

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

President's Message

Marcus Van Raalte

Safety on a bicycle

We all want to have a great time out on a ride, we live in lovely part of the world, but to be fun we want to be safe, so here are some thoughts, please read.

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 defensive actions 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 all 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, especially when riding in a group, as this sudden change of direction will, most likely, cause an accident, surprising other cyclist and the nearby cars.
- Drink and eat frequently to stay agile while riding.
- Always maintain your bike so that nothing unexpected happens while riding, ex: loose components locking the wheels or gears the pedals.
- Ride far enough from the edge of the road to avoid storm drains
- When there are parked cars ride far enough from the cars to avoid the opening of a door.

Ways to minimize likelihood of an accident

- When encountering railroad tracks, approach them at a right angle to avoid getting your wheel stuck.
- Take extra care when riding in the rain and avoid road markings as they become slippery.
- Make sure your tires are checked for cuts and abrasions and are at the correct pressure.
- Do not ride too close to others; do not overlap your front wheel with the rear wheel of the person in front.
- Do not ride erratically, ride at a steady pace in a straight line.
- Do not ride over your limit to then be exhausted and ride erratically.
- Do not ride on the sidewalk that is adjacent to the road, as any accident you have will likely mean you lose control as you fall off the curb and will result in a catastrophic collision with a car.
- Do not ride close to those who ride erratically or in other unsafe ways.
- If you do become exhausted, move to the back of the group.
- Listen to others who offer advice 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.
- Have emergency contact and emergency information around your neck or other readily accessible place. Wearing Road I.D. is a good choice. Note your cell phone number is not your emergency number.

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

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

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

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

MOUNTAIN BIKE RIDE RATINGS

All rides graded according to predicted difficulty as follows:

- 1) EASY: Mostly flat with few hills.
- 2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
- 3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.

4) STRENUOUS: Long, steep ascents and descents & very rough terrain.

5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles. Always bring adequate water and food.

☺ ☺

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

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

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

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

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

CAR POOLING: 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!

☺ ☺

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.

JUNE 2015

MON. 6/1/15 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! Call Ted Vidnovic, 925-337-2803 or vidnovic@yahoo.com, for further information.

MON. 6/1/15 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, rskow@astound.net for ride details.

TUES. 6/2/15 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.

TUES. 6/2/15 2-M/B 25-35 miles 6:00 p.m. Tuesday and Thursday training rides starting at Shannon Center in Dublin and using assorted routes. 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. 6/2/15 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 Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Ride Host: Jane Moorhead, 925-980-9889.

WED. 6/3/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

WED. 6/3/15 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.

WED. 6/3/15 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE! Come to the [Round Table Pizza in Dublin](#), located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Pizza served at 6:30 p.m. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Entertainment for the evening TBA. Check our online ride calendar for a map at: http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903

THURS. 6/4/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

FRI. 6/5/15 2-L/M No Drop 25-35 miles 9:00 a.m. This Odd Friday series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly)
 Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 6/6/15 3-L/M 47 miles 8:30 a.m. Shannon to Moraga loop. First we'll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we'll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids. Ride Host: Peter Rathmann, 925-336-0973.

SUN. 6/7/15 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. 6/8/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

TUES. 6/9/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

TUES. 6/9/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

TUES. 6/9/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 6/2/15.

WED. 6/10/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

WED. 6/10/15 3-M 38 miles 9:00 a.m. Five Canyons Ride. We'll go over Dublin Grade to Castro Valley and then ride through the 5 Canyons area into the Hayward hills. Meet at San Ramon Central Park. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right turn into the park. Bring food and fluids.
Ride Host: Gail Blanco, 925-872-1001.

WED. 6/10/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 6/3/15.

WED. 6/10/15 7:00 p.m. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THURS. 6/11/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

THURS. 6/11/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

FRI. 6/12/15 2-L 24 miles 9:00 a.m. No Drop. Leisurely ride from San Ramon Central Park to the Macedo Ranch trailhead on Green Valley Rd. After a restroom break there we'll return on Green Valley and head over to Danville Blvd. and return to San Ramon with a stop for refreshments at Cafe Attila. Beginner friendly, no drop ride.
<http://ridewithgps.com/routes/3844527> Ride Host: Marcy Yantis-Vanderlip, marcheleyv@gmail.com

SAT. 6/13/15 3-M 30 miles 8:30 a.m. Sunol – Palomares loop. Meet at Shannon Center. From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd; right onto Shannon; and right into Shannon Center. We'll go through Niles Canyon, cruise over Palomares then home to Dublin.
Ride Host: Peter Rathmann, 925-336-0973.

SUN. 6/14/15 2-M/B 35 miles 9:00 a.m. Tandemonium Ride. We're breaking out the tandems again and hoping to get a few more tandems, and a more diverse group of riders. We'll have a fast tandem group, as well as a slower tandem group. The single bikes can ride as their own group or off the back of the tandems. Tandems are a little slower up hill, but the descents are FAST and fun to ride in the drafts if you can. If you're able to join us in this Tandemonium, meet at the former Nob Hill location in Livermore at the NE corner of S. Livermore and Pacific Aves.
Ride Hosts: Gail Blanco & Alberto Lanzas, 925-872-1001.

MON. 6/15/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

TUES. 6/16/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

TUES. 6/16/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

TUES. 6/16/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 6/2/15.

WED. 6/17/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

WED. 6/17/15 2-L/M 44 miles 9:00 a.m. We'll start at San Ramon Central Park, ride north through Lafayette to Orinda for a refreshment break at Theater Square. Our return will be via Moraga and Lafayette. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right into the Central Park lot. <http://ridewithgps.com/routes/6844880>
Ride Host: David Pereira, 925-640-3491.

WED. 6/17/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 6/3/15.

THURS. 6/18/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

THURS. 6/18/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

FRI. 6/19/15 2-L/M No Drop 25-35 miles 9:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly)
Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 6/20/15 2-L/M 23 - 31 miles 8:30 a.m. Feather Pedals Ride Monthly Ride. Starting at the Sycamore Ave. Park&Ride in Danville we'll head south through San Ramon and Dublin with a refreshment stop at the Starbucks in the Marketplace center. The 'Plus' route includes an out-and-back to the Las Trampas staging area at the end of Bollinger.
<http://ridewithgps.com/routes/4340949>
<http://ridewithgps.com/routes/4340771>
Ride Host: Chris Pham, 925-997-6674.

SUN. 6/21/15 MTB ride. Details will be listed on the online Ride Calendar in June. Ride Host: Jane Moorhead, 925-980-9889.

SUN. 6/21/15. 5-M 41 miles 9:30 a.m. Lexington Reservoir to Loma Prieta Peak. Park on Lexington School Rd. west of the reservoir. Ride details TBA. Check online calendar for details.
<http://ridewithgps.com/routes/8030393> Host: Rob Delfosse

MON. 6/22/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

TUES. 6/23/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

TUES. 6/23/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

TUES. 6/23/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 6/2/15.

WED. 6/24/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

WED. 6/24/15 3-M 35 miles 9:00 a.m. The start of the ride will be at the Fallon Sports Park, 4605 Lockhart St., near the intersection of Fallon Rd and Central Parkway in Dublin. We

will ride to the Marina at Del Valle Reservoir. Bring plenty of water and fuel; there will be no scheduled stops on this ride.

<http://ridewithgps.com/routes/7649042>

Ride host- Gail Blanco, 925-872-1001.

WED. 6/24/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 6/3/15.

THURS. 6/25/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

THURS. 6/25/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

SAT. 6/27/15 2-L/M 34 miles 9:00 a.m. Ride from San Ramon to Walnut Creek. Meet at the San Ramon Central Park on Bollinger Canyon Rd. (Take I-680 north or south to Bollinger Canyon Rd. exit and go east; make a U-turn at Alcosta and a right into the parking lot.) Bring water and lunch or money to buy. Leader: Peter Rathmann, 925-336-0973.

SUN. 6/28/15 4-L/M 70 miles 8:30 a.m. Shannon Center to Redwood, Skyline, Grizzly Peak, and Wildcat Canyon Rds. Join Kathy on some of the most scenic roads in our area as we ride along the ridge of hills from Castro Valley to Berkeley before returning through Orinda, Lafayette, and Danville. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring plenty of fluids and refreshments (we'll have a stop at the Orinda Starbucks). Ride Host: Kathleen Koos, 925-417-0387.

MON. 6/29/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

TUES. 6/30/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

TUES. 6/30/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

TUES. 6/30/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 6/2/15.

JULY 2015

WED. 7/1/15 See 8:30 a.m. Heather Farm Standing Ride details on MON. 6/1/15.

WED. 7/1/15 2-L/M 44 miles 8:30 a.m. We'll start at San Ramon Central Park, ride north through Lafayette to Orinda for a refreshment break at Theater Square. Our return will be via Moraga and Lafayette. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right into the Central Park lot.

<http://ridewithgps.com/routes/6844880>

Ride Host: David Pereira, 925-640-3491.

WED. 7/1/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 6/3/15.

WED. 7/1/15 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 2, 2015.

THURS. 7/2/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

THURS. 7/2/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

FRI. 7/3/15 2-L/M No Drop 25-35 miles 9:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 7/4/15 3-L/M 42 miles 9:00 a.m. Starting in San Ramon Central Park we'll have a leisurely ride up to the Mt. Diablo Junction and then descend to Walnut Creek. Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; make a U-turn at Alcosta and a right into the parking lot. Bring water and snacks. Ride Host: Peter Rathmann, 925-336-0973.

SUN. 7/5/15 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 Flynns 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: Kathleen Koos, 925-417-0387.

MON. 7/6/15 8:30 a.m. See Heather Farm Standing Ride details on MON. 6/1/15.

MON. 7/6/15 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! Call Ted Vidnovic, 925-337-2803 or vidnovic@yahoo.com, for further information.

TUES. 7/7/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

TUES. 7/7/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

TUES. 7/7/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 6/2/15.

WED. 7/8/15 8:30 a.m. See Heather Farm Standing Ride details on MON. 6/1/15.

WED. 7/8/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 6/3/15.

WED. 7/8/15 7:00 p.m. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THURS. 7/9/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on TUES. 6/2/15.

THURS. 7/9/15 See 6:00 p.m. T'n'T Evening Ride details on TUES. 6/2/15.

FRI. 7/10/15 2-L 24 miles 9:00 a.m. No Drop. Leisurely ride from San Ramon Central Park to the Macedo Ranch trailhead on Green Valley Rd. After a restroom break there we'll return on Green Valley and head over to Danville Blvd. and return to San Ramon with a stop for refreshments at Cafe Attila. Beginner friendly, no drop ride.

http://ridewithgps.com/routes/3844527

Ride Host: Marcy Yantis-Vanderlip, marcheleyv@gmail.com

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

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

EVERY 1st SATURDAY MORNING each month. 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neal Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a "no-drop" ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

RIDE REVIEWS

April 29th
A little haze in the air, but otherwise a near perfect day for our ride over the Oakland hills to the Bay Bridge path. We got stopped for a CalTrans photo-op along the trail and then continued out as far as allowed which wasn't as far as previously due to the continuing dismantling of the old bridge. After a lunch stop at Panera we rode over to the West Oakland BART station to return to Dublin. Peter

May 2nd
Perfect day for Joe's ride from San Ramon to Lafayette, Moraga, and Orinda. A little cooler than the last few days and clearer air. Peter

May 4th
The Culshaws hosted today's ride from Heather Farm in Walnut Creek. We took the Canal Trail through Concord and continued on the trail along Port Chicago Hwy. to the BART station, then west to Pacheco and the other end of the Canal trail. Heading east took us to the northern end of the Iron Horse and back to the start after a refreshment break at Panera's in the Willows shopping center. Peter

May 11th
Today's Heather Farm ride took a little different type of route - using BART to start the ride from the S. San Francisco station, taking several trails and connecting roads past San Andreas Lake and Crystal Springs Reservoir to the Pulgas Water Temple. The main group then returned on BART from the Milbrae station while a few of us rode across the Dumbarton Bridge and got on BART at the Union City station. Peter

May 14th
Today there was a somewhat whimsical ride through the Bishop Ranch business park area for Bike-to-Work Day. Peter

May 16th
It started out chilly and windy but turned into a glorious day about halfway through the ride! The route took us from the Sycamore Valley Park and Ride out towards San Ramon, through the Dublin BART station and into Pleasanton. We had 32 cyclists (27 Valley Spokesmen members and 5 non-members). 15 riders did the 41.9 mile Challenge route to the Sunol Train Station and 22 did the 34.9 mile Classic route to Castlewood Country Club and back. About 7 riders enjoyed socializing and lunch at the Sideboard after the ride. Many thanks to Dean Ball for his SAG Support (and donut holes!) and to Charles Parrish for being our sweep! Rebecca

UPCOMING EVENTS

- June 7 America's Most Beautiful Ride, Stateline, NV
7 Tour de Cure, Palo Alto, CA
7 Sequoia Century, Palo Alto, CA
13 Best of the Bay, San Leandro, CA
13 Hayfork Century, Hayfork, CA
20 Terrible Two, Sebastopol, CA
20 Castle Crags Century, Mt. Shasta, CA
27 Climb to Kaiser, Clovis, CA
27 The Grand Tour (124/200/300/400) Malibu, CA
July 11 Tour of the CA Alps (Death Ride), Markleville, CA
18 Windmill Century, Santa Maria, CA
25 Santa Cruz Mtn Challenge, Scotts Valley, CA

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
National Parks Conservation Association - www.npca.org
Nature Conservancy - www.nature.org/legacy

Planning and Conservation League - www.pcl.org

Rails to Trails – www.railstotrails.org

Yosemite Conservancy

VALLEY SPOKESMAN EXECUTIVE BOARD MEETING

May 13, 2015 7:00pm – 6640 Spruce Ln., Dublin, CA

Present: Joe Cheng, Peter Rathman, Dan Carhart, Clay Dunning, Bonnie Powers, Marcus Dedon, Jim Duncan, Kathy Koos, Jane Moorhead.

Absent: Marcus Van Raalte, Julie Hampton, Emma Olenberger, Ken Hernandez.

Clay called the meeting to order at 7:04 p.m. Clay moved to approve April's minutes. The motion was seconded by Bonnie, and approved by all. Marcus Van Raalte,

TREASURER'S REPORT-Dan gave balances on all accounts. While we have outstanding expenses from Cinderella, we are fiscally solid. Our two sources of revenue generation are memberships and Cinderella.

OLD BUSINESS

Ride Report-The most significant ride was Cinderella. Peter reported on other noteworthy rides which included: the Strain's series of hill rides (Mines, Pescadero, Hamilton, etc.) and the Heather Farm group rides which have involved Bart to Bart commutes down the Peninsula and Union City Bart. The rides have had good attendance with a wide variety of rides and riders.

V.S. Website-Peter reported that the Feather Pedal section of the website will be updated.

Master Plans-Kathy and Joe gave an update of work being done on behalf of Valley Spokesmen (and all cyclists) by Mt. Diablo Cyclist's president, Alan Kalin. Alan's full report can be found in the June Newsletter. Briefly, Alan was able to get statistics from the State Park last year. Of note: there were well over 100,000 cyclists climbing the mountain, on average there is one collision every 14 days, 79% of road collisions involved a cyclist, and 73% of collisions were on blind curves.

Swap Meet--Bonnie reported on the swap meet and thought the site worked out very well with an indoor/outdoor option. Some deals were to be had!

Correspondence-Bonnie mentioned that lots of checks went out. Look for greater detail in the Newsletter. In addition, a Tour Organizer would like to speak with the club and members about his upcoming business of providing cycling tours in Italy.

NEW BUSINESS

Report from Organizational Task Force on Amendment of Articles and Bylaws-Clay Dunning presented everyone with a set of documents created by the Attorney writing the Articles and Bylaws. The documents were signed and made a part of the minutes. Kathy will be the keeper of records. They will also be put on the website for member review.

Organizational Flow Chart-Task force members met again for revamping the Organizational Flow Chart. Dan drafted an alternative flow chart. The chart was presented. Clay made a motion to approve the flow chart which was seconded by Jane. The motion was approved by: Jim, Dan, Clay, Jane, Bonnie, and Kathy.

Election Procedures-Jane has updated the documents for outlining election procedures. The Board was asked to review the documents and be prepared to vote on them at the June meeting.

Procedure and Protocol for Rider Violation of VS

Standards for Safety-Clay discussed protocol when riders participating in Valley Spokesmen rides engage in unsafe cycling practices. The Board discussed various options

towards taking a global approach towards any cyclist riding unsafely. The Board agreed that ride leaders ultimately have the discretion to refuse to allow an unsafe rider to join their ride. In addition, it was agreed that every member has the opportunity to correct unsafe cycling behavior, and if you see someone riding unsafely, you have the right to correct and/or remove that person from the ride. The motion for safety procedures was made by Dan, seconded by Clay, and approved by all.

Wente Race-Jim Duncan reported on the Wente Race. He noted participant numbers were down, possibly due to another race in Visalia the same day. Jim is entertaining other sponsorship avenues.

Cinderella Recap-Jim Duncan reported the event and Expo were very successful and well attended. Mark Dedon mentioned that the rest stop at Concannon was well received, however crossing the road presented challenges. Options to those challenges included: securing additional volunteers to direct traffic, posting more signs, reversing the flow of enter/exit, and hiring a sheriff to direct traffic. There was discussion on opening up registration on the website by September and providing an option to pre-purchase a jersey for Cinderella's 40th anniversary. In addition, Jim is considering purchasing cue clips with Valley Spokesmen labeling. The clips will be available to Valley Spokesmen members who can purchase them at cost for \$3.75. Any remaining clips will be provided to Cinderella participants for 2016. Dan suggested ordering extra jerseys so we will have a limited number available to riders at the event. It was also suggested that we recruit 10% more volunteers than required to fill slots of volunteers that were vacated by absence.

Mt. Diablo Challenge-Julie (in absentia) inquired if Valley Spokesmen is interested in working the Mt. Diablo challenge on October 4. Notice for the event and a request for volunteers will be put in the August Newsletter.

GOOD OF THE ORDER

-Bonnie inquired about the entertainment for the June general meeting. Clay will be providing a show on the highlights of Provence. Clay will also be creating a blog as the journey unfolds.

-Bonnie asked that the cleaning contribution the Board approved of last month be used to pay for cleaning her rugs and floors instead of her water bill. All approved.

-Please note that Danville is fixing their street by Peet's coffee.

Meeting adjourned 9:22 p.m. to General Membership meeting on June 3, 2015 at Round Table Pizza Parlor, Dublin, CA.

Valley Spokesmen "Bicycle" Touring Club Correspondence
April and May 2015

Correspondence sent:

1. Check to Alameda County Fairgrounds for Cinderella.
2. Check to Amador Valley Industries for Cinderella dumpster.
3. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
4. Check to Bruce Ingrassio for Cinderella worker T-shirts.
5. Checks to Minuteman Press for Cinderella materials.
6. Check to Gail Blanco for Cinderella bagels from Costco.
7. Check to California Highway Patrol for Cinderella coverage.
8. Check to Business Cards (B of A) for Cinderella expenses/Wild Apricot/fees.
9. Check to Dublin Cyclery for tubes used on Cinderella day.

10. Check to Donahue Fitzgerald attorneys for by-law/corporation paper work.
11. Check to Jim Duncan for Cinderella and miscellaneous expenses.
12. Check to Bob Powers for Cinderella expenses.
13. Checks to Ovations for Cinderella food at the Fairgrounds,
14. Checks for Cinderella refunds.
15. Checks for gasoline reimbursement to Cinderella SAG drivers.
16. Check to Pacific Fine Foods for Cinderella wraps.
17. Check to Minuteman Press for May newsletter.
18. Check to Bay Area Ridge Council for membership renewal.
19. Check to San Ramon Valley Unified School District for Cinderella rest stop at Greenbrook School.
20. Check to Harburn Enterprises, Inc. for Cinderella patches.
21. Check to Livermore Valley Joint Unified School District for Cinderella rest stop at Christensen School.
22. Check to Golden State Portables for Cinderella porta potties.
23. Check to Business Card (B of A) for Cinderella, Wild Apricot and V.S. jerseys.
24. Check to Dublin Unified School District for use of Wells Middle School for Swap Meet.
25. Second quarter News Brief sent and delivered to shops.
26. May newsletter sent to club members who have paid for their copies.
27. Invitation to join the Livermore Rodeo Parade June 13, 2015.
28. Survey regarding usages of Alameda County Fairgrounds for Cinderella.
29. Check to Adventure Cycling Assoc. for annual dues.
30. Letters of welcome sent to new/old club members. Membership stands at 690.

Correspondence received:

1. Refund check for \$250.00 from Contra Costa County for Cinderella.
2. Refund check for \$2774.00 and evaluation survey from Alameda County Fairgrounds for Cinderella.
3. Thank you letter from the National Park Foundation for membership renewal.
4. Information on upcoming events and tours.
5. Newsletters and magazines from various club, 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 - *(to be discontinued)*\$70.00
 sleeveless wind shell vest -\$60.00
 long sleeve jacket - *(to be discontinued)*.....\$69.99
 shorts - women / men -\$58.00
 bib shorts - *(to be discontinued)*.....\$65.00
 arm warmers\$30.00
 gloves - yellow, blue, black - *(changing to blue & black only)* -\$27.00
 socks - white, yellow, black - *(changing to blue & black only)* -\$7.00

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

❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧ ❧

MILEAGE AS OF MAY 20 , 2015			
Name	Total of Miles	Rides Led	Total Rides
Agostino, Val	273	0	7
Allen, Joe	218	1	5
Ammann, Alicia	227	0	5
Ball, Karin	340	3	9
Barbier, Larry	871	0	27
Barnett, Bob	1289	0	32
Bartlett, Christine	252	0	6
Bezdek, Larry	1040	0	24
Blain, Bob	291	0	9
Blanco, Gail	1605	18	36
Buckingham, Charles	288	0	8
Carhart, Dan	1312	16	35
Carpenter, Don	509	0	13
Castleman, Ellen	240	0	5
Cheng, Joe	1046	5	25
Choy, Serena	607	0	18
Cohen, Sahrye	209	0	5
Conger, Jim	563	6	18
Cosin, Wendy	434	1	12
Crawford, Erin	273	0	6
Crawford, Marlowe	365	0	8
Crawford, Matt	313	0	7
Culshaw, Pete	998	15	25
Culshaw, Sharon	276	0	9
Cushman, Francie	1154	3	32
Daly, Deb	397	0	8
Dangerfield, Melba	280	0	8
de la Motte, Janelle	309	0	8
Dedon, Erica	268	1	8
Dedon, Mark	536	2	15
Delfosse, Rob	897	4	23
Deornelas, Vic	973	1	18
Derrick, Peter	222	0	6
Duncan, Jim	1064	3	32
Dunning, Clay	670	5	13
Dunning, Craig	487	5	9
Duran, Veronica	464	0	17
Duvoisin, Marc	201	0	5
Dworkin, Doug	264	0	7
Eacret, Wes	323	0	7
Enriquez, Gilbert	710	0	19
Faires, Debbie	256	0	6
Ferriere, Karen	208	0	5
Frantz, Pat	280	0	7
Fraser, Jack	242	0	6
Fraser, Maribel	228	0	5
Fujii, Bob	303	0	6
Fusco, Bob	447	0	13
Gabe, Jan	451	0	13

MILEAGE AS OF MAY 20 , 2015			
Name	Total of Miles	Rides Led	Total Rides
Garcia, Dave	642	0	19
Gelder, Jacki	234	0	6
Gomez, Lynnette	326	0	8
Goroff, Marc	387	0	9
Green, Jan	265	0	6
Grinols, Susan	240	0	7
Groves, Susan	353	0	9
Guarienti, Faye	297	0	6
Haar, Crista	237	0	5
Hagelin, Craig	395	0	13
Hampton, Julie	283	0	8
Hansen, Renata	680	0	16
Haupt, Chuck	606	0	17
Heady, Bob	623	21	29
Healy, Theresa	602	0	13
Hernandez, Ken	1448	2	34
Hernandez, Mary	841	1	21
Hirt, Janice	217	0	6
Huey, Jeanine	201	0	4
Jakubowski, Diane	393	0	9
Kane, Kathy	389	1	9
Kiely, Mary Ann	207	0	5
Koos, Gary	365	0	7
Koos, Kathy	1022	3	19
Kowalewski, Steve	273	2	9
Kriebel, Olivia	211	0	4
Kyong, Peter	972	0	28
Lagodzinski, Andrew	281	0	6
Lanzas, Alberto	1106	9	24
Leddon, Dave	932	0	24
Lee, Karen Klimkosky	206	0	5
Licata, Barbara	252	0	6
Lifter, Jill	285	0	7
Lisy, Norm	254	0	7
Louis, Ken	266	0	8
Lund, Shauneen	202	0	6
Madelo, Adele	390	0	9
Maggio, Lauren	350	0	9
Makkink, Marjon	249	0	6
Martin, Robin	213	0	5
Mayfield, Milinda	241	0	5
Meyers, Leslie	272	0	6
Miller, Kristen	293	0	6
Moore, Janet	278	0	7
Moorhead, Jane	785	19	36
Morson, Kathy	301	0	8
Nadeau, Alaine	400	0	14
Neal, Dave	247	0	5
Norek, Al	332	0	11

MILEAGE AS OF MAY 20 , 2015			
Name	Total of Miles	Rides Led	Total Rides
Nowell, Keith	206	1	6
Nowell, Linda	327	2	8
O'Boyle, Maureen	202	0	5
Ondricek, Doug	523	9	16
Parrish, Charles	874	0	25
Pearsons, Ruth Ann	205	0	5
Pereira, David	754	5	19
Pham, Chris	302	1	9
Pickard, Lisa	231	0	6
Piekarski, Sharon	307	0	7
Po, Ismael	922	0	28
Powers, Dick	576	0	13
Putnam, Ned	318	0	8
Rafanelli, Pam	291	0	7
Rasmussen, Ron	505	0	14
Rathmann, Peter	3001	10	79
Reilly, T.J.	488	0	14
Roberts, Susan	259	0	7
Roe, Joan	205	0	4
Rossiter, Jaynette	582	0	19
Sandoval, Veronica	261	0	7
Satoutah, Brahim	926	3	18
Seda, Marta	247	0	6
Serriere, Vianney	394	0	8
Settle, Andy	689	0	17
Shannon, Geoff	1204	9	31
Shigemoto, Lisa	212	0	6
Shum, Bart	370	0	8
Simpson, Christy	1325	2	36
Skow, Dick	771	2	20
Slagle, Pete	212	0	6
Smith, Jerry	221	0	6
Spiegel, Joan	278	0	8
Stevens, Jan	513	0	16
Stewart, Mike	753	0	20
Strain, Kathy	954	4	21
Strain, Robert	1049	6	22
Stucky, Jane	292	0	6
Talbot, Chris	250	0	8
Thieben, Kevin	608	0	13
Thomas, Walt	294	0	8
Thompson, Dianne	867	1	19
Uher, Julie	357	0	10
Uher, Will	552	0	12
Van De Vreugde, Jim	820	0	17
van Raalte, Laurie	224	0	6
van Raalte, Marcus	824	0	17
Vergino, Eileen	242	0	5
Ward, Dick	465	0	16

MILEAGE AS OF MAY 20 , 2015			
Name	Total of Miles	Rides Led	Total Rides
Weiny, Ira	309	0	8
Weiny, Lorrie	406	0	10
Whelan, Steve	1245	0	29
Williams, Siobhan	239	0	6
Wong, Liane	208	0	5
Wood, Rebecca	567	3	14
Woods, Colleen	307	0	8
Yantis, Marchele	406	0	11
Zak, Kelly	278	0	6
Zucker, Pam	239	0	6

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2015. Total miles ridden by club members so far this year is 97,985!!!

DON'T FORGET – Ride Hosts of club rides earn points toward FREE club clothing and other items. The more rides you lead, the more 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 13 sign-up sheets missing since the first of the year.**

VS Goes to the A's! Watch the Oakland A's play the Cleveland Indians Saturday August 1, 2015 at 6:05pm. Tickets are \$30.50 each for lower box seats. For tickets, contact Julie Hampton at 510-685-7103 or check out the Valley Spokesmen website home page for sign-up sheet, seating chart, and details. Tickets must be purchased **BY JUNE 30th** in order to lock them in with the A's sales office.

Mount Diablo Cyclists – Update from President Alan Kalin (also a Valley Spokesmen member & rep)

Mission: To improve the safety for thousands of cyclists who enjoy Mount Diablo State Park (MDSP) each year.

This May update is being sent to keep you informed of the safety issues on the mountain. We hope that you and our over 70 members will share the MDC Mission with friends in the surrounding communities. Please have new members contact me and I will add them to our mailing list. Let me know if you would prefer not to receive MDC emails and I will delete you from our email database.

Nearly half of all the vehicles that use the three roads in MDSP are road bikes! Last year over **100,000 road cyclists** rode up Mount Diablo. This significant change has occurred over the last ten years. The park and mountain are now a major destination for cyclists. Yet there is almost no recognition of this huge user group. Unfortunately, the roads are nearly unchanged since their construction over a century ago. Lanes are narrow or substandard, there is little to no shoulder, and the dividing line is dashed to the summit. There are 279 curves with many of them “**Blind Curves**,” an accident waiting to happen! When climbing, cyclists are much slower than motorists. Motorists often become impatient and pass in unsafe locations. All cyclists, and most motorists, can tell of near-misses and other dangerous situations involving passing. When there is an accident, the cyclist is obviously the most vulnerable.

MDC is currently reviewing 129 MDSP Traffic Collision Reports from 2010-2014. We will share the Road Collisions Data Report in the near future. Here's a brief summary: nearly 1 Road Collision every 14 days, 79% of Road Collisions involved bicycles and 73% of Collision locations were Blind Curves.

Mount Diablo Cyclists has partnered with the staff at MDSP to find solutions to help make the roads safer for both cyclists and motorists. Our initial focus is on **Solid Double Yellow Lines where appropriate** on the 3 paved roads of Mt. Diablo. We all agree that this would be an excellent first step to improve the safety for all visitors to MDSP.

Last week the MDC Executive Committee met with Danita Rodriguez, Superintendent Bay Area District and Ryen Goering, Contra Solano Sector Superintendent for CA State Parks. As a result of this meeting, CA State Parks has submitted the following:

“Project Description: Mount Diablo State Park Management/Supervision has been approached by and is working with an outside group calling themselves “Mount Diablo Cyclists” (MDC). MDC’s mission is to improve the safety of cyclists who enjoy Mount Diablo State Park. They want to create a proactive Bike and Vehicle Safety Program to increase the safety and decrease the increasing animosity between cyclists and motorists in the park. We are supportive of this effort since there are many traffic collisions on the parks roads. Many of those collisions are the result of equipment failures or cause created by the driver (speed related), but a portion of the collisions are caused by vehicles passing on blind corners or without sufficient visual clearance. Currently all park paved roads (Southgate, Northgate & Summit) are striped using a single, broken yellow line which conveys a safe passing lane. Some motorists are not used to driving mountainous two-lane roads and many times pass cyclists unsafely causing near-miss or actual collisions. The goal of this project is to reduce the occurrences of this from happening, thus increasing public safety in the park. We are requesting that we receive assistance in determining the method to appropriately document a **Road Safety Striping Plan** for future park use. Consideration would be to possibly look at other State Parks’ past practices, utilizing Caltrans requirements, or a private engineers recommendation. Recommendations may call for striping the park roads using the pre-determined method of survey and corresponding documentation (plan) and/or determining and indentifying the need for additional road safety signage as it relates to decreasing traffic collision.”

This is a great start and MDC would like to thank Danita Rodriguez and Ryen Goering for their commitment to improving visitor safety. With their leadership, CA State Parks will find a State funding source for the Road Safety Striping Plan.

Please visit Mount Diablo Cyclists **Facebook** page and share your cycling comments/photos from Mt. Diablo, particularly if they involve near-misses or actual collisions. We also welcome your opinions concerning **Solid Double Yellow Lines where appropriate**, improved signage, driver and cyclist education, and other pertinent issues.

We look forward to reading your comments and viewing your cycling photos on **Mount Diablo Cyclists Facebook page!**

On behalf of all the members of Mount Diablo Cyclists (MDC), I would like to thank Gregg Sorensen (Vice Pres) and John Gallagher (Executive Committee/Facebook Editor). Their tireless efforts have resulted in the establishment of MDC.

Best Regards,
Al Kalin
President Mount Diablo Cyclists (MDC)

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.:	Adele Madelo	510-773-0693
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	Alan Kalin	
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-200-8125
Lafayette	Open	
Livermore:	Open	
Oakland	Adele Madelo	510-773-0693
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>