

VALLEY SPOKESMEN

Group Ride Schedule and Newsletter

Come ride
with us!



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

Train to Finish

The 2015 Cinderella Classic and Challenge are fast approaching. The Cinderella training rides are drawing large numbers of enthusiastic riders. Many are working hard to renew their relationship with cycling and rebuild fitness and performance. Many are working hard to establish a comfortable or at least a *bearable* relationship with their bike. The initial steps to achieving fitness and ultimately cycling success are seldom easy, often painful and a real sore spot can be coming to an understanding with one's saddle.

Regardless of experience, current fitness or comfort level, all Cinderella's seem to be drawn together by a common goal. The testosterone driven atmosphere of a male-dominate group ride is replaced by an ego free camaraderie, a spirit of mutual support and seemingly nonstop conversation. Group riding is by its very nature a very social activity but the distraction of spontaneous conversation can be its "safety" Achilles heel. A large number of cyclist riding in close proximity with a wide range of skill levels create an environment that demands good group riding skills, etiquette and situational awareness. Following these simple guidelines will help ensure your ride does not end prematurely.

FOCUS FORWARD - Do not focus on the rear tire of the bike in front of you or the rider beside you (eye contact is not necessary to maintain a conversation). Look forward several riders up the road to see what the riders ahead are doing and reacting to.

COMMUNICATE CONSTANTLY - Call out actions and conditions; i.e. passing on your left, slowing, stopping, hole, bump, dog, etc.!

HOLD YOUR LINE – Keep your direction of travel razor sharp. Don't snake and squirrel all over the road. Don't make sudden movements. The riders around you are counting on you to maintain a predictable line. All movements should be smooth and indicated when possible.

BRAKE SMOOTHLY - Use your brakes cautiously in a group, if you brake hard you'll cause everyone behind you to pile up.

DON'T OVERLAP the wheel of the bike in front of you. If you do overlap, move away and slow down gradually. Protect your front wheel.

SHARE THE ROAD – Obey all traffic laws and regulations.

SINGLE UP – Form a single file line to facilitate cars trying to pass. Be courteous to all traffic regardless of how rude they are to you. A road rage incident between a 10 speed and a Ford F250 will result in only one obvious victor.

Train to not only finish strong but finish safely.

Calling all volunteers: We need all Prince Charmings (men who by virtue of their gender are not allowed to ride the Cinderella) to volunteer to help make sure that the Cinderella continues to be the World Class event it is.

Keep on spinning.

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 regroupings.
- M) Moderate, occasional regroupings.
- 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 regroupings 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 regroupings. 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.

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HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

No headphones or ear buds (except hearing aids) of any type are permitted on Valley Spokesmen rides. No cell phone use while actively riding.

ATTENTION: All riders must sign a liability waiver form, which is on the ride sign-in sheet, from the ride leader.

WEATHER: If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an up-date. For Mountain Bike Rides, rain 48 hours prior to the ride cancels.

DURATION OF RIDES: If you wish to know the approximate length of time for any of the following rides listed - including rest stops, lunch stops, sightseeing, etc., - please e-mail or call the ride host.

CAR POOLING: Carpooling 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!

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Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar www.valleyspokesmen.org/ridecalendar

Be informed: current VS members can register for the VS e-mail list:

<http://www.valleyspokesmen.org/Sys/vs-list>
and follow the prompts.

STANDING RIDE OVERVIEW:

MONDAY and WEDNESDAY morning ride in Walnut Creek area starting at 9:00 a.m.
 TUESDAY night Mountain Bike rides from Lake Chabot
 TUESDAY and THURSDAY conditioning rides from Dublin leave at 9:30 a.m.
 TUESDAY and THURSDAY evening T 'n T rides will resume in March
 ODD FRIDAY morning ride from Central Park at 9:00 a.m. Beginner Friendly.

MARCH 2015**SUN. 3/1/15 3-L/M, M, M/B 45-55 miles 9:30 a.m.**

STANDING VS 1st Sunday of the Month 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. See online calendar for route sheet.

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

MON. 3/2/15 2-L/M 25-50 miles 9:00 a.m. [Note that on very cold days the start time may change – there will be an announcement on VSlist.]

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.

TUES. 3/3/15 2-M 20-25 miles 9:30 a.m. Tuesday and Thursday morning ride starting 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 the 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. This is a social ride involving a Peet's Coffee stop.

Ride Host: Bob Heady, 925-980-7989.

TUE. 3/3/15 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Lake Chabot Loop – Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

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

WED. 3/4/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

THURS. 3/5/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

SAT. 3/7/15 2-L 43-47 miles 9:00 a.m. 8th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride will start at the Park&Ride lot on Sycamore Ave. in Danville and will have a choice of two distances. The Park&Ride lot is located at the NE corner of the Sycamore Ave. and I-680 interchange. Both women and men welcomed. Be ready at least 15 minutes early for announcements. Beginner friendly. Routes:

<http://ridewithgps.com/routes/6149733>

<http://ridewithgps.com/routes/6149736>

Ride Host: Chris Pham, 925-997-6674.

SAT. 3/7/15 3.5-M 43 miles 9:30 a.m. Come join Alberto and Gail as we ride to Ed Levin Park in Milpitas via Calaveras Rd. and back. The route will take us from Crank2 out on Happy Valley and continue on Pleasanton-Sunol Rd. to Calaveras Rd. We will return the same way back to Crank2. This ride has over 3,000 ft. of elevation gain. Bring plenty of water and food as there is no place for water/restrooms until Ed Levin Park. Meet at Crank2 Bicycle shop in Pleasanton on Sunol Blvd and Juniper St. Rain cancels, check VS calendar prior to the ride for updates.

Route: <http://ridewithgps.com/routes/6750546>

Ride Hosts: Alberto and Gail, 925-872-1001.

SUN. 3/8/15 2-L/M 60 miles 9:30 a.m. Starting at Alamo Plaza we'll head north to Martinez and then circle the Carquinez Strait using the new trail and Scenic Dr. over to Crockett, the Zampa Bridge across to Vallejo and back across the Benicia bridge before heading back to Alamo. Take I-680 to the Stone Valley exit and go west; cross San Ramon Valley Blvd. and park in the shopping center lot on the right.

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

MON. 3/9/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

TUES. 3/10/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

TUES. 3/10/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 3/3/15.

WED. 3/11/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

WED. 3/11/15 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jcnct. – WC. 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; make a U-turn at Alcosta and a right into the parking lot. <http://ridewithgps.com/routes/2267409>

Ride Host: Jim Conger, 925 876 4949,

james.conger@gmail.com

WED. 3/11/15 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.

THURS. 3/12/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

THURS. 3/12/15 2-M/B 25-35 miles 5:30 p.m. Tuesday and Thursday training rides starting at Shannon Center in Dublin and using assorted routes. Rides will start at 5:30 pm through March and then switch to 6 pm. 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.

FRI. 3/13/15 2-L/M No Drop 25-35 miles 9:30 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: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 3/14/15 2-L 46-52 miles 9:00 a.m. 9th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride will start at the Park&Ride lot on Sycamore Ave. in Danville and will have a choice of two distances. The Park&Ride lot is located at the NE corner of the Sycamore Ave. and I-680 interchange. Both women and men welcomed. Be ready at least 15 minutes early for announcements. Beginner friendly. Routes:
<http://ridewithgps.com/routes/4354691>
<http://ridewithgps.com/routes/4355691>
Ride Host: Mary Elemen, 925-759-6555(C), 925-513-4440(H).

SAT. 3/14/15 3-L/M 30-40 miles 9:30 a.m. Mt Diablo Summit with shorter option to the Junction. Starting at Central Park in San Ramon we'll head to Danville thru country club and up the mountain. This is a drop ride but assume multiple groups will be formed during the ride. Peet's Coffee stop on return leg. Start at Central Park on Bollinger Canyon Rd. across from the San Ramon library and Market Place shopping center.
Ride Hosts: Kathy Strain, 925-785-4355 and Bob Strain, 925-997-5160.

SUN. 3/15/15 3-M 60 miles 9:30 a.m. Join us on the classic Calaveras-Palomas loop. We'll start at Shannon Center in Dublin, head south to Sunol and then up and over Calaveras to Ed. Levin Park. Then through Milpitas, Fremont, and Niles to Palomares and over the Dublin Grade back to San Ramon. Take I-680 to the Alcosta exit and go west; turn left San Ramon Rd.; right on Shannon; and right into the parking lot. Bring food and water. (Advanced)
Ride Host: Kathy Koos, 925-963-8506.

MON. 3/16/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

TUES. 3/17/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

TUES. 3/17/15 See 5:30 p.m. T'n'T Evening Ride details on THURS. 3/12/15

TUES. 3/17/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 3/3/15.

WED. 3/18/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

WED. 3/18/15 1-L/M 40 miles 10:00 a.m. Starting at the San Leandro Marina we'll ride a scenic loop around Bay Farm and Alameda islands including the former naval station and USS Kitty Hawk museum. Meet at San Leandro Marina, parking lot near San Leandro Marina Office on Mulford Point Dr. Take I-880 and exit Marina Blvd west.
Ride Host: David Pereira, 925-640-3491.

WED. 3/18/15 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.

THURS. 3/19/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

THURS. 3/19/15 See 5:30 p.m. T'n'T Evening Ride details on THURS. 3/12/15

SAT. 3/21/15 2-L 47-56 miles 9:00 a.m. 10th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride will start at the Park&Ride lot on Sycamore Ave. in Danville and will have a choice of two distances. The Park&Ride lot is located at the NE corner of the Sycamore Ave. and I-680 interchange. Both women and men welcomed. Be ready at least 15 minutes early for announcements. Beginner friendly.
Routes:
<http://ridewithgps.com/routes/4348587>
<http://ridewithgps.com/routes/4348665>
Ride Host: Carol DaShiell, 925-989-8321.

SAT. 3/21/15 3-L/M 40 miles 10:00 a.m. Half Moon Bay Tunitas Creek Ride starting at the Main Street Fire Station on the south side of town. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Many of us will likely have lunch in Half Moon Bay after the ride.
Second in a series of hill climb rides by the Strains.
Ride Hosts: Kathy Strain, 925-785-4355 and Bob Strain, 925-997-5160.

SUN. 3/22/15 3-L/M 60 miles 9:00 a.m. First in the Dunning's 6-ride Spring Boot Camp. Starting at San Ramon Central Park we'll head northwest through Lafayette to Moraga and then head south over Pinehurst and Redwood Rds. into Castro Valley before returning over Dublin Grade. Meet at Central Park northwest of the Bollinger Canyon & Alcosta intersection. Take I-680 to the Bollinger Canyon exit and go

east; turn left opposite the Market Place shopping center into the park. Route URL: <http://ridewithgps.com/routes/4101453>
Ride Hosts: Clay Dunning, 818-266-2660 and Craig Dunning, 925-864-1299.

SUN. 3/22/15 MTB-3 14 miles 9:30 a.m. There is a trail at Saratoga Gap newly opened to mountain bikes that we want to check out. Instead of going north from the parking lot, this one goes for 7 miles south towards Sanborn County Park. It will be an out and back. Meet at the parking lot at the corner of Hwy 9 and Hwy 35 in Los Gatos. This is single track, but not overly technical from what I understand. As usual, rain cancels.
Ride Host: Jane Moorhead, (925)980-9889 (quest. cell coverage in the area).

MON. 3/23/15 3-L/M 63 miles 9:00 a.m. Second in the Dunning's 6-ride Spring Boot Camp. Starting at Diablo Vista Park off Crow Canyon, we'll ride a loop over to Livermore and including the Kalthoff vineyard area south of Hwy. 84. Take I-680 to the Crow Canyon exit and go east; turn right on Tassajara Ranch Rd. and right again into the park. Route URL: <http://ridewithgps.com/routes/4189045>
Ride Hosts: Clay Dunning, 818-266-2660 and Craig Dunning, 925-864-1299.

MON. 3/23/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

TUES. 3/24/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

TUES. 3/24/15 3-L/M 56 miles 9:00 a.m. Third in the Dunning's 6-ride Spring Boot Camp. Starting at Diablo Vista Park off Crow Canyon Rd., we'll ride north through Pleasant Hill to Alhambra Valley Rd. and over 'Pig Farm Hill' to the 'Three Bears' before stopping at Starbucks in Orinda and then returning via Lafayette. Take I-680 to the Crow Canyon exit and go east; turn right on Tassajara Ranch Rd. and right again into the park. Route URL: <http://ridewithgps.com/routes/3882959>
Ride Hosts: Clay Dunning, 818-266-2660 and Craig Dunning, 925-864-1299.

TUES. 3/24/15 See 5:30 p.m. T'n'T Evening Ride details on THURS. 3/12/15

TUES. 3/24/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 3/3/15.

WED. 3/25/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

WED. 3/25/15 3-L/M 60 miles 9:00 a.m. Fourth in the Dunning's 6-ride Spring Boot Camp. Starting at Shannon Center in Dublin we'll ride south through Sunol and past the Calaveras Reservoir and then descend into Milpitas. Continuing north to Niles Canyon we'll ascend Palomares and return over the Dublin Grade. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the parking lot. Route URL: <http://ridewithgps.com/routes/212076>
Ride Hosts: Clay Dunning, 818-266-2660 and Craig Dunning, 925-864-1299.

WED. 3/25/15 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jcnctn. - WC. 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; make a U-turn at Alcosta and a right into the parking lot. <http://ridewithgps.com/routes/2267409>
Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 3/25/15 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.

THURS. 3/26/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

THURS. 3/26/15 3-L/M 60 miles 9:00 a.m. Fifth in the Dunning's 6-ride Spring Boot Camp. Starting in Danville at the Sycamore Ave. Park & Ride we'll head north to Lafayette and climb Reliez Valley and continue to Alhambra Valley Rd. over 'Pig Farm Hill' and into Pinole. After a Peet's Coffee break we'll ride through El Sobrante and then past the San Pablo Rsvr. into Orinda for a comparison with Starbucks. Then we'll head up to Moraga before dropping down to Lafayette on our way back. Take I-680 to the Sycamore Ave. exit. The Park & Ride lot is at the northeast corner of the interchange. Route URL: <http://ridewithgps.com/routes/4101303>
Ride Hosts: Clay Dunning, 818-266-2660 and Craig Dunning, 925-864-1299.

THURS. 3/26/15 See 5:30 p.m. T'n'T Evening Ride details on THURS. 3/12/15

FRI. 3/27/15 2-L/M No Drop 25-35 miles 9:30 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: Gail Blanco, gvblanco@aol.com, 925-872-1001.

FRI. 3/27/15 3-L/M 64 miles 9:00 a.m. Sixth in the Dunning's 6-ride Spring Boot Camp. Starting at Val Vista Park in Pleasanton we'll do an out-and-back ride through Pleasanton and Livermore and then up Mines Rd. to the county line turn-around point. Take I-680 to the Stoneridge exit and go east; turn right on Johnson Dr. and left into the park. Bring plenty of fluids and snacks since there are no facilities on Mines Rd. Route URL: <http://ridewithgps.com/routes/4101513>
Ride Hosts: Clay Dunning, 818-266-2660 and Craig Dunning, 925-864-1299.

SAT. 3/28/15 2-L 54-56 miles 9:00 a.m. 11th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride will start at the Park&Ride lot on Sycamore Ave. in Danville and will have a choice of two distances. The Park&Ride lot is located at the NE corner of the Sycamore Ave. and I-680 interchange. Both women and

men welcomed. Be ready at least 15 minutes early for announcements. Beginner friendly.

Routes:

<http://ridewithgps.com/routes/4351174>

<http://ridewithgps.com/routes/4351285>

Ride Hosts: Linda and Keith Nowell, 925-387-7156 and 510-457-5720.

SAT. 3/28/15 3-L/M 39 miles (65 km) 10:00 a.m. Ride to the summit of Mt. Hamilton and visit the Lick Observatory. A long climb but not too steep. Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Route: Up the hill and back. Third in a series of hill climb rides by the Strains.

Ride Hosts: Kathy Strain, 925-785-4355 and Bob Strain, 925-997-5160.

SUN. 3/29/15 2-L/M 36 miles 9:00 a.m. Starting at San Ramon Central Park we'll head out Bollinger Canyon to the Las Trampas hills and then return to town with a loop through the Windemere development before continuing north to Danville for a coffee shop break. Take I-680 to the Bollinger Canyon exit and go east to Alcosta; make a U-turn at the light and an immediate right into the park. Our route will be:

<http://ridewithgps.com/routes/6923207>

Ride Hosts: Gail Blanco and Alberto Lanzas, 925-872-1001.

MON. 3/30/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

TUES. 3/31/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

TUES. 3/31/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 3/3/15.

TUES. 3/31/15 See 5:30 p.m. T'n'T Evening Ride details on THURS. 3/12/15

APRIL 2015

WED. 4/1/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

WED. 4/1/15 2-L/M 35 miles 10:00 a.m. We'll ride south from Shannon Center in Dublin to Sunol and continue on Calaveras to Sunol Regional Park. Take I-680 to the Alcosta exit; go west to San Ramon Rd. and south to Shannon Rd.; turn right and right again into the parking lot. Bring water and snacks.

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

WED. 4/1/15 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.

THURS. 4/2/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

TUES. 4/2/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 3/12/15 but note later time.

FRI. 4/3/15 2-L/M No Drop 25-35 miles 9:00 a.m. (Note earlier start.) This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 4/4/15 2-L 60-67 miles 8:30 a.m. 12th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride will start at the Park&Ride lot on Sycamore Ave. in Danville and will have a choice of two distances. The Park&Ride lot is located at the NE corner of the Sycamore Ave. and I-680 interchange. Both women and men welcomed. Be ready at least 15 minutes early for announcements. Beginner friendly.

Routes: <http://ridewithgps.com/routes/4351426>

<http://ridewithgps.com/routes/4354556>

Ride Host: Mary Elemen, 925-759-6555.

SAT. 4/4/15 3 L-M 46 miles 10:00 a.m. Pescadero Ride. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Many of us will likely have lunch in the area after the ride. Check the online calendar or with the Ride Hosts for more details. Fourth in a series of hill climb rides by the Strains.

Ride Hosts: Kathy Strain, 925-785-4355, and Bob Strain, 925-997-5160.

SUN. 4/5/15 3-L/M, M, M/B 45-55 miles 9:30 a.m. STANDING VS 1st Sunday of the Month 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. See online calendar for route sheet.

Ride Host: Kevin Thieben, 925-437-5919.

MON. 4/6/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

TUES. 4/7/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 3/3/15.

TUES. 4/7/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 3/12/15 but note later time.

TUES. 4/7/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 3/3/15.

WED. 4/8/15 See 9:00 a.m. Heather Farm Standing Ride details on MON. 3/2/15.

WED. 4/8/15 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jcnctn. - WC. Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into

your support and appreciation for the volunteer efforts of the VS Club as well as the many other Club benefits like access to fun events and discounts at local bicycle shops, we suggest joining VS and opt in for eMails to receive updated communications as well as join the Feather Pedals Facebook page where we can share information and comments specific to FP. Chris

February 16th
Thanks Brahim for a great ride on Saturday (except for the last 30 miles when I was about to loose it)! The effort became pretty intense in the central valley. We averaged 19.9mph for the first 50 miles to Patterson! This was my first chance to ride thru Del Puerto in the spring time and it was fantastic. Marc

February 21st
Hi VS/FP, Thanks for joining us for a beautiful Saturday ride. We had 152 total riders; 70 riders on the Classic route and 82 riders on the Classic+ ride. Of the total riders there were 113 VS members and 39 non-VS members. Rebecca

February 25th
Another great day for Jim's biweekly ride up Diablo to the junction and down the north side into Walnut Creek. After our usual refreshment stop at Sweet Affair we returned along the Blvd. through Alamo and Danville. Peter

UPCOMING EVENTS

- March** 7 Kings River Blossom Ride, Reedley, CA
- 8 Seniority Century, San Diego, CA
- 14 Solvang Century & Half Century, Solvang, CA
- 14 Joshua Tree Double Century, Twenty-Nine Palms, CA
- 15 Team Coconut Gold Country Tour, Rocklin, CA
- 21 Solvang Double Century, Solvang, CA
- 22 Ride 2 Recovery, Los Angeles, CA
- April** 4 Pardee Party, Lone, CA
- 11 Tierra Bella Century, Morgan Hill, CA
- 11 Mulholland Challenge & Double, Santa Monica, CA
- 11 Hemet Century & Double, Hemet, CA
- 16-19 Sea Otter Classic, Monterey, CA
- 18 Cinderella Classic & Challenge, Pleasanton, CA
- 18 Mr. Frog's Wild Ride, Murphys, CA
- 18 Cycle for Sight, Napa, CA
- 25 SLO Wildflower, San Luis Obispo, CA
- 26 Primavera Century, Fremont, CA
- 26 Chico Wildflower, Chico, CA

UPCOMING DATES TO MARK ON YOUR CALENDAR

- April 18, 2015** – Cinderella Classic and Challenge
- April 19, 2015** – Bicycle Swap Meet
- April 26, 2015** –Wente Race – VS Race Team

UPDATE ON PASO ROBLES TRIP to GREAT WESTERN BIKE RALLY:

For years (since 1973) members of the club have been riding to the Great Western Bicycle Rally over Memorial Day weekend. This year we have a decision to make as to whether this ride should occur at the usual time **OR** perhaps a little earlier. Many of our members will be on a bicycle tour in France. So, the question is: How many of you would be interested in riding to Paso Robles the first week of May? If the ride should happen before the Memorial Day weekend, I

would not organize the ride at its' normal time. I would still encourage everyone who is not on the France tour to attend the rally, as there are many changes planned for this year and it is sure to be an incredible weekend. If interested in the change by having an earlier ride to Paso, PLEASE contact me at your earliest convenience with a simple "EARLY" or "NORMAL." **If I don't hear from people the ride will remain as it has in the past.** Thanks, Bonnie Powers, 925-828-5299 or b-bpowers@valleyspokesmen.org

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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
- Nature Conservancy – www.nature.org
- Planning and Conservation League - www.pcl.org
- Rails to Trails – www.railstotrails.org

Valley Spokesmen Bicycle Touring Club Executive Board Meeting Minutes Wednesday, February 11, 2015

Meeting called to order at 7:00 p.m. by Marcus Van Raalte
Present: Marcus Van Raalte, Jim Duncan, Ken Hernandez, Peter Rathmann, Julie Hampton, Jane Moorhead, James Paulos, Joe Cheng, Clay Dunning, and Kathy Koos.
Absent: Dan Carhart, Mark Dedon, and Emma Olenberger, Bonnie Powers.

January E-Board Minutes – Minutes can be found in the February newsletter.

Treasurer's Report: Treasurer Dan Carhart was absent, but submitted financials by email.

Old Business

Past Month's Rides – Peter reported that the Feather Pedal rides have begun again and have been well attended.

Update on Bay Area Bicycle Master Plans - Francie attended the Dublin Council meeting on February 3, 2015 and reported that the current plan for road improvements for pedestrians and cyclists has been adopted. Information regarding changes in Dublin will be online. Francie will also be attending the Alameda County Transportation Commission meeting on February 13, 2015.

Adele attended the Bike East Bay conference and presented a summary of the summit. A written summary has been emailed to Valley Spokesmen Club Members. To summarize, Bike East Bay (BEB) is a "cycling advocacy group that works with other bike clubs, municipalities, and cycling advocacy groups to address impediments to safe cycling."

Alan Kalin gave a presentation on the newly organized Mt. Diablo Cyclists Club. The mission of Mt. Diablo Cyclists is to "improve the safety for thousands of cyclists that enjoy the mountain each year." Alan voiced two major concerns of the club are cars passing on blind curves and bikes speeding down hill. He is working with the Park personnel in gathering data and brainstorming solutions to the safety issues concerning cyclists and cars. In addition, Alan has been active in Danville City Council meetings concerning access to

Mt. Diablo through Danville neighborhoods including access through the popular "Hole in the Wall."

VS Web Update - Ken reported that we currently have 364 individual and 123 family memberships for a total membership of 664. Each individual membership has one single vote while family memberships have two votes.

Articles of Incorporation and By-laws - The task force reviewing the Articles of Incorporation and By-laws has consulted an attorney who has provided a proposal of fees which include a scope of work to review and assist in revising the Articles of Incorporation and By-laws. Such a procedure will involve two phases. The first phase will involve rudimentary changes to the Articles while the second phase will involve ensuring that Valley Spokesmen is compliant with non-profit status. Total cost for both phases is \$5,000.00. Clay made a motion to approve the retainer fee (\$1,500.00) to begin the process. Jane seconded the motion and the motion was carried.

Jane also made the motion to change the name to "Valley Spokesmen Bicycle Club" for all records. The motion was seconded by Clay and the motion was carried.

Mid-Winter Party - Julie reported the mid-winter soiree had an attendance of 100, which was down from last year's attendance of 127. The event is cost prohibitive and alternatives will be researched for next year.

Community Liaisons - The following members have agreed to serve as the Valley Spokesmen Community liaisons: Ralph Speck in Alamo, Francie Cushman in Dublin, Adele Madelo in Oakland, Alan Kalin in Danville, James Paulos in Hayward, Bill Rose in Pleasanton, and Peter Culshaw in Walnut Creek. There are openings in the following jurisdictions: Castro Valley, Lafayette, and Pleasant Hill.

Affiliations: Jane made a motion to approve the following affiliations: Adventure Cycling, Bay Area Ridge Trail Council, Bike East Bay, Bicycle Trail Council of the East Bay, California Bicycle Coalition, California State Parks Foundation, Greenbelt Alliance, League of American Bicyclists, Nature Conservancy, Planning and Conservation League, Rails to Trails, and the East Bay Park Foundation. The motion was seconded and carried.

Cinderella - Volunteer t-shirts - The T-shirt vendor (Bruce) provided a bid for \$7.00 per shirt. Bonnie (in absence) recommended we remain with Bruce due to the long term relationship and benefit to riders in being able to purchase commemorative shirts from the event. Bruce has indicated he would be unable to provide commemorative shirts without the order for the volunteer shirts. Clay made the motion to approve the purchase of the volunteer shirts from Bruce, Jane seconded and the motion carried.

There are 1,903 signups to participate in Cinderella to date. In order to increase participation, an e-mail blast will be sent out to past participants and a notice will be posted on Face Book pages within the cycling community.

Election and Nomination Procedures - Jane submitted three documents regarding nomination procedures for elections. The Nominating/Election Committee will consist of the President, Vice-President, and three club members. Details concerning participation in the Committee will be either broadcast to members via email or posted on the website. Ken suggested candidate statements should be prepared and posted by the November newsletter and in addition to being posted on the website.

New Business

Photographer for Cinderella - Use of the Cinderella Carriage for photographs during the Cinderella Event was discussed. Clay will follow up with Doug to assure we can set

up the carriage. Options considered included providing photos for purchase or providing an opportunity for free "selfie" photos.

Community Outreach - Avrek Law Firm Accident Reporting reached out to Valley Spokesmen regarding an accident reporting site. It was decided that Valley Spokesmen will not be pursuing use of the site.

Good to the Order -

Certificate of Recognition from City of Dublin
Six Valley Spokesmen members will be taking tandem cycles to the Pedaling for the Blind
Bob reported that Bonnie has undergone surgery to her back and is recovering well and in good spirits
The meeting was adjourned at 9:03 pm.
Respectfully submitted,
Kathy Koos
Recording Secretary.



Valley Spokesmen "Bicycle" Touring Club Correspondence February 2015

Sent:

1. Check to Sports Basement for 2014 ride leader (Dick Skow) gift certificate.
2. Check to Crank 2 for 2014 ride leader (Dan Carhart) gift certificate.
3. Check to Minuteman Press for printing of February newsletter.
4. Check to Pleasanton Marriott for balance due on Mid-winter party
5. Check to Cycle California! Magazine for Cinderella advertisement.
6. Gratuity check for Mid-winter DJ.
7. Check to Donahue Fitzgerald Trust Account for By-law/Incorporation attorney fee.

Received:

1. Thank you letters from the following organizations for Cinderella donations:
A Safe Place and Rainbow Community Center.
2. Information on upcoming events and tours.
3. Newsletters and magazines from various clubs, organizations and businesses

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.net or 925-209-1369

Hello, VSers!

Below you'll find the summary. You will also find a list of actions we can do to push the changes we as cyclists want.

On January 24-25, 2015, Bike East Bay had its summit in Berkeley, and at least 75 people representing the various groups from all over the Bay Area came to meet, greet, and come up with strategic plans and actions to make cycling safe, fun, and accessible.

First of all, Bike East Bay (formerly East Bay Bike Coalition) works together with all 33 or so jurisdictions in Alameda and Contra Costa counties --a lot of towns with diverse populations. In order to make things happen, it engages municipalities, bike clubs, and local bike advocacy groups to address impediments to safe, fun, and accessible cycling and to promote it.

Note: It does not take our laundry list of safety hazards directly to the cities; rather, it works with members of bicycling communities to address safety and accessibility issues and to increase ridership.

Major take-aways from the Summit:

1) Participants were invested in...

- (a) increasing ridership through safe streets--this includes many of the concerns you voiced
- (b) increasing ridership through fun, inclusive events
- (c) increasing ridership for people aged 8 to 80 no matter the skill level
- (d) reducing the number of bike thefts
- (e) reducing bicyclist and pedestrian fatalities (part of the Vision Zero campaign)
- (f) ensuring that politicians spend money (including Measure BB funds in Alameda County and potentially Measure J in Contra Costa County) the way it was envisioned
- (g) expanding the bike-share program
- (h) changing the perception of bicycling to normalize it
- (i) collecting data on ridership to indicate spots requiring more road safety
- (j) service learning and work in schools to promote cycling

2) Relevant contacts (as far as VS is concerned) from Bike East Bay and local groups are..

- (a) Dave Campbell, Bike East Bay staff member: Dave works together with all of the local groups to make sure people are attending municipal meetings. I gave him my contact information.
- (b) Jim Van Dyke, Bike East Bay board member. Jim is the group moderator for the Bike PTown Facebook page. I introduced myself to him and per his request joined the FB group.
- (c) Ginger Jui of Bike East Bay: Ginger is interested in promoting VS events like Cinderella through its Web site.
- (d) Smitty Ardrey of Bike Concord: This budding advocacy group is interested in promoting Cinderella and other VS events. I let him know about the club and it seems most interested in the Feather Pedals rides because they get more newbie riders on the road on longer rides.
- (e) Renee Rivera, Bike East Bay Executive Director: She is organizing the Bike to Work Day, May 14, and is looking for corporate sponsors. I passed her name along to VS members who could help her.

3) So far, ways we can show our numbers and advocate our needs are to...

- (a) show our numbers at local meetings. Ex: There was a January 20th Pleasanton City Council meeting. It would have been great to have had any of us there to voice our concerns. (Sorry I'm mentioning after the fact.)
- (b) join the Bike PTown Facebook page. Doing so is an easy way to show numbers.
- (c) send VS liaisons to the municipal meetings, especially in the Tri-Valley. Coordination with Dave Campbell, above, can help facilitate this.

My hope in presenting this information is to show the symbiotic relationship between Bike East Bay and the groups that make all of us a vibrant cycling community. In the meantime, I am keeping a list of your concerns. Many of them were voiced at the Summit and my sense is that momentum for these changes will grow.

Thank you. If you have questions, please let me know.

Best, Adele

SOME INTERESTING STATISTICS ON CLUB RIDES AND MEMBERS MILEAGE

Total club rides:

2009 – 401
2010 – 423
2011 – 394
2012 – 494
2013 – 645
2014 – 739

Total membership:

2009 – 481 – During the year 288 members rode one or more rides
2010 – 500 – During the year 322 members rode one or more rides
2011 – 455 – During the year 278 members rode one or more rides
2012 – 492 – During the year 281 members rode one or more rides
2013 – 486 – During the year 318 members rode one or more rides
2014 – 579 – During the year 390 members rode one or more rides

Total miles ridden by club members on club rides:

2009 – 140,991 miles
2010 – 161,269 miles
2011 – 145,293 miles
2012 – 188,875 miles
2013 – 245,476 miles
2014 – 262,381 miles

Top Mileage for Past Three Years

In 2012 – 1 member rode 6,156 miles
In 2013 – 1 member rode 7,298 miles
In 2014 – 1 member rode 8,074 miles

In 2009 – 1 member rode 4,160 miles
In 2010 – 6 members rode 4,000+ miles
In 2011 – 2 members rode 4,000+ miles
In 2012 – 4 members rode 4,000+ miles
In 2013 – 6 members rode 4,000+ miles
In 2014 – 8 members rode 4,000+ miles

In 2009 – 4 members rode 3,000+ miles
In 2010 – 3 members rode 3,000+ miles
In 2011 – 6 members rode 3,000+ miles
In 2012 – 7 members rode 3,000+ miles
In 2013 – 7 members rode 3,000+ miles
In 2014 – 10 members rode 3,000+ miles

In 2009 – 5 members rode 2,000+ miles
In 2010 – 6 members rode 2,000+ miles
In 2011 – 10 members rode 2,000+ miles
In 2012 – 10 members rode 2,000+ miles
In 2013 – 18 members rode 2,000+ miles
In 2014 – 22 members rode 2,000+ miles

In 2009 – 10 members rode 1,500+ miles
In 2010 – 7 members rode 1,500+ miles
In 2011 – 4 members rode 1,500+ miles
In 2012 – 8 members rode 1,500+ miles
In 2013 – 15 members rode 1,500+ miles
In 2014 – 9 members rode 1,500+ miles

In 2009 – 22 members rode 1,000+ miles
In 2010 – 12 members rode 1,000+ miles
In 2011 – 11 members rode 1,000+ miles
In 2012 – 24 members rode 1,000+ miles
In 2013 – 21 members rode 1,000+ miles
In 2014 – 23 members rode 1,000+ miles

In 2009 – 11 members rode 750+ miles
In 2010 – 19 members rode 750+ miles
In 2011 – 15 members rode 750+ miles
In 2012 – 23 members rode 750+ miles
In 2013 – 20 members rode 750+ miles
In 2014 – 19 members rode 750+ miles

In 2009 – 23 members rode 500+ miles
In 2010 – 35 members rode 500+ miles
In 2011 – 18 members rode 500+ miles
In 2012 – 22 members rode 500+ miles
In 2013 – 34 members rode 500+ miles
In 2014 – 31 members rode 500+ miles

In 2009 – 51 members rode 250+ miles
In 2010 – 60 members rode 250+ miles
In 2011 – 53 members rode 250+ miles
In 2012 – 54 members rode 250+ miles
In 2013 – 48 members rode 250+ miles
In 2014 – 66 members rode 250+ miles

In 2014 – 85 members rode only one ride

The maximum number of club rides a member could ride during 2014 was 739.

A total of sixty-six (66) club members agreed to be ride leaders during 2014. Special THANKS to ALL of YOU!

Of these sixty-six members, those that stand out most led 63/55/50/40/32/30/29/23/21/20/17/15 rides each.

THANK YOU SO MUCH!!!!

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

2015 CLUB OFFICERS

President:	Marcus van Raalte	925-437-3253
Vice-President:	Clay Dunning	818-266-2660
Treasurer:	Dan Carhart	925-828-8964
Recording Secretary:	Kathy Koos	925-963-8506
Corresponding Secretary:	Bonnie Powers	925-828-5299
Ride Chairmen:	Joe Cheng	925-683-9689
	Peter Rathmann	925-838-1973
Newsletter Editor/Typist	Julie Hampton	510-685-7103
Electronic Newsletter Editor	Jane Moorhead	925-980-9889
Newsletter Publisher:	Emma Olenberger	707-479-2549
Past President	Mark Dedon	925-828-9183
V.S. Racing Team contacts:	Jim Duncan	925-209-1369
	Ted Vidnovic	925-337-2803

2015 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 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	Open	
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-886-7470
Lafayette	Open	
Livermore:	Open	
Oakland	Open	
Pleasanton:	Bill Rose	925-846-3867
Pleasant Hill:	Open	
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>

2015 current club members may subscribe to the VS mailing list by following the directions at:

<http://www.valleyspokesmen.org/Sys/vs-list>