blvd. across from the Raley's / Crank-2 shopping center at 9:00 a.m.  
Ride Host: Charles Parrish ([cpparrish3@msn.com](mailto:cpparrish3@msn.com)).**

**SUN. 10/5/14 3-L/M, M, M/B 45-55 miles 9:30 a.m. Standing 1<sup>st</sup> Sunday Ride. We will be riding a 45-55 mile loop from San Ramon Central Park and out to Livermore. There will be a group adding on the Flynn's to the route that is listed. We have a rest stop at the Starbucks in N. Vasco and Scenic, as well as the Starbucks on Vineyard in Livermore, before returning to San Ramon. Please feel free to join us and ride at your own pace. The route can be shortened after the 1st rest stop by returning on Greenville to Tesla and continuing on the route. Significant chance of rain will cancel this ride. Route: <http://ridewithgps.com/routes/3888766>  
Ride Host: Peter Rathmann, 925-336-0973.**

**MON. 10/6/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm Ride - see 9/1 for details.**

**MON. 10/6/14 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](mailto:vidnovic@yahoo.com), for further information.**

**TUE. 10/7/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 9/2 for details.**

**TUE. 10/7/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 9/2 for details.**

**TUE. 10/7/14 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Evening MTB Ride – see 9/2 for details.**

**WED. 10/8/14 2-L/M 25-50 miles 9:00 a.m. Heather Farm Ride – see 9/1 for details.**

**WED. 10/8/14 3-M 40 miles 9:30 a.m. Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into Walnut Creek 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 have gone too far).  
<http://ridewithgps.com/routes/2267409>  
Ride Host: Jim Conger, 925 876 4949,  
[james.conger@gmail.com](mailto:james.conger@gmail.com)**

**WED. 10/8/14 3-B ~20 miles & 2-L ~15 miles 6:30 p.m. Livermore Wed. After Work Ride – see 9/3 for details.**

**WED. 10/8/14 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. 10/9/14 2-M 20 miles 9:30 a.m. Dublin conditioning ride – see 9/2 for details.**

**THUR. 10/9/14 2-M/B 20-25 miles 6:00 p.m. Dublin T'n'T Ride – see 9/2 for details.**

**FRI. 10/10/14 3-M/B ~40 miles 8:30 a.m. Ride on every even-numbered Friday starting at Fallon Sports Park in Dublin with various routes in the area. Take I-580 to the El Charro/Fallon Rd. exit and go north on Fallon Rd.; turn left on Central Pkwy.; turn right on Lockhart; turn right into Fallon Sports Park and meet near the restrooms.  
Ride Host: Cindy Gilbertson, 805-423-4814, or Peter Kyong, 925-200-0844.**

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### 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@llnl.gov](mailto:hollaway1@llnl.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 1<sup>ST</sup> 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.

National Parks Conservation Association - www.npca.org
Nature Conservancy - www.nature.org
Planning and Conservation League - www.pcl.org
Rails to Trails - www.railstotrails.org
Yosemite Conservancy - www.yosemiteconservancy.org

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VALLEY SPOKESMEN CLUB GEAR

The following Valley Spokesmen clothing is available:

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

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

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Ribbon Cut on New Iron Horse Trail Segment in Pleasanton

Earlier today, Bike East Bay joined many elected officials in Pleasanton for the grand opening ceremony of a key segment of the Iron Horse Trail - a shiny new multi-use pathway immediately south of Dublin Pleasanton BART Station. You can now ride south from BART to Santa Rita Road where the existing Iron Horse Trail starts. "If we like getting together like this to celebrate the opening of family-friendly pathways that connect our neighborhoods, vote yes on Measure BB, Nov. 4th, which includes much needed local funding to give people transportation choices," says Congress member Eric Swalwell, CA, District 15., That's right, Measure BB includes \$232 million for closing gaps in the Iron Horse Trail and the Bay Trail and will extend the East Bay Greenway south toward Hayward. Support from voters November 4 will help finish the Iron Horse Trail in the Tri Valley and build hundreds of miles of family-friendly bikeways throughout Alameda County.

BikeEastBay.org/YesOnBB

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DUBLIN POST OFFICE NAMED FOR JIM KOHNEN

Posted: Friday, August 22, 2014 12:00 am: U.S. Representative Eric Swalwell (CA-15) announced that H.R. 1671, his bill to rename the U.S. Post Office in Dublin for Tri-Valley public servant and 30-year Army veteran Dr. Jim Kohnen, passed the Senate and was signed-into law by President Obama. Kohnen passed away on May 29, 2012.

(Ed. Note: Jim was a member of the Valley Spokesmen and served as president at one time.)

UPCOMING EVENTS

- Sept 6 High Sierra Fall Century, Mammoth Lakes, CA
6 10th Best Buddies Challenge, Carmel, CA
6 Tour & Taste of the Valley, Orcutt, CA
13 West Valley Century, Patterson, CA
13 Tour de Fresno, Fresno, CA
13 Tour de Fuzz, Santa Rosa, CA
13 Tahoe Sierra Century, Squaw Valley, CA
20 Cancer Awareness Ride, Modesto, CA
20 Veterans Victory Velo Devil Mountain Century, San Ramon, CA
20 Gear Up Cycle for Youth, W. Sacramento
20/21 Mike MS: Waves to Wine, SF-Sonoma, CA
27 Covered Bridge Bike Classic, Oakdale, CA
27 Napa Valley Ride to Defeat ALS, Napa, CA
27 SLO Lighthouse Century, Morro Bay, CA
27 Canary Challenge, Orcutt, CA
27 Rat Race Beach Tour, Redondo Beach, CA
28 Mustard Seed Spin, Sacramento, CA
October 4 Konocti Challenge, Lakeport, CA
4 Tour de Camp Pendleton, Camp Pendleton, CA
4 Indian Valley Century, Greenville, CA
4 Grizzly Century, North Fork, CA
5 30th Mt. Diablo Challenge, Danville, CA
5 Princess Promenade, Sacramento, CA
11 Fruit Yard Century, Modesto, CA
11 12th Wine and Roses, Templeton, CA
15 Tour de Sewer, Bell Gardens, CA
18 Foxy's Fall Century, Davis, CA
18 Wheels on Meals, Livermore, CA
18 Santa Barbara Century, Santa Barbara, CA
18 Spooktacular-6 Ghastly Ordeals, Bakersfield, CA
26 Tour de Cure, Pleasanton, CA

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VALLEY SPOKESMEN AFFILIATIONS

- Adventure Cycling - www.adventurecycling.org
Bay Area Ridge Trail Council - www.ridgetrail.org
Bike East Bay - www.bikeeastbay.org (formerly EBBC)
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
East Bay Regional Parks - www.ebparks.org
Greenbelt Alliance - www.greenbelt.org
L.A.B. - League of American Bicyclists - www.bikeleague.org

**HELP**

**HELP**

**HELP**

The annual Mt. Diablo Challenge is coming up on Sunday, October 5<sup>th</sup> and I need HELP! The event is sponsored by "Save Mount Diablo" and we have assisted with the event since it first began over 30+ years ago. Our responsibility is the three water stops, Rock City – 2 workers; the Junction – 2 workers; and Juniper – 2 workers, plus we serve the food at the top – 8 workers. Any volunteers???

Please call Bonnie Powers, 925-828-5299 (home) or 925-200-5200 (cell). Thanks in advance for your help!

**HELP**

**HELP**

**HELP**

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**Valley Spokesmen Bicycle Touring Club Executive Board Meeting Minutes August 13, 2014**

Meeting called to order at 7:00pm by Vice President, Bob Heady.

**Present:** Marcus Van Raalte, Bob Heady, Dan Carhart, Bonnie Powers, Peter Rathmann, Julie Hampton, Gail Blanco, Jim Duncan, James Paulos, and Ken Hernandez.

**Absent:** Emma Olenberger, Marcia Seeger, and Mark Dedon.

**July E-Board minutes:** Minutes were approved online and can be found in the August newsletter.

**Treasurer's Report:** Dan Carhart reported no anomalies.

**OLD BUSINESS:**

**Ride Report:** Peter reported many rides have been on the calendar and many riders have been in attendance. Of note, Gail did her Sebastopol ride, Dan did the Cal/Pal ride, and the even Friday rides are now underway at a faster pace than the Odd Friday rides.

**V.S. Website:** Ken noted that there was a major software update in June. He was able to download & purge non-member information which will lower the monthly website cost. Ken currently has 527 members, 93 which are pending waivers and 21 which are pending payment. Ken and Bonnie will synchronize the file database with Wild Apricot's database, using DropBox as a vehicle for communication between the two. Jim Paulos to set up DropBox for Ken to use in accessing membership data.

The question arose of email default for members in the membership database. Many times you can click on a member's name in order to send an email to the member. Ken will look into the default and report back.

Ken believes that the Feather Pedals (FP) site is set up with the exception of possibly a blog. Ken will follow up with Karin that the FP area is set up and current.

Ken will follow up on getting the VS ride sign-in sheet pulled up more easily.

Bob added that it would be nice to add a "Marketplace" tab for buying/selling items as a link in the website.

A disclaimer (as discussed in earlier meetings) will be added to the ride library. Julie will send Ken the link to the bike club in northern San Diego County that uses a disclaimer prior to viewing any route.

**Newsletter:** Bonnie will re-send the list of people who receive the newsletter to Jane. Jane will work with Julie to obtain the web link for each organization in order to send the newsletter online. Bob asked for a list of the club members who get the

newsletter as well. Gail stated that she gave 44 self-addressed stamped cards to businesses that get the newsbrief. She has received 8 responses (18%).

**Mileage:** Bonnie is attempting to bring in any old ride sign-in sheets that are outstanding. Jane & Bob stated if she is missing any under their names, delete the ride as they have turned in all sheets and any that aren't turned in did not go on as planned. Please contact mileage keeper if you have ride sign-in sheets that haven't been turned in.

**Anniversary Ride and BBQ:** The date is August 31, 2014. Marcus will lead the longer group ride. We still need a volunteer to host the shorter group. Peter usually helps with this but will not be in the area on that date.

**TOSRD Update:** Bonnie has received 115 registrations to date. Some of these are for single rooms. She has secured 120 rooms. Bonnie is attempting to contact Delta High School to secure the rest stop but since school hasn't resumed, she hasn't received a call back. Bonnie has secured the area for the BBQ on Sunday at Brannan Island State Park. Francie noted that 7 people ordered jerseys and the company will honor the order, even though it is a small amount.

**SOS – Save Open Space:** A judge has ruled that the EIR does not address bicycle safety. Because Diablo Road isn't safe currently is a reason not to move forward with the proposed project. SOS has requested \$200-\$300 from Valley Spokesmen to help in the upcoming legal battle. Jim made the motion, Marcus seconded, and it was unanimously approved to contribute \$200 to SOS for the legal battle.

**Correspondence:** Bonnie reported events taking place for various causes: The East Bay Regional Park District's 80<sup>th</sup> Anniversary gala to be held on 9/13, SAFE's gala on 9/4, and Cancer Support Community's gala on 9/20. She also reported that Almaden Cycle Touring Club is no longer producing hard copies of their newsletter and has directed people to their online resource.

**NEW BUSINESS:**

**Cinderella Donations – list and dollar donation guideline:** Jim will provide a list of the organizations that have benefitted from the Cinderella Classic bicycle ride. He also has suggested additions. Dan will tighten up the financials in order to give the Board a solid dollar amount that would be reasonable.

**General Membership Meeting Entertainment:** Bob will send the link to the League of American Cyclists to the Board for review. There are quite a few different videos to choose from. He will ensure we can review them in the meeting area of Round Table. Clay Dunning will also make a presentation on his cross-country ride he recently completed.

**Mid-Winter Party potential date & cost:** Bonnie has called and left a message with the hotel. She will report back to the Board once she has made contact.

**Ride Schedule (added):**Gail reported that the Even Friday rides should be rated as M/B instead of M.

**GOOD OF THE ORDER:**

Allen Joseph from Sports Basement in Walnut Creek invited the club members to do a social time near the holidays where he will give club members a discount. We will take him up on this offer.

The 3 foot law goes into effect on September 16, 2014.

Bob noted that the nominations committee needs to convene. The committee includes the President, the Vice-President, and three members at large. This committee should be formed soon.



Jane noted that it would be nice to have someone lead a once-a-month slower ride.

There being no further business, the meeting was adjourned at 8:15pm to the September General Membership meeting on September 3, 2014 at Round Table Pizza in Dublin, CA.

Respectfully Submitted,

Julie Hampton  
Recording Secretary

**RIDE REVIEWS**

July 27<sup>th</sup>

Gail hosted today's Even-Monday ride which took us from San Ramon Central Park out to Livermore for a stop at Peet's downtown followed by the 'Tuscany' (Kalthof) loop south of Vineyard Ave. on our way to Pleasanton where we had a second Peet's stop at the new Specialty Cafe. Peter

July 29<sup>th</sup>

Jane hosted today's conditioning ride from the Dublin location of Livermore Cyclery and we headed north to Danville and then back south on Bollinger/Dougherty with a stop at the Peet's Coffee in the Safeway shopping center. The day was heating up quickly so it was good to get home while it was still comfortable. Peter

July 30<sup>th</sup>

Jim's biweekly ride up Mt. Diablo to the Junction and the returning via Walnut Creek, Alamo, and Danville was a little on the warm side today (90F at the Junction). So we compensated with a bit more moderate pace. Peter

July 31<sup>st</sup>

Beautiful day for the 'conditioning' ride from Dublin's Livermore Cyclery on a meandering route over to the Peet's Coffee at Tassajara and Dublin Blvd. Jane substituted as Host in Bob's absence and chose a fairly flat route (with the exception of the Fallon Rd. hill). Peter

August 1<sup>st</sup>

Jim C. substituted for Gail in hosting today's Odd Friday ride from San Ramon up through Danville and Alamo. Our route (not quite the same as published since some mutineers got out in front and led us astray). Peter

August 6<sup>th</sup>

Nice day although a bit humid for Gail's ride down to Sunol and then an out-and-back up Kilkare Rd. before returning through Pleasanton with a stop at the Corner Bakery. Since the ride had originally been posted as starting at Shannon Center I rode there and then those of us who met there joined the group from San Ramon Central Park when we got near the BART station. Peter

August 9<sup>th</sup>

Unusually cool and cloudy weather today for our ride from Castro Valley to the Oakland zoo. Made for excellent riding conditions up the climbs on Redwood and Skyline roads, but we missed the great views of the bay we normally enjoy on this route. Peter

August 10<sup>th</sup>

A big thanks to Julie for putting this ride together (Castro Valley including the Oakland hills) and herding the cats. This was my

first time on this route and it was a great ride. Special kudos go out to Will Uher, who took care of newbie, Jay, for the whole ride. Well done, Will!!!

Jane

August 10<sup>th</sup>

Beautiful day for Dan's 'Cal-Pal' ride featuring a loop heading south past the Calaveras Reservoir and then returning north through Fremont and Niles with a climb of Palomares Rd. and Dublin grade. Still cooler temperature but with a return of our usual sunshine. Peter

August 12<sup>th</sup>

Jane was the host for today's ride down to Verona Bridge and returning via Happy Valley and the Mary Kane trail off Valley on our way to refreshments at the Peet's Coffee on Hopyard. From there we took assorted trails (Arroyo Mocho, Alamo Canal, and Alamo Creek) to Old Ranch and wound our way back to the Blvd. and the starting point. Peter

August 13<sup>th</sup>

Jim led his biweekly ride from San Ramon to Walnut Creek today under nearly perfect conditions - bright sunshine but still cooler than usual. Peter

August 17<sup>th</sup>

Steve hosted today's ride from the Olympic staging area in Lafayette climbing over Reliez Valley, 'Pig Farm Hill,' and the 'Bears.' Our early start let us get to the refreshment stop in Orinda while it was still cool and from there we only had the minor climb up to Moraga and then a nice descent back to Lafayette. Peter

August 18<sup>th</sup>

Gail hosted today's ride from San Ramon Central Park out to Livermore with two Starbucks stops (Vasco and Vineyard). Our return was through Pleasanton and Dublin. Peter

August 20<sup>th</sup>

Gail hosted today's ride from San Ramon Central Park and led us up a few hills - first up to Schaefer Ranch and then to the end of the road in both Eden and Cull canyons. Cloudy and cool on the west side of the hills which was welcome during the climbs. Peter

August 21<sup>st</sup>

Larry substituted as our host on today's ride from Livermore Cyclery in Dublin up to the Las Trampas staging area. On the way back we stopped at Peet's Coffee and met Alberto with his new wheels. Peter

August 23<sup>rd</sup>

Gail hosted today's ride from San Ramon Central Park over to Castro Valley and continuing up Redwood and Pinehurst rds. into Moraga before returning via Orinda and Lafayette. We had several regroupings along the way including a refreshment stop at the Starbucks in Orinda's Theater Square. Beautiful day for the ride with pretty cool temperatures during the climbs in the morning. Peter

August 24<sup>th</sup>

Merel hosted today's ride heading north from Livermore on Collier Canyon and cont. north of town to the Starbucks on Vasco before tackling Altamont Pass, Carrol, and the Flynn's. I skipped the latter hills but had added a few miles riding from home. Peter

**MILEAGE REPORT AS OF 8/22/14**

| Newsletter mileage Query |                |           |             |
|--------------------------|----------------|-----------|-------------|
| Name                     | Total of Miles | Rides Led | Total Rides |
| Akerson, Doug            | 235            | 0         | 5           |
| Alexander, Bernadette    | 319            | 0         | 7           |
| Alexander, Lisa          | 346            | 0         | 8           |
| Allen, Joe               | 719            | 2         | 18          |
| Amos, Bob                | 394            | 0         | 13          |
| Ball, Karin              | 636            | 2         | 16          |
| Barbier, Larry           | 1399           | 0         | 37          |
| Barnett, Bob             | 2958           | 0         | 63          |
| Barranti, Kirsten        | 227            | 0         | 6           |
| Bartlett, Christine      | 414            | 0         | 9           |
| Baskin, Barry            | 688            | 0         | 15          |
| Blain, Bob               | 313            | 0         | 6           |
| Blanco, Gail             | 3972           | 29        | 76          |
| Bonilla, Herman          | 208            | 0         | 5           |
| Brown, Greg              | 587            | 0         | 20          |
| Burkle, Kathy            | 312            | 0         | 7           |
| Carhart, Dan             | 2889           | 39        | 75          |
| Carpenter, Don           | 1030           | 0         | 27          |
| Cheng, Joe               | 2207           | 3         | 68          |
| Choy, Serena             | 853            | 0         | 29          |
| Cohen, Sahrye            | 271            | 0         | 7           |
| Cole, Wendy              | 229            | 0         | 4           |
| Conger, Jim              | 3241           | 24        | 84          |
| Cooke, Mike              | 375            | 0         | 13          |
| Cooke, Pam               | 796            | 0         | 25          |
| Cosin, Wendy             | 753            | 0         | 20          |
| Crawford, Erin           | 304            | 0         | 5           |
| Crawford, Marlowe        | 962            | 0         | 20          |
| Culshaw, Pete            | 2001           | 12        | 53          |
| Culshaw, Sharon          | 694            | 1         | 21          |
| Cushman, Francie         | 3445           | 8         | 75          |
| Daly, Deb                | 684            | 0         | 11          |
| DaShiell, Carol          | 345            | 0         | 9           |
| de la Motte, Janelle     | 287            | 0         | 9           |
| Deal, Debbie             | 215            | 0         | 5           |
| Dedon, Erica             | 497            | 1         | 11          |
| Dedon, Mark              | 783            | 1         | 20          |
| Delfosse, Rob            | 1499           | 2         | 36          |
| Deornelas, Vic           | 1065           | 0         | 18          |
| Drake, Diane             | 387            | 0         | 11          |
| Duncan, Jim              | 3551           | 7         | 82          |
| Dunning, Clay            | 1086           | 6         | 21          |
| Dunning, Craig           | 706            | 0         | 13          |
| Duvoisin, Marc           | 305            | 0         | 6           |
| Eckels, Del              | 312            | 0         | 12          |
| Eder, David              | 222            | 0         | 5           |
| Elemen, Mary             | 496            | 0         | 13          |
| Enriquez, Gilbert        | 407            | 0         | 16          |
| Faires, Debbie           | 517            | 0         | 12          |
| Frederick, Debbie        | 260            | 0         | 7           |

| Newsletter mileage Query |                |           |             |
|--------------------------|----------------|-----------|-------------|
| Name                     | Total of Miles | Rides Led | Total Rides |
| Fredricks, Larry         | 283            | 0         | 7           |
| Fujii, Bob               | 1451           | 0         | 26          |
| Fusco, Bob               | 939            | 0         | 28          |
| Gabe, Jan                | 1554           | 2         | 40          |
| Garcia, Dave             | 1536           | 0         | 46          |
| Gaunt, Ross              | 493            | 0         | 13          |
| Gilbertson, Cindy        | 494            | 0         | 16          |
| Gomez, Lynnette          | 624            | 0         | 16          |
| Goroff, Marc             | 969            | 2         | 25          |
| Green, Kerry             | 345            | 0         | 10          |
| Groves, Susan            | 344            | 0         | 7           |
| Guedon, Donna            | 210            | 0         | 5           |
| Gustafson, Lisa          | 319            | 0         | 7           |
| Hammond, Chuck           | 637            | 0         | 17          |
| Hampton, Julie           | 1409           | 16        | 38          |
| Hansen, Renata           | 500            | 0         | 9           |
| Haslam, Steve            | 204            | 0         | 5           |
| Haupt, Chuck             | 772            | 0         | 21          |
| Heady, Bob               | 2028           | 42        | 72          |
| Healy, Theresa           | 912            | 0         | 18          |
| Heggelund, Merel         | 655            | 3         | 15          |
| Hermann, Mark            | 564            | 0         | 14          |
| Hernandez, Ken           | 2263           | 1         | 51          |
| Hernandez, Mary          | 1413           | 1         | 34          |
| Herrera, Gloria          | 468            | 0         | 11          |
| Hilton, Kristen          | 340            | 0         | 8           |
| Hirt, Janice             | 539            | 0         | 13          |
| Hirt, Joe                | 512            | 0         | 12          |
| Jakubowski, Diane        | 454            | 0         | 10          |
| Janer, Mark              | 353            | 0         | 8           |
| Jensen, Cori             | 789            | 0         | 24          |
| Johnson, Robin           | 522            | 0         | 10          |
| Jones, Kris              | 210            | 0         | 6           |
| Kadis, Cheryl            | 386            | 0         | 8           |
| Kane, Kathy              | 737            | 1         | 17          |
| Kiely, Mary Ann          | 376            | 0         | 9           |
| Klimkosky, Karen Lee     | 327            | 0         | 8           |
| Koniges, Alice           | 288            | 0         | 6           |
| Kowalewski, Steve        | 1511           | 9         | 41          |
| Kyong, Peter             | 2427           | 1         | 62          |
| Lancy, Peter             | 238            | 0         | 6           |
| Lanzas, Alberto          | 2770           | 25        | 58          |
| Lark, Mary               | 442            | 0         | 10          |
| Leddon, Dave             | 2158           | 0         | 59          |
| Licata, Barbara          | 235            | 0         | 5           |
| Lifter, Jill             | 399            | 0         | 8           |
| Lisy, Norm               | 275            | 0         | 7           |
| Loofbourrow, Peggy       | 296            | 0         | 7           |
| Low, Ellen               | 482            | 0         | 12          |
| Madelo, Adele            | 526            | 1         | 11          |
| Maggio, Lauren           | 254            | 0         | 6           |

| Newsletter mileage Query |                |           |             |
|--------------------------|----------------|-----------|-------------|
| Name                     | Total of Miles | Rides Led | Total Rides |
| Malu, Hillary            | 316            | 0         | 6           |
| Marcoux, Liz             | 204            | 0         | 5           |
| Marcroft, Collin         | 272            | 0         | 11          |
| McBee, Michelle          | 215            | 1         | 6           |
| McCrossin, Tracy         | 614            | 0         | 14          |
| McCullum, Kevin          | 314            | 0         | 7           |
| McGrady-Beach, Joan      | 240            | 0         | 5           |
| Meidberg, Larry          | 834            | 2         | 29          |
| Meyers, Leslie           | 307            | 0         | 5           |
| Moorhead, Jane           | 2290           | 17        | 78          |
| Nadeau, Alaine           | 1513           | 4         | 46          |
| Neal, Carolyn            | 1601           | 1         | 28          |
| Neal, Dave               | 1862           | 1         | 34          |
| Neer, Mark               | 1065           | 0         | 18          |
| Neer, Susan              | 1102           | 1         | 19          |
| Newbury, Kim             | 208            | 0         | 5           |
| Ng, Laurel               | 352            | 0         | 9           |
| Norek, Al                | 346            | 0         | 11          |
| Nowell, Linda            | 368            | 0         | 8           |
| O'Boyle, Maureen         | 276            | 0         | 9           |
| O'Melia, Jim             | 949            | 2         | 27          |
| Ondricek, Doug           | 1241           | 20        | 33          |
| Ondricek, Janet          | 791            | 11        | 25          |
| Osborn, Sandra           | 503            | 0         | 13          |
| Page, Janie              | 392            | 7         | 15          |
| Palhegyi, Gary           | 249            | 0         | 7           |
| Parrish, Charles         | 2672           | 12        | 68          |
| Pearsons, Ruth Ann       | 611            | 0         | 17          |
| Pereira, David           | 2129           | 1         | 58          |
| Pham, Chris              | 507            | 1         | 12          |
| Po, Ismael               | 3507           | 0         | 93          |
| Podva, Holly             | 511            | 0         | 10          |
| Poe, Karin               | 282            | 0         | 7           |
| Powers, Bob              | 226            | 1         | 1           |
| Powers, Dick             | 1701           | 0         | 29          |
| Putnam, Ned              | 300            | 0         | 8           |
| Rasmussen, Ron           | 360            | 0         | 7           |
| Rathmann, Peter          | 5653           | 11        | 143         |
| Reilly, T.J.             | 1743           | 0         | 50          |
| Roberts, Susan           | 435            | 0         | 12          |
| Rossiter, Jaynette       | 1335           | 0         | 42          |
| Rossiter, Jennifer       | 563            | 0         | 16          |
| Rudy, Kevin              | 586            | 0         | 14          |
| Satoutah, Brahim         | 1331           | 5         | 24          |
| Serriere, Vianney        | 1126           | 0         | 27          |
| Settle, Andy             | 1455           | 0         | 37          |
| Shalk, Eileen            | 291            | 0         | 8           |
| Shigemoto, Lisa          | 367            | 0         | 8           |
| Shum, Bart               | 437            | 0         | 8           |
| Simpson, Christy         | 3697           | 10        | 88          |
| Skow, Dick               | 2072           | 48        | 56          |

| Newsletter mileage Query |                |           |             |
|--------------------------|----------------|-----------|-------------|
| Name                     | Total of Miles | Rides Led | Total Rides |
| Slagle, Pete             | 891            | 0         | 24          |
| Smith, Gerald            | 684            | 0         | 18          |
| Sovulewski, Larry        | 343            | 0         | 12          |
| Spiegel, Joan            | 414            | 0         | 9           |
| Stevens, Jan             | 833            | 0         | 23          |
| Strain, Bob              | 1413           | 3         | 27          |
| Strain, Kathy            | 873            | 0         | 15          |
| Stubbs, Will             | 327            | 0         | 5           |
| Stucky, Jane             | 663            | 0         | 14          |
| Sylvester, Suzann        | 214            | 0         | 4           |
| Talbot, Chris            | 768            | 0         | 21          |
| Tallerico, Tom           | 454            | 0         | 10          |
| Taylor, Carole           | 229            | 0         | 7           |
| Thieben, Kevin           | 1679           | 0         | 34          |
| Thieben, Teresa          | 334            | 0         | 8           |
| Thomas, Walt             | 571            | 0         | 14          |
| Thompson, Dianne         | 1492           | 0         | 33          |
| Tracy, Steve             | 456            | 0         | 8           |
| Turner, Judy             | 491            | 0         | 13          |
| Uher, Julie              | 1818           | 2         | 47          |
| Uher, Will               | 2238           | 0         | 47          |
| Van De Vreugde, Jim      | 1553           | 1         | 26          |
| Van Hook, Mike           | 220            | 0         | 5           |
| van Raalte, Laurie       | 960            | 0         | 22          |
| van Raalte, Marcus       | 1458           | 0         | 31          |
| Vergino, Eileen          | 365            | 0         | 4           |
| Walker, Patty            | 225            | 0         | 5           |
| Ward, Dick               | 1231           | 5         | 40          |
| Weiny, Ira               | 233            | 0         | 5           |
| Weiny, Lorrie            | 299            | 0         | 6           |
| Wexner, Jan              | 212            | 0         | 4           |
| Whelan, Steve            | 2093           | 0         | 46          |
| Wilson, Mary-Lynn        | 434            | 0         | 8           |
| Wood, Rebecca            | 733            | 3         | 19          |
| Woodruff, Bill           | 288            | 0         | 7           |
| Woods, Colleen           | 356            | 0         | 8           |
| Yantis, MarcheLe         | 736            | 1         | 17          |
| Young, Robin             | 363            | 1         | 9           |
| Zucker, Pam              | 210            | 0         | 5           |

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2014.

Total miles ridden by club members so far this year is 183,896!!!

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

Ride Hosts – Please turn in your sign-in sheets as quickly as possible. Members enjoy keeping track of their mileage and are anxious to know what their total is each month. Currently there are 31 sign-up sheets missing.

**2014 CLUB OFFICERS**

|                              |                         |              |
|------------------------------|-------------------------|--------------|
| President:                   | Marcus van Raalte       | 925-437-3253 |
| Vice-President:              | Bob Heady               | 925-980-7989 |
| Treasurer:                   | Dan Carhart             | 925-828-8964 |
| Recording Secretary:         | Julie Hampton           | 510-685-7103 |
| 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 | Jane Moorhead           | 925-980-9889 |
| Newsletter Publisher:        | Gail Blanco             | 925-872-1001 |
| Past President               | Mark Dedon              | 925-828-9183 |
| V.S. Racing Team contacts:   | Jim Duncan              | 925-209-1369 |
|                              | Ted Vidnovic            | 925-337-2803 |

**2014 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 |
| Bike East Bay Rep.:      | Chris Talbot      | 925-968-0215 |
| Mileage Keeper:          | Jim Paulos        | 510-886-7470 |
| 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    | 510-886-7470 |
| 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. 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>

2014 current club members may subscribe to the [VS mailing list](#) by following the directions found on the website homepage.



***Please ride and drive  
carefully!***

To join, go to  
<http://valleyspokesmen.org/join>

**Come Ride With Us!**

