

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

Laurie, my wife, read recently about what bike friendly cities are all about, where they exist and what is needed to make our area truly bike friendly, and wrote up the article below for me, for this month's President's message.

Where would you imagine the most bike-friendly city in the world is? I bet it would not surprise you to know it is outside the US. The most bike friendly city is Copenhagen in Denmark, edging out Amsterdam in Holland. The reason for Copenhagen's success starts right at the top. The mayor decided to trade his car for a bicycle, and has been biking to work ever since. The mayor says the big shift from driving to cycling happened because the people demanded a fix to all the congestion caused by cars, and he chose bicycling to fix it.

After some big infrastructure changes, including the building of some bridges, the share of cyclists in Copenhagen has risen from 32% to 45% in just two years. What bicycling commuters have found is that it is just simply the fastest way to get from point A to point B. The bicycle makes sense in many cities. It requires investment in bicycle infrastructure as an important step, as there is a lot of research that shows the social, economic, environmental, and health benefits of urban cycling. It says that for every kilometer cycled, society enjoys a net profit of 23 cents, whereas for every kilometer driven by car we suffer a net loss of 16 cents.

In the US, the first thing we must change is the legal obligation that a driver of a car has to bicyclists. Currently, 47 of the 50 states treat killing a cyclist as a misdemeanor, which needs to change. In addition, there are practical improvements that cities can make; Minneapolis has made dramatic improvements over the last 20 to 30 years. It has emerged this year on the list of the top 20 bike friendly cities in the world at #18. This is largely due to three important factors: an eager mayor and elected officials, a willing Public Works Department, and a bicycle culture with an active public that supports cycling.

Living and riding in the Bay Area of California we all need to work with our public officials to get these improvements in our cities, our region, and our state. There is no reason that Europe should be leading the world in this set of living standard improvements when we in California can be the leaders!

To do our part, our club needs involved advocates at the city / town level.

We are fortunate to have Adele Madelo as our active representative at Bike East Bay (formerly EBBC). Each of us needs to join this advocacy group to strengthen safe bicycling in our area. Join today! <https://bikeeastbay>

This also means being tied into the Public Works Department of your city (Transportation / Roads / Recreation) and attending city meetings. Will you do your part?

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 update. 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 from Heather Farms leave at 8:30 a.m.

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

TUESDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:30 a.m.

TUESDAY and THURSDAY evening T 'n T rides from Shannon Center (Dublin) leave at 6:00 p.m.

WEDNESDAY evening WAW rides from Livermore leave at 6:30 p.m.

ODD FRIDAY morning ride from Central Park (San Ramon) at 8:30 a.m. Beginner Friendly.

AUGUST 2015

SAT 8/1/15 1-L/M 35 miles 9:00 a.m. We are riding from Martin Luther King Park in Oakland to Alameda and Bay Farm islands using a combination of bike trails and street roads. Our route will take us to Alameda and continue north to the USS Hornet Museum. We are having a lunch stop in downtown Alameda before we continue to Bay Farm. Meet at Martin Luther King Jr. Regional Shoreline park (cross-street Doolittle Dr and Swan Way, meet at the parking lot at the end of the park road). Ride Host: Gary Hsueh, 510-334-1976

SUN 8/2/15 2/L - 24 miles 9:30 A.M. This ride will start at Central Park in San Ramon on Bollinger Canyon Road just south of Alcosta Road. The ride will be on mainly level roads and is suitable for those desiring an easy pace. A coffee stop will be made in Alamo. This is a no-drop, leisurely ride and is beginner friendly. GPS:

www.ridewithgps.com/routes/3844527 Ride host: [Steve Kowalewski, 510-246-2815, skowalewski@aol.com](mailto:Steve.Kowalewski@510-246-2815)

MON 8/3/15 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, rcskow@astound.net for ride details.

MON. 8/3/15 6:30p.m. Monthly meeting of Valley Spokesmen Racing Team at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! Call Ted Vidnovic, 925-337-2803 or vidnovic@yahoo.com, for further information.

TUES 8/4/15 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 8/4/15 2-M/B 25-35 miles 6:00 p.m. Tuesday and Thursday (T'n'T) 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.

WED 8/5/15 2-L/M 25-50 miles 8:30 a.m. See Heather Farm Standing Ride details on MON 8/3/15.

WED 8/5/15 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 8/6/15 2-M 20-25 miles 9:30 a.m. See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

THURS 8/6/15 2-M/B 25-35 miles 6:00 p.m. See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

FRI 8/7/15 2-L/M No Drop 25-35 miles 8:30 a.m. Odd FRIday ride. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, 925-872-1001

SAT 8/8/15 3-M 38 miles 9:00 a.m. Five Canyons Ride. San Ramon Central Park to 5 Canyons. 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: Peter Rathmann, 925-336-0973

SUN 8/9/15 2/M+B 47 miles 9:30 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. We will be doing a few regroupings. If you're able to join us in this Tandemonium, meet at Diablo Vista Park on Tassajara Ranch Rd. just east of Crow Canyon Rd. RideWithGPS link-<http://ridewithgps.com/routes/7605761> Ride Hosts: Gail Blanco & Alberto Lanzas, 925-872-1001

MON 8/10/15 See Heather Farm Standing Ride details on MON 8/3/15.

MON 8/10/15 2-L/M 25 miles 8:30 a.m. Start at San Ramon Central Park and ride up to Livorna Park for a regroup then continue on Rudgear Rd. over to Danville Blvd for a return to San Ramon. Meet at the south parking lot of Central Park off

Bollinger Canyon Rd. Ride Host: David Pereira, 925-640-3491

TUES 8/11/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

TUES 8/11/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

WED 8/12/15 3M 43miles 8:00 am Moraga Loop. An early start from Central Park to head out and enjoy the shade of Redwood Rd. and Pinehurst. This ride will be done at a moderate pace, but there is a lot of climbing. There will be a few regroups. Bring plenty of water/fuel, the only rest stop is at mile 25, after the climbing. 2600 ft. elevation gain
<http://ridewithgps.com/routes/3513324> Ride host: Gail Blanco 925-872-1001

WED 8/12/15 See Heather Farm Standing Ride details on MON 8/3/15.

WED 8/12/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 8/5/15.

WED 8/12/15 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 8/13/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

THURS 8/13/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

FRI 8/14/15 2-L 24 miles 8:30 a.m. No Drop Central Park to Alamo Loop. 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 8/15/15 2-L/M 24/31 miles 8:30 a.m. Feather Pedals Monthly Ride. This month is the group's Birthday Ride with a different starting location at Crank-2 in Pleasanton. Take I-680 to the Bernal exit and go east; turn right on Sunol Blvd.; Crank-2 will be in the shopping center on the left at 5480 Sunol Blvd. We'll be riding south to the town of Sunol and continuing on Calaveras Rd. with the Classic route turning around at Geary Rd. while the Plus ride continues up the hill to the first summit. Please arrive at least 15 minutes early for pre-ride announcements.
Classic: <http://ridewithgps.com/routes/4341130>
Classic Plus: <http://ridewithgps.com/routes/4341203>
Ride Host: Karin Ball, kball2@yahoo.com.

SAT 8/15/15 4 ~30 miles 9:30 a.m. Mountain Bike Ride Mountain bike ride from Gazos Beach. Not technical except for 2 miles of steep up on Gazos Creek and 1 mile on Eastridge Trail. 10+ miles of pavement, 10+ miles of smoothly graded fire road. The rest is very varying qualities of fire roads and a little sand in Butano State Park. Gazos Beach is a 75 minute drive from Dublin via Hwy 92, we miles south of Half Moon Bay. Very emote redwood forests, and along crystal clear Gazos Creek (not sue how much water is flowing now)

Lunch at Big Basin Store.
<http://ridewithgps.com/routes/9523992>
Ride Host: Rob Delfosse, 925-522-6270.

SUN 8/16/15 2-L 20 miles (32 km) AND 3-B 40+ miles (64+ km) 10:00 a.m. and 9:30 a.m.

HAPPY 44th BIRTHDAY VALLEY SPOKESMEN! We'll have two separate V.S. Birthday rides and then get together for the BBQ. We'll have a longer ride and one that cuts off some distance and especially hills. The shorter option is a perfect ride for novices or those just returning to cycling! Location is still to be determined. Check back here closer to the date of the ride. ALL are welcome for the barbeque, drinks plus cake and ice cream following the ride! Ride Host: Kathy Koos, 925-417-0387

MON 8/17/15 See Heather Farm Standing Ride details on MON 8/3/15.

TUES 8/18/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

TUES 8/18/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

WED 8/19/15 See Heather Farm Standing Ride details on MON 8/3/15.

WED. 8/19/15 2-L/M 30 miles 8:30 a.m. No Drop. San Ramon Central Park to Alamo Rudgear Rd. Meet at San Ramon Central Park for a ride north through Danville and Alamo up to Rudgear Rd. in Walnut Creek. We'll return down the Blvd. with a refreshment stop in Danville. Take I-680 to the Bollinger Canyon exit and go east to Alcosta; make a U-turn and immediate right into the park. Ride Host: David Pereira, 925-640-3491 925-640-3491.

WED 8/19/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 8/5/15.

THURS 8/20/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

THURS 8/20/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

FRI 8/21/15 2-L/M No Drop 25-35 miles 8:30 a.m. Odd FRIday Ride. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, 925-872-1001

SAT 8/22/15 3.5-B 38 miles 8:00 a.m. Shannon - Sunol - Palomares - Crow - Norris. Starting at Shannon Center, we'll ride south to Sunol and continue through Niles Canyon to Palomares Rd. Then we'll drop down into Castro Valley and return over Crow and Norris Canyon Rds. to San Ramon and back to the start. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right at Shannon Rd. and right again into the parking lot. Ride Host: Brahim Satoutah, 925-963-7024

SUN 8/23/15 5-M 53 miles 9:00 a.m. Mt. Tam Summit from Larkspur. Starting at the Larkspur Ferry Parking lot we will

ride a scenic loop along Paradise Dr to Tiburon and continue to Mill Valley for our first rest stop. Then we will start our climb up Mt. Tamalpais along Panoramic and Pan Toll Rds. After a regroup at the summit, we will ride along the scenic rollers of W. Ridgecrest Blvd. to Fairfax Bollinas Rd. and down to Alpine Dam before heading to Fairfax. We are returning via San Rafael to Larkspur Landing Ferry Terminal via Cal Park Hill Pathway. Meet at the Larkspur Ferry Terminal parking lot near the entrance to the bike trail and Larkspur Landing Cir. Please bring plenty of water and food for this ride. Allow about 1 hour driving time from San Ramon area for an on time departure at 9 am. This is an advanced ride with a total of 4,600 ft of elevation gain. Carpool is recommended and you may make your own arrangements with other riders at the Bollinger Park and Ride in San Ramon just off I-680 with a 7:45 a.m. departure. Check VS website calendar for updates prior to the ride. Route URL: <http://ridewithgps.com/routes/4993594> Please print and bring your own route sheet: [Larkspur Mt Tamalpais Loop 53 4993594.pdf](http://ridewithgps.com/routes/4993594.pdf) Ride Host: Gail and Alberto, 926-872-1001.

MON 8/24/15 See Heather Farm Standing Ride details on MON 8/3/15.

TUES 8/25/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

TUES 8/25/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

WED 8/26/15 3M 48miles 8:00 am A beat-the-heat start time at 8am from Central Park will take us north to Olympic Blvd. We'll take the Lafayette/Moraga Trail and regroup at the Moraga Commons for water/restrooms. We'll then proceed with our Pinehurst and Redwood Climbs before our second/optional Stop at Bodi's Coffee in Castro Valley. with 2700 ft. elevation gain <http://ridewithgps.com/routes/5024268> Ride host- Gail Blanco 925-872-1001

WED 8/26/15 See Heather Farm Standing Ride details on MON 8/3/15.

WED 8/26/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 8/5/15.

THURS 8/27/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

THURS 8/27/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

SAT 8/29/15 4-M/B 56 miles 8:30 a.m. Diablo Vista - 3 Bears Loop Danville/3 Bears loop starting from Diablo Vista Park in Danville. We will travel to Bear Creek Rd via Alhambra Valley, loop around to Orinda and return on the Blvd and Sycamore Rd. We will stop at Starbucks in Orinda on the return at mile 36. This ride has over 4,000 feet of climbing. Take I-680 and exit on Crow Canyon Road east to Danville. Diablo Vista park is located about 3 miles on Crow Canyon Rd and Tassajara Ranch Road, then turn right into the parking lot. Bring plenty of water and food or money to buy during out stops. Please check the VS website calendar for updates prior to the ride. Advanced Ride Route: <http://ridewithgps.com/routes/3882959> Ride Host: Gail and Alberto, 925-872-1001

SUN 8/30/15 3-M 30 miles 9:00 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

MON 8/31/15 See Heather Farm Standing Ride details on MON 8/3/15

SEPTEMBER 2015

TUES 9/1/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

TUES 9/1/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

WED 9/2/15 See Heather Farm Standing Ride details on MON 8/3/15.

WED 9/2/15 1-L/M 40 miles 10:00 a.m. San Leandro Marina to Bay Farm & Alameda Islands. 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. <http://ridewithgps.com/routes/7185839> Route sheet: [SanLeandroMarina-Islands.xlsx](http://ridewithgps.com/routes/7185839) Ride Host: David Pereira, 925-640-3491.

WED 09/2/2015 6:30 pm VS Quarterly Membership Meeting. Join us at Round Table Pizza in Dublin (7841 Amador Valley Blvd.) at 6:30 p.m. for free pizza, salad and soft drinks, followed by our club meeting at 7:00 p.m. Non-members, come see what our club is all about 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!

WED 9/2/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 8/5/15.

THURS 9/3/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

THURS 9/3/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

SAT 9/5/15 4-B 55 miles 8:00 a.m. Danville - Orinda and Berkeley Hills. Starting at the Park&Ride in Danville on Sycamore Valley Rd., we'll ride up to Orinda and continue up Wildcat Canyon Rd. to Grizzly Peak Rd. past the steam trains to Skyline Blvd. From there we take Redwood Rd. down to Pinehurst and return via Moraga, Lafayette, and Alamo. Meet at the Park&Ride at the NE corner of the Sycamore Valley and I-680 intersection in Danville. Ride Host: Brahim Satoutah, 925-963-7024

SUN 9/6/15 3-L/M, M, M/B 52-60 miles 9:30 a.m. STANDING VS 1st Sunday of the Month Ride. We will be riding a 52-60 mile loop from San Ramon Central Park and out to Livermore. There will be a group adding on the Flynn's to the route that is listed. We have a rest stop at the Starbucks in N. Vasco and Scenic, as well as the Starbucks on Vineyard in Livermore, before returning to San Ramon. Please feel free to join us and ride at your own pace. The

route can be shortened after the 1st rest stop by returning on Greenville to Tesla and continuing on the route. Significant chance of rain will cancel this ride. Route Sheet:

[San Ramon Livermore Loop 52.pdf](#)
<http://ridewithgps.com/routes/3888766>

Ride Host: Kathleen Koos

MON 9/7/15 See Heather Farm Standing Ride details on MON 8/3/15.

TUES 9/8/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

TUES 9/8/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

WED 9/9/15 See Heather Farm Standing Ride details on MON 8/3/15.

WED 9/9/15 1.5-M 36 miles 10:00 a.m. Berkeley Aquatic Park to Pt Richmond (Bay Trail). Ride from the north end of Berkeley's Aquatic Park to the Emeryville Marina and then along the Bay Trail to Pt. Richmond for lunch. Meet at the foot of the Univ. Ave. pedestrian bridge on Addison in Berkeley (north end of Aquatic Park). Bring water and food or money to buy. Ride Host: David Pereira, 925-640-3491

WED 9/9/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 8/5/15.

WED 9/9/15 – VS Executive Board Meeting - 2nd Wednesday of each month. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane

THURS 9/10/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 8/4/15.

THURS 9/10/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 8/4/15.

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

June 30th
With the return of a heat wave, the Tuesday morning group opted for one of our shorter routes - heading up to Peet's in Danville and returning on the Iron Horse trail. Peter

July 1st
A bit on the warm side today for our ride from San Ramon up to Orinda and Moraga, but the early start and a bit of a breeze kept things comfortable. Peter

July 3rd
Steve K. substituted for Gail as host of today's odd-Friday ride. We did the San Ramon - Macedo Ranch - Danville loop ride and unfortunately had one rider fall on the way down Livorna Rd. near the I-680 underpass. As Steve indicated in his note it appeared that the injuries weren't too serious - hope he's starting to feel better and heals quickly. Peter

July 4th
A little rocky start this morning due to the running event that blocked access to Central Park, but we eventually all gathered on the Iron Horse trail at Bollinger to begin our ride up Mt. Diablo to the junction and continuing down the north side into Walnut Creek. After a refreshment stop at Sweet Affair we took the Blvd. back to Danville and the Iron Horse to San Ramon. Peter

July 5th
Kathy K. hosted this month's 1st Sunday Ride from San Ramon Central Park around Livermore and back through Pleasanton and Dublin. I think everyone wimped out on the Carrol/Flynn's option today, but we did go up Patterson Pass rd. to Cross rd. A little cooler today which was most welcome. Peter

July 13th
Great weather, great people, and a great semi-relaxed pace made for a fun time by all on yesterday's Berkeley-Pt. Richmond ride. Little Louie's was good and we checked out the new-ish flat trail to the Red Oak Victory ship, bypassing the hill. We also saw a nesting pair of osprey up close, one returning with lunch in its claw! Gary

+++++

That was a great ride Gary. Thanks for the fun! Alaine

UPCOMING EVENTS

- August**
- 1 Marin Century and Mt., Tam Double, San Rafael, CA
- 1 Tour de Big Bear, Big Bear Lake, CA
- 1 Ride 2 Recovery, Orange County, CA
- 9 Tour d' Organics, Sabastopol, CA
- 15 Cool Breeze Century, Carpenteria, CA
- 16 Tour of Napa Valley, Napa, CA
- 22 Tour De Menlo Park, Atherton, CA
- 22 Ebbetts Pass Century, Bear Valley, CA
- 22 Central Coast Century, Arroyo Grande, CA
- September**
- 5 Tour & Taste of the Valley, Santa Maria, CA
- 12 Tour de Fresno, Fresno, CA
- 12 White Mountain Double, Bishop, CA
- 12 Tour de Fuzz, Santa Rosa, CA
- 12 Tahoe Sierra Century, Squaw Valley, CA
- 12 Best Buddies Challenge, Carmel, CA
- 12 Mammoth Fall Century, Mammoth Lake, CA
- 19 Veterans Victory Velo (Devil Mountain Challenge), San Ramon, CA
- 19 Fast Freddie Gran Fondo, Berkeley, CA
- 19 Gear Up Cycle for Youth, W.Sacramento, CA
- 19 Tehachapi Grand Fondo, Tehachapi, CA
- 19 Santa Clarita Century, Valencia, CA
- 19 V3Hopfest, Bishop Ranch, San Ramon, CA
- 26 Knoxville Fall Classic Double, Vacaville, CA
- 26 Mustard Seed Spin, Sacramento, CA
- 26 Napa Valley Ride to Defeat ALS, Napa, CA
- 26 Revolution Ride, Geyserville, CA
- 26 Lighthouse Century, Morro Bay, CA
- 27 San Joaquin Bikefest, Stockton, CA
- 27 Princess Promenade, Folsom, CA

Mount Diablo Challenge

It's not too early to sign up for helping on the Mt. Diablo Challenge, October 4, 2015. This is an annual fundraiser which now benefits Save Mount Diablo.

I am in need of a total of:
 2 workers at the junction serving water
 2 workers at Juniper serving water
 6-8 workers serving the food provided.

Currently I have 5 workers confirmed.
 Call Bonnie if you can lend a hand, 925-828-5299
b-bpowers@att.net

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
 July 8, 2015 7:00 p.m., 6640 Spruce Lane, Dublin, CA
 CANCELLED DUE TO LACK OF QUORUM (vacations)

Valley Spokesmen Bicycle Club Correspondence
July 2015
NO CORRESPONDENCE FOR THE MONTH OF JULY

☪ ☪ ☪ **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 for club gear:
hey-you@comcast.net or 925-209-1369

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Mileage as of 7/19/15			
Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Agostino, Val	329	0	8
Allen, Joe	591	1	15
Ammann, Alicia	279	0	6
Bachman, Janette	246	0	6
Ball, Karin	386	4	11
Barbier, Larry	1152	0	35
Barnett, Bob	1542	0	39
Bartlett, Christine	308	0	7
Bezdek, Larry	1342	0	32
Blain, Bob	392	0	11
Blanco, Gail	1976	22	45
Buckingham, Charles	599	0	17
Carey, Liz	235	0	5
Carhart, Dan	1701	23	46
Carpenter, Don	1064	0	28

Mileage as of 7/19/15 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Castleman, Ellen	368	0	8
Cheng, Joe	1510	8	35
Choy, Serena	772	0	22
Cohen, Sahrye	231	0	6
Conger, Jim	563	6	18
Cosin, Wendy	1116	6	30
Crawford, Erin	343	0	7
Crawford, Marlowe	491	0	10
Crawford, Matt	383	0	8
Culshaw, Pete	1712	20	43
Culshaw, Sharon	457	0	15
Cushman, Francie	1206	3	33
Daly, Deb	397	0	8
Dangerfield, Melba	386	0	10
de la Motte, Janelle	344	0	9
Dedon, Erica	348	1	10
Dedon, Mark	951	2	26
Delfosse, Rob	1297	8	34
Deornelas, Vic	1050	1	20
DePasquale, Tammy	238	0	5
Derrick, Peter	222	0	6
Donovan, Deb	260	0	7
Duncan, Jim	1181	5	36
Dunning, Clay	849	5	17
Dunning, Craig	523	5	10
Duran, Veronica	464	0	17
Duvoisin, Marc	239	0	6
Dworkin, Doug	314	0	8
Eacret, Wes	358	0	8
Earby, Karen	261	0	6
Enriquez, Gilbert	1023	0	28
Faires, Debbie	362	0	8
Ferriere, Karen	208	0	5
Flusche, Tony	324	0	10
Frantz, Pat	315	0	8
Fraser, Jack	298	0	7
Fraser, Maribel	284	0	6
Frasier, Debbie	342	0	7
Fredricks, Larry	213	0	7
Fujii, Bob	408	0	8
Fujii, Vivian	312	0	7
Fusco, Bob	682	0	20
Gabe, Jan	568	0	17
Garcia, Dave	963	0	28
Gelder, Jacki	269	0	7
Gomez, Lynnette	448	0	11

Mileage as of 7/19/15 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Goroff, Marc	628	0	15
Graves, Gretchen	268	0	6
Green, Jan	300	0	7
Grinols, Susan	290	0	8
Groves, Susan	494	0	12
Guarienti, Faye	388	0	8
Haar, Crista	237	0	5
Hagelin, Craig	616	0	19
Hambrecht, Jeannie	237	0	5
Hampton, Julie	648	3	17
Hansen, Renata	680	0	16
Harral, Maria	313	0	8
Haupt, Chuck	846	0	23
Heady, Bob	623	21	29
Healy, Theresa	716	0	15
Hermann, Mark	278	0	8
Hernandez, Ken	1500	2	35
Hernandez, Mary	841	1	21
Hirt, Janice	217	0	6
Huey, Jeanine	251	0	5
Jakubowski, Diane	499	0	11
Janer, Mark	241	0	6
Kane, Kathy	519	1	12
Kiely, Mary Ann	348	0	8
Koos, Gary	456	0	9
Koos, Kathy	1207	5	23
Kowalewski, Steve	435	4	14
Kriebel, Olivia	281	0	5
Kwong, James	230	0	4
Kwong, Linda	282	0	5
Kyong, Peter	1030	0	30
Lagodzinski, Andrew	333	0	7
Lanzas, Alberto	1409	10	31
Lecklikner, Jan	216	0	4
Leddon, Dave	1519	0	40
Lee, Karen Klimkosky	230	0	6
Licata, Barbara	308	0	7
Lifter, Jill	391	0	9
Lisy, Norm	604	0	15
Louis, Ken	328	0	10
Lund, Shauneen	286	0	8
Madelo, Adele	574	0	13
Maggio, Lauren	422	0	11
Makkink, Marjon	305	0	7
Martin, Robin	213	0	5
Mayfield, Milinda	349	0	7

Mileage as of 7/19/15 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Meyers, Leslie	272	0	6
Miller, Kristen	453	0	10
Moore, Janet	386	0	9
Moorhead, Jane	900	21	40
Morson, Kathy	438	0	11
Murphy, Julie	270	0	5
Nadeau, Alaine	528	0	18
Neal, Dave	247	0	5
Norek, Al	532	0	18
Nowell, Keith	312	1	8
Nowell, Linda	433	2	10
O'Boyle, Maureen	293	0	7
Ondricek, Doug	670	13	21
Page, Janie	207	2	8
Parrish, Charles	1117	0	34
Pearsons, Ruth Ann	205	0	5
Pellerin, Mary	246	0	6
Pereira, David	912	5	24
Pham, Chris	357	1	11
Pickard, Lisa	281	0	7
Piekarski, Sharon	446	0	10
Po, Ismael	1351	0	37
Powers, Dick	711	0	16
Putnam, Ned	539	0	15
Rafanelli, Pam	455	0	10
Rasmussen, Ron	662	0	17
Rathmann, Peter	4232	16	110
Reilly, T.J.	925	0	25
Roberts, Mary	203	0	4
Roberts, Susan	316	0	9
Roe, Joan	205	0	4
Rossiter, Jaynette	742	0	24
Rossiter, Jennifer	230	0	6
Sandoval, Veronica	296	0	8
Satoutah, Brahim	1139	3	23
Seda, Marta	353	0	8
Selby, Joe	265	0	7
Serriere, Vianney	732	0	17
Settle, Andy	1378	0	34
Shannon, Geoff	1783	15	48
Shigemoto, Lisa	278	0	8
Shum, Bart	694	0	14
Simpson, Christy	1435	2	40
Skow, Dick	1539	10	40
Slagle, Pete	212	0	6
Smith, Jerry	486	0	12

Mileage as of 7/19/15 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Smith, Kimberly	244	0	4
Smith, Maren	386	0	10
Spiegel, Joan	343	0	10
Stevens, Jan	931	0	26
Stewart, Mike	1455	0	39
Strain, Kathy	1006	4	22
Strain, Robert	1101	6	23
Stucky, Jane	464	0	10
Sukovich, Drew	311	0	6
Talbot, Chris	381	0	12
Thieben, Kevin	842	1	18
Thomas, Walt	455	0	12
Thompson, Dianne	977	1	22
Tracy, Steve	251	0	5
Uher, Julie	357	0	10
Uher, Will	592	0	13
Van De Vreugde, Jim	820	0	17
van Raalte, Laurie	346	0	9
van Raalte, Marcus	1084	0	22
Vergino, Eileen	242	0	5
Ward, Dick	557	0	18
Weiny, Ira	309	0	8
Weiny, Lorrie	462	0	11
Whelan, Steve	1529	0	35
Williams, Siobhan	365	0	9
Wong, Liane	366	0	8
Wood, Rebecca	591	3	15
Woods, Colleen	363	0	9
Woodward, Linda	260	0	6
Yantis, Marcheale	664	3	19
Zak, Kelly	330	0	7
Zucker, Pam	367	0	9

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 130,166!!!

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

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 34 sign-up sheets missing since the first of the year.

Call for Volunteers - Mount Diablo Challenge - October 4, 2015



Every year, 1,000 cycling enthusiasts from all around the bay area come to Mt. Diablo to challenge the mountain, and themselves for honors of who can summit first. This fast paced 11.2 mile ride started in 1980 in honor of Joan Walt who lost her life at a young age and whose family knew her passion for the mountain. This year marks the 34th year for this ride and Valley Spokesmen have supported the event every year.

We need 12 volunteers and currently 5 persons have signed up.

Needs include:

Time: 6:00 a.m. – this means BE THERE AT THIS TIME

Place: Athenian School, 2100 Mt. Diablo Scenic Blvd, Danville, CA

Contact: Bonnie Powers at: b-bpowers@att.net or 925-828-5299

What to expect:

Check in with Bonnie when you get to the mountain so she has a count of volunteers.

You will be assigned an area – the Junction or Juniper water stops, or the lower summit to serve food.

You must wait until all cyclists have passed your check point and you have been cleared by mountain security before descending the mountain. This can be as early as 11 a.m. or as late as 1:00 p.m., depending on where you are assigned.

Suggestions:

Dress in layers. Wear a hat & sunscreen. Bring water & snacks for yourself. If you know someone in the race, cheer them on! They may not acknowledge you but they will hear you and appreciate your support!

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>