

# 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](http://www.valleyspokesmen.org)

### 2015 - A Busy Year for Your Board of Directors

**UPDATED GOVERNING DOCUMENTS** This year Valley Spokesmen's Board of Directors undertook the monumental task of updating the club's governing documents, the Articles of Incorporation and the Bylaws, as has been reported in the minutes of the board's meetings which are distributed monthly in the club's newsletter. The club was founded in 1971. The club was incorporated in 1983. 2015 is the first time the governing documents have been updated.

The Articles required only one change, the name of the club. The club was incorporated as Valley Spokesmen Touring Club, although the name has been stated and printed as Valley Spokesmen Bicycle Touring Club or simply Valley Spokesmen Bicycle Club. The change to the Articles fixes the name as Valley Spokesmen Bicycle Club.

Updating the Bylaws was another story. What was originally a 4 page document is now a 20 page document. The purpose of the update is to conform the documents to the current and future operation of the club as envisioned by the board, to current legal requirements, and to current requirements of the club's 501 (c) (7) tax exempt status. The board retained the law firm of Donahue, Fitzgerald, the successor to the law firm that created the club's original governing documents. First Amended and Restated Bylaws were approved by the board in May of this year which updated those few items that were within the board's sole powers including reducing the required voting quorum. Second Amended and Restated Bylaws, along with the Amended Articles referenced above, were just voted upon with all ballots due November 2.

The ballots have now been counted and the Amended Articles and Second Amended and Restated Bylaws have been approved by members. 29% of eligible voters voted. 98% +/- voted to approve the amended documents.

The amended Bylaws provide greater flexibility to the board. As an example they provide for a minimum of five to a maximum of nine directors (including officers) versus a fixed number of nine directors in the current Bylaws. Also, the amended Bylaws provide flexibility in setting board and membership meeting dates and places versus fixed dates and places under the current Bylaws. And, the amended Bylaws allow for electronic meetings, electronic communications, electronic voting, etc. which basically incorporates the way business and communication is conducted these days. The amended Bylaws retain the same officer positions, President, Vice President, Secretary, Treasurer and Past President, but do not name the director positions or duties to allow the board to create director positions to suit the needs of the club from time to time without further amendments. In 2016, there will be four directors. The directors' responsibilities will include all of the operating and administrative functions of the club including Communications, Cycling, Events, and Administrative Services.

The Communications Director will work with the Info Technology Mgr., Webmaster, News Editor(s), Marketing Mgr., and Advocacy Mgr. The Cycling Director will work with the Ride Coordinator(s), Feather Pedals Liaison, VSRT Liaison, and Mileage Keeper. The Events Director will work with the Cinderella Mgr., TOSRD Mgr., Swap Meet Mgr., Social Events Mgr., and Other Managers. The Administrative Services Director will work with the corresponding Secretary, Historian, Membership Administrator, and the VS List Administrator.

**2016 ELECTION** The 2016 election will be held at the Annual General Membership Meeting. A Nominating Committee composed of Marcus van Raalte, President, Clay Dunning, Vice President, and members Serena Choy, Mary Hernandez and Kevin Thieben sought out prospective nominees for 2016 Officers and Directors. In addition to face to face conversations and telephone calls to prospective nominees a "Call for Nominations"

was distributed via email to all members on two separate occasions. The effort resulted in an almost full slate of candidates as follows:

President:	Steve Whelan	Vice President:	Dianne Thompson
Secretary:	Kathleen Koos	Treasurer:	Don Carpenter
Communications Director:	No Candidate	Cycling Director:	Rob Delfosse
Events Director:	Jim Duncan	Admin Serv Director:	Bonnie Powers

The Nominating Committee is continuing to search for a candidate for Communications Director.

Ballots will be mailed to members the week of November 2 and can be returned by mail in a pre-addressed, postage paid envelope provided, or returned the night of the Annual Meeting. Please vote.

**ANNUAL GENERAL MEMBERSHIP MEETING TO BE HELD DECEMBER 2, 2015** This year's annual meeting will be held December 2, 2015. Free pizza, salad, and soft drinks are provided to members attending the meeting beginning at 6:30 p.m. The meeting will commence at 7 p.m. Ballots for 2016 Officers and Directors will be counted and announced at the meeting. The meeting will be held at Round Table Pizza, 7841 Amador Valley Blvd., Dublin, CA.

Entertainment at the meeting will be provided by Dick Skow and Friends who will chronicle their recent ride around SF Bay.

#### **CALL FOR VOLUNTEERS**

To produce all of its activities the club relies on an army of volunteers. Club members have the opportunity to volunteer for numerous positions from hosting the lunch stop during the Cinderella Classic to marking the route of the Tour of Sacramento River Delta ride, to managing the ride calendar, to assisting with administrative functions. I encourage your active participation. Contact any of the club officers and directors whose contact information is listed on the club's web site [valleyspokesmen.org](http://valleyspokesmen.org) under the tab Grab Bag under Contacts.

The club is well positioned to enter its 45th year in 2016. Happy Safe Cycling!

Marcus van Raalte, President

**TOURING RIDE RATINGS**

All rides are rated according to predicted difficulty.

**TERRAIN:**

- 1) Generally flat with a few easy grades, suitable for beginners and casual riders.
- 2) Mostly easy grades with a few rolling hills, a challenge for beginners.
- 3) Moderate grades, some challenge for the average rider.
- 4) Steep grades with some relief.
- 5) Mostly steep grades, for strong riders.

**PACE:**

- ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.
- L) Leisurely, many regroupings.
- M) Moderate, occasional regroupings.
- B) Brisk, few stops.
- S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:

On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:

L=12 mph M=16 mph B=19 mph S=22 mph-plus.

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroupings and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

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

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

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

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

**MOUNTAIN BIKE RIDE RATINGS**

All rides graded according to predicted difficulty as follows:

- 1) EASY: Mostly flat with few hills.
- 2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
- 3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
- 4) STRENUOUS: Long, steep ascents and descents & very rough terrain.

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

**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. Carpools 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](http://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 9:00 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.  
 ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

**NOVEMBER 2015****SUN. 11/1/15 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](#) Ride Host: Peter Rathmann, 925-336-0973.

**MON. 11/2/15** 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 email [vidnovic@yahoo.com](mailto:vidnovic@yahoo.com), for further information.

**MON. 11/2/15 2-L/M 25-50 miles 9:00 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](mailto:rskow@astound.net) for ride details.

**TUES. 11/3/15 2-M 20-25 miles 9:30 a.m.** Tuesday and Thursday morning ride starting at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route will be determined by the participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18 mph pace. This is a social ride involving a Peet's Coffee stop. Ride Host: Bob Heady, 925-980-7989.

**TUES. 11/3/15 Mtn-3 8-13 miles 7:00 p.m.** Lake Chabot Loop Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Ride Host: Jane Moorhead, 925-980-9889.

**WED. 11/4/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**THURS. 11/5/15 See 9:30 a.m.** Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**SAT. 11/7/15 4-M 40 miles 8:30 a.m.** Starting from the intersection of Mt. Hamilton Rd. and Alum Rock Rd. (park along the side on Alum Rock), we'll wind our way up the mountain to Lick Observatory at the summit.  
<http://ridewithgps.com/routes/2187671> Ride Host: Kathy Koos, 925-417-0387.

**SUN. 11/8/15 1-L/B 10:00 a.m.** Progressive Dinner Ride 22549 Burwood Rd., Escalon, CA Join Steve & Pam Giffords at their beautiful circa 1854 farm house among the almond & walnut orchards, cornfields and dairy farms of rural Escalon. We have family-friendly intermediate ride loops planned on mostly level terrain totaling 50 miles. The first ride skirts the limits of Escalon and returns back thru the center of town for the return to our first course of soup. The second ride crosses the Stanislaus River into Riverbank. We will speed thru town towards Modesto but turn back across the river and return to our second meal of cool salad. Then it's off to the east on the day's longest ride out through Oakdale and back thru Riverbank for a chef-prepared dinner. Hammerheads, don't despair! Each loop has additional distance just for you giving you a total of 65 miles. This is an event you won't want to miss! **BRING:** Salad or Dessert or 2 loaves sliced, buttered French bread. **Please RSVP Bonnie Powers (organizer) at 925-828-5299.** Suggested carpool location: Park & Ride lot at I-680 & Bollinger Canyon Rd. Plan on a 1-hr. drive from Dublin. Take I-580 east over the Altamont Pass. Bear left on I-205 east through Tracy. Catch I-5 north for 2 miles to the Route 120 East exit towards Manteca. Bear right onto Route 99 South. Exit Jack Tone Rd., go east (left). Turn right onto River Road. Go approximately 10 miles. Turn right down Burwood Lane which becomes Burwood Rd. at the 90 degree left curve. A couple hundred feet and we are on the left in the big white house under the tall trees. Ride Hosts: Steve & Pam Giffords (cell) 925-487-9150.

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

**TUES. 11/10/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**TUES. 11/10/15 7:00 p.m.** See Tues Evening MTB Standing Ride details on TUES. 11/3/15.

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

**WED. 11/11/15 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. 11/12/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**FRI. 11/13/15 2-L/M No Drop 25-35 miles 8:30 a.m.** This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, [gvblanco@aol.com](mailto:gvblanco@aol.com), 925-872-1001.

**SAT. 11/14/15 3-M 50 miles 8:00 a.m.** We'll start from the former Nob Hill parking lot at S. Livermore & Pacific Aves. and head out Tesla to Corral Hollow into Tracy. Our return will take us through Mountain House and over the Altamont Pass back to Livermore. Ride Host: Brahim Satoutah, 925.963.7024.

**SUN. 11/15/15 3-M 64 miles 8:30 a.m.** Classic East Bay hills ride. Starting at Shannon Center we'll head over Dublin Grade to Castro Valley and then follow the east bay hills north along Redwood and Pinehurst followed by some of the 'bears' and Happy Valley before heading home. Take I-680 to the Alcosta exit; go south on San Ramon Rd.; turn right on Shannon and right into the parking lot. Ride Host: Kathy Koos, 925-417-0387.

**MON. 11/16/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**TUES. 11/17/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**TUES. 11/17/15 7:00 p.m.** See Tues Evening MTB Standing Ride details on TUES. 11/3/15.

**WED. 11/18/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**THURS. 11/19/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**SAT. 11/21/15 2-L/M 25 miles 9:30 a.m.** Feather Pedals Ride Monthly Ride. Starting at the Sycamore Ave. Park&Ride in Danville we'll head south through San Ramon to Dublin before returning through the new Windemere development and back on Camino Tassajara. Please arrive at least 15 minutes early for pre-ride announcements. Route <http://ridewithgps.com/routes/4341710> Ride Hosts: Linda & Keith Nowell, 510-387-7156/510-457-5720.

**SUN. 11/22/15 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: Peter Rathmann, 925-336-0973.

**MON. 11/23/15 3-M 71 miles 9:00 a.m.** Shannon to the Berkeley Hills. We'll climb over Dublin Grade to Castro Valley and continue up Redwood and down into San Pablo. Our return will take us up Claremont and Grizzly Peak. There will be some options to shorten the ride. 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: Kathy Koos, 925-417-0387.

**MON. 11/23/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**TUES. 11/24/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**TUES. 11/24/15 7:00 p.m.** See Tues Evening MTB Standing Ride details on TUES. 11/3/15.

**WED. 11/25/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**THURS. 11/26/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**FRI. 11/27/15 2-L/M No Drop 25-35 miles 8:30 a.m.** This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

**SAT. 11/28/15 3-M 60 miles 8:00 a.m.** Diablo and Morgan Territory. Starting at Diablo Vista Park, we'll head up the south side of Mt. Diablo and descend the north side into Walnut Creek and Clayton before heading over Morgan Territory to Manning and back to the start on Highland and Tassajara. Take I-680 to the Crow Canyon exit and go east to Tassajara Ranch Rd.; turn right into the parking lot for Diablo Vista Park (if you get to Camino Tassajara you went too far). Ride Host: Kathy Koos, 925-417-0387.

**SUN. 11/29/15 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.

**MON. 11/30/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**TUES. 12/1/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**TUES. 12/1/15 7:00 p.m.** See Tues Evening MTB Standing Ride details on TUES. 11/3/15.

**WED. 12/2/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**WED 12/2/15 6:30 pm VS Bicycle Club Quarterly 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 with our annual election of officers 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!

**THURS. 12/3/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**SAT. 12/5/15 2-L/M 95 miles 9:00 a.m.** Windmill Cove Levees. We'll ride from south Livermore out over Altamont Pass to Mountain House and north Tracy and then north through the levee-protected lands west of Stockton before returning on much the same route. Meet at the shopping center that used to have a Nob Hill store at the corner of S. Livermore and Pacific Aves. Ride Host: Kathy Koos, 925-417-0387.

**SUN. 12/6/15 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](#) Ride Host: Alberto Lanzas, 510-825-9581.

**MON. 12/7/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**MON. 12/7/15** 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 <mailto:vidnovic@yahoo.com>, for further information.

**TUES. 12/8/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

**TUES. 12/8/15 7:00 p.m.** See Tues Evening MTB Standing Ride details on TUES. 11/3/15.

**WED. 12/9/15 9:00 a.m.** See Heather Farm Standing Ride details on MON. 11/2/15.

**WED. 12/9/15 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. 12/10/15 9:30 a.m.** See Tues./Thurs. Morning Standing Ride details on TUES. 11/3/15.

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

**DAILY LUNCHTIME TRAINING RIDES:** Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: [hollaway1@lnl.gov](mailto:hollaway1@lnl.gov)

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

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

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**RIDE REVIEWS**

September 19<sup>th</sup>

Nice to see many Valley Spokesmen at Dan Granahan's memorial gathering.....Rocco's rocks!!!!.....to see pictures back to grade 2, see his riding photos, hear stories about him, his service to others and meet some of his myriad of friends.

Jim

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October 11<sup>th</sup>

I just wanted to take a minute to express my thanks and gratitude to all the volunteers that helped out for the TOSRD this weekend. Yet, again, for another year, you have out done yourselves and provided a wonderful experience to all those who participated.

A special thank-you to Jim and Francie who chaired and organized the event which included many things, but which I most appreciated was the scrupulous marking of the road (I didn't even have to refer to my cue sheet except to find out when and where lunch was)....

And, of course, another special thank-you to Bob and Bonnie, who, without fail, contribute to providing a wonderful experience. From wearing the many hats of: organizer, negotiator, meal preparer, and logistics coordinator, to waiting patiently in the parking lot for the last cyclists to come in and claim their bags. I'm sure you know it couldn't have happened without your leadership and guidance (not to mention darn good hamburgers at the end). Bonnie, your thoughtfulness includes something for everyone from gluten free bread to vegan options.

Also, a special thank-you to Theresa Thieben and Laurie Van Raalte for pitching in at the rest stops and lunch stations. It's always a treat seeing a smiling friendly face when we grab a quick bite to eat. So thank-you for feeding us and getting us back on the road.

And, also very special thanks to Bob Heady for providing wonderful and timely sag support. Having you out there made us feel safe and secure knowing water and supplies were only a few miles away.

And thank-you to Dick Ward for pitching in with all the work that needed to be done.

Finally, I know I am missing a few people that contributed. Please accept my apologies for not naming you here. It is simply due to my lack of memory skills that I couldn't keep up with the names of all the wonderful people I met this weekend. But I do remember each and every face and noticed the many things you did. A very, very special thank-you to you as well.

All of you worked so very hard to make sure we had a great event, so thank-you so very, very much. It was perfect in every way!!!! Even the weather (though I don't know how you managed that!!!!)

Thanks again! Kathy

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The 32nd Tour of the Sacramento River Delta (TOSRD) occurred October 10 and 11, 2015, with moderate temperatures and little wind either day. I believe all the cyclists enjoyed themselves.

Our thanks to all that assisted to make this cycling experience in the Delta happen:

Gail Blanco for assisting with the trucks pickup and return, Bob Strain for help in loading and staging trucks and the van, Kathy Strain for assistance with the food prep, Kathy and Gary Koos for Saturday morning check in along with Kathy's help on Sunday morning, Dick Ward for loading and unloading, staging, general tasks as needed and cleanup both Saturday and Sunday, Juan and Ana Castaneda for the Saturday water stop before lunch, Teresa Thieben for

Saturday food assistance and Sunday rest stop staffing, Laurie van Raalte for assisting on Sunday's rest stop, Marcia Seeger for Saturday and Sunday food assistance and cleanup, Barbara Wood for Saturday food assistance, Bob and Elizabeth Hislop for Sunday assistance at the BBQ, Lynn DeMattei for assistance with food on Saturday and Sunday along with set up and clean up, Bob Heady for SAG both days, John Rodriguez for SAG both days, Robert DeMattei for SAG on Saturday and assistance on Sunday, James Paulos for SAG / sweep both days, Ken Hernandez for his web master coordination and assistance, Bob and Bonnie Powers for staging food and trucks, food preparation, luggage handling and transport, lunch on Saturday and Sunday's BBQ, accompanied by Kim, Randy, and Hailey Powers with food prep, food service, BBQ, and cleanup, Jim Duncan for assistance in checking and marking the route for both days, Saturday check in at Sacramento, lunches both days, clean up and all around assistance.

This year we had new faces assisting and missed those not available to help this year. As with all the club does, it happens because of team efforts. To all a big thanks. If I left anyone out, it was not intentional. Currently, TOSRD 2016 is scheduled for the second weekend in October. Francie Cushman, TOSRD Chair

October 11<sup>th</sup>

Interesting ride today through a Niles Canyon without cars but with lots of other cyclists and walkers. Quite a few community organizations had information booths set up at the two ends and some along the way. Good to see so many people come out for a more relaxed look at the scenic canyon.

Peter

October 17<sup>th</sup>

Cooler and cloudier than expected for today's monthly Feather Pedals ride with even a little shower at the end. Our route took us south from Danville through San Ramon and Dublin and then headed north on Dougherty/Bollinger through the Windemere development back to Danville. Our return was down Camino Tassajara with an added loop up to El Cerro and the El Pintado hill before returning through town to the Sycamore Ave. Park & Ride. Peter

October 18<sup>th</sup>

Good Afternoon Everyone, Wanted to send a huge thank-you to Ken Hernandez for organizing yesterday's epic ride!!!! It was an amazing ride with great roads, perfect weather and well stocked sag stops and support!!!! Thanks, also, Ken, Mary, and Bob for helping me shuttle my car to Santa Cruz so that we had a return ride home!!!

And a huge thanks to Theresa Thieben, Laurie Van Raalte, Janet Ondricek, and Dianne Thompson for being our Sag support....It was such a treat seeing your smiling faces as we rounded the corner heading into Butano...I'm so grateful that you all gave up your day to make sure we had all the support we needed. You all are so very, very appreciated!!!! Thank-you so very, very much!!!!

And, once again, if I've missed anyone, please accept my apologies....it is not through intent, but more through age related focus challenges!!!

Hope you all enjoy your day!!!! Kathy

+ + + + +

I agree with Kathy, thank you everyone for a great ride that would have been difficult to do if it was not for the preparations and the great sag support we had along the way.

We are so grateful to you for making this ride possible and one our best ride that we always look forward to it. Brahim

October 24<sup>th</sup>

Julie was Ride Host today for our ride from Danville - Livermore - Pleasanton - Dublin with stops at several local breweries along the way. Our first stop was one of our usual Starbucks locations, this time the one on Vasco Rd. in Livermore. But from there we visited Altamont Beer Works and Eight Bridges Brewing in Livermore before heading on to Dublin with a stop Three Sheets. Peter

October 25<sup>th</sup>

Great day for Kathy's ride out Mines Rd. The early cloud cover kept things nice and cool for the ascent and then cleared up so we could enjoy the views and warmer temperatures on our way back down. Peter

UPCOMING EVENTS

November

- 4 Giro d'Vino, Lodi, CA
- 14 Ride the Point, San Diego, CA
- 14-15 Giro Della Costa Century GranFondo, Avila Beach CA
- 14 Tour de Foothills, Upland, CA
- 14 Palm Desert Century, Palm Desert, CA

December

- 4 Sights & Sounds Parade, Livermore, CA

VALLEY SPOKESMEN AFFILIATIONS

- Adventure Cycling – [www.adventurecycling.org](http://www.adventurecycling.org)
- Bay Area Ridge Trail Council – [www.ridgetrail.org](http://www.ridgetrail.org)
- Bike East Bay – [www.bikeeastbay.org](http://www.bikeeastbay.org) (formerly EBBC)
- Bicycle Trail Council of the East Bay - [www.btceb.org](http://www.btceb.org)
- C.B.C. - California Bicycle Coalition - [www.calbike.org](http://www.calbike.org)
- California State Parks Foundation - [www.parks.ca.gov](http://www.parks.ca.gov)
- East Bay Regional Parks - [www.ebparks.org](http://www.ebparks.org)
- Greenbelt Alliance – [www.greenbelt.org](http://www.greenbelt.org)
- L.A.B. - League of American Bicyclists -[www.bikeleague.org](http://www.bikeleague.org)
- National Parks Conservation Association - [www.npca.org](http://www.npca.org)
- Nature Conservancy – [www.nature.org/legacy](http://www.nature.org/legacy)
- Planning and Conservation League - [www.pcl.org](http://www.pcl.org)
- Rails to Trails – [www.railstotrails.org](http://www.railstotrails.org)
- Yosemite Conservancy

VALLEY SPOKESMAN EXECUTIVE BOARD MEETING

October 14, 2015

**Present:** Marcus Van Raalte, Dan Carhart, Clay Dunning, Peter Rathmann, Bonnie Powers, Julie Hampton, Joe Cheng, Ken Hernandez, Mark Dedon, and Kathy Koos

**Absent:** Jane Moorhead

Meeting called to order by Marcus at 7:09 p.m.

**APPROVAL OF SEPTEMBER GENERAL AND EXECUTIVE MINUTES--**

Motion to approve the minutes was made by Julie, seconded by Bonnie, and approved unanimously.

**TREASURER'S REPORT--**Dan reported balances on all accounts including checking, savings and credit. Dan mentioned that the tax filings have been extended to mid-November.

**OLD BUSINESS**

**Ride Report--**Peter mentioned rides of note included TOSRD, a local ride over Niles Canyon, and a multi-day trip to Del Valle. Niles Canyon had been closed to vehicle traffic to allow for pedestrian and cycling traffic only. The Niles Canyon event was well represented with many community organizations providing information. The Del Valle event

hosted by Jane and Bob provided many opportunities for road and/or mountain biking, kayaking, and hiking. Upcoming rides include the Santa Cruz ride which will be hosted by Ken Hernandez. There will be four sags available so that riders of all levels can attend.

**V.S. Website**--Ken reported on several items which include: Cinderella and jerseys, Wild Apricot, GPS, VS e-mail list, and current membership. Jim Duncan has set up the Cinderella 2016 registration which will go live on the website tomorrow at noon. Ken sent an email blurb to 4,000 past participants. The cost to participate in Cinderella is \$58.00. There will be a 40th annual jersey for purchase. Ken said fitted cut or club cut will be available for purchase. There is a sizing chart on the website with sizes ranging from extra small to triple XXX. Ken confirmed the jerseys and vests are \$55.00. Ken incurred a \$150.00 annual fee for a software program he used for the store front presentation of the Cinderella jersey on the website. Bonnie made a motion to pay the fee, Kathy seconded the motion, and the motion was passed unanimously.

**Wild Apricot (software program)** pushed out an upgrade which now puts the time of event on the calendar. Ken has edited everything in the Calendar and mentioned that Wild Apricot will allow for repeating events.

Ken upgraded the Valley Spokesmen GPS account to a premium club account which will allow members to utilize the library and access the benefits that come with a premium membership. In addition to the library, Ride Hosts can create their own routes which will be vetted by the Managers of the Ride Calendar (Ken, Joe, Peter, Alberto, Kevin, and Dick Skow).

**Email list:** Ken has been added as an additional manager of the email list. When members renew, they will be automatically added to the email list unless they opt out. Clay pointed out that in the future, club business and notifications will be by electronic means. Bonnie pointed out that we should encourage new members to sign-up after November 1, 2015 in order to get the benefit of a full year's membership.

**PayPal:** Ken noted that we were not getting non-profit pricing of 2%, but were getting standard pricing which is 2.9%. Ken will send an inquiry to Pay Pal for the non-profit rate.

**Membership:** Ken reported that the current membership is at 768, including individual and family memberships.

**Master Plans**--Francie reported improvements are in the works for the Iron Horse Trail segment from the East Bart station to Dougherty. The improvements will be done in stages with the first project commencing along Dougherty. The project will include three lanes in each direction with bike lanes and a bike trail along the Camp Parks area. The plans are fluid right now as they wait funding. The next meeting concerning the improvements will be in February, 2016.

**Correspondence**--Bonnie reported on correspondence which includes the same usual items.

## **NEW BUSINESS**

### **Report from Organizational Task Force on the Second**

**Amended Articles of Incorporation and Bylaws**--Clay reported that the documents are finalized and ready for a vote by the membership. The Task Force made a unanimous recommendation to adopt the Second Amended Articles of Incorporation and Bylaws. The Board also gave unanimous approval. Clay made the motion that the final date for the membership tally to be included in the vote be October 13, 2015, Kathy seconded the motion. All voted in favor and the motion carried.

**Special Election Procedures for Member approval of Bylaws and Articles**--All documents regarding the Second Amended Articles of Incorporation and Bylaws will be

forwarded to the membership. The documents consist of: Certificate of Amendment, The Second Amended and Restated Bylaws, Notice of a Vote to Approve Amendments, voting instructions, ballot, ballot envelopes, and return envelopes. Clay noted that we will need 56 votes for a quorum and 29 votes (from that 56) for approval. Clay mentioned a return-by date of November 2, 2015. In the event of an insufficient number of votes, the deadline will be extended.

**Nominating Committee for 2016 officers**--Bonnie pointed out that, historically, the committee consisted of the President, Vice President, and three members at large who were not members of the Board. Clay made motion that the President shall select the Nominating Committee, Bonnie seconded the motion, and all members voted in favor. The motion was carried.

**Mt. Diablo Challenge and TOSRD Debrief**--Bonnie mentioned that the Mt. Diablo Challenge had pre-registration of 400 participants whereas past participation had been in excess of 1,000. The Rangers and Hosts of the ride were seeking input on how to increase participation numbers for next year. Bonnie suggested a write up on the history of the event which was originally a Valley Spokesmen sponsored event that began over 34 years ago. In addition, it was suggested that lowering the price might entice more participation. Overall, the Hosts and Rangers were very pleased with the volunteer effort put on by Valley Spokesmen. **TOSRD**--Francie reported that TOSRD went well with the weather cooperating perfectly. There were no problem comments and the SAGS had fairly light duty with no major incidents. Clay mentioned that the course was well marked. Ken mentioned that we had had a few participants way off course, possibly due to the Sacramento Century that was occurring on the same day.

**Mid-Winter Party**--Kathy asked that the date be moved to February 6, 2016 at 5:00. Kathy will have a report on the progress by the November Executive Board meeting.

## **GOOD OF THE ORDER**

Francie reported that everything went well with Jim's surgery and he is doing well! He is already on his feet and walking around.

Bonnie reported the Valley Spokesmen freezer is no longer functioning. After calling for service and getting repair bids, the board discussed purchasing a new freezer. Julie made a motion the club provide a new freezer at a cost not to exceed \$600.00 plus tax and delivery. Mark seconded the motion and the motion unanimously carried.

Julie asked about letting people know about the availability of the TOSRD jerseys for sale. Ken will send an email to the participants of TOSRD regarding sale of the jerseys. Ken also asked for the list of Donee's of Cinderella funds so he can post it on the website.

Marcus adjourned the meeting at 8:08 p.m. to the Executive Meeting on November 11, 2015.

\*\*\*\*\*

## **Valley Spokesmen Bicycle Club Correspondence October 2015**

### **Correspondence sent:**

1. Check to Minuteman Press for printing of October newsletter.
2. Check to River Rats Portable Toilets for TOSRD porta pottie.
3. Check to Pacific Fine Food, Inc. for TOSRD quinoas salad.
4. Check to Valeshka Sackville for Cinderella 2016 patch and jersey design.



5. Check to Minuteman Press for printing of October newsletter/TOSRD maps/TOSRD release forms/printing of by-laws for mailing.
6. Check to Richard Ward for TOSRD expenses and Santa Cruz gasoline.
7. Check to Bob Heady for TOSRD expenses.
8. Check to James Paulos for TOSRD expenses.
9. Check to Jim Duncan for TOSRD expenses/Cinderella mailing/by-law meeting pizza
10. Check to Business Card (B of A) for TOSRD/Wild Apricot/Mt. Diablo/Igloo parts/fees/code.
11. Check to Bob Powers for TOSRD expenses/signature stamp for by-law mailing.
12. Checks to The Leukemia & Lymphoma Society and Animal Rescue Foundation in memory of Dan Granahan.
13. Updated by-laws/ballot/return stamped envelope to entire membership for their vote – 558 mailings!

**Correspondence received:**

1. Thank you letters from East Bay Agency for Children, Rainbow Community Center and Pleasanton Police Department for Cinderella donations.
2. Total of 116 BALLOT envelopes received for voting on new by-laws as of 10-28-15.
3. October copy of *Sunset* magazine.
4. Newsletters and magazines from various clubs, organizations and businesses.

\*\*\*\*\*

**☪ ☪ ☪ VALLEY SPOKESMEN CLUB GEAR ☪ ☪ ☪**

- The following Valley Spokesmen clothing is available:
- short sleeve jersey - club cut - ..... \$65.00
  - short sleeve jersey - women's cut - .....\$65.00
  - long sleeve jersey - *(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**

☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪

Mileage Report as of October 25, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Agostino, Val	329	0	8
Allen, Joe	1150	2	31
Ammann, Alicia	279	0	6
Bachman, Janette	246	0	6
Ball, Karin	522	4	14
Barbier, Larry	1616	0	50
Barnett, Bob	1880	0	47
Bartlett, Christine	308	0	7
Bezdek, Larry	2186	0	52
Blain, Bob	430	0	12
Blanco, Gail	3298	41	73

Mileage Report as of October 25, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Buckingham, Charles	599	0	17
Carey, Liz	235	0	5
Carhart, Dan	2593	40	72
Carpenter, Don	1723	0	47
Castaneda, Ana	225	0	3
Castleman, Ellen	368	0	8
Cheng, Joe	2442	9	56
Choy, Serena	1273	0	42
Chronister, Kelli	238	0	5
Cohen, Sahrye	231	0	6
Conger, Jim	563	6	18
Cosin, Wendy	2069	12	54
Crawford, Erin	343	0	7
Crawford, Marlowe	491	0	10
Crawford, Matt	383	0	8
Culshaw, Pete	2668	26	67
Culshaw, Sharon	760	0	25
Cushman, Francie	1445	6	41
Dahlgard, Jackie	411	0	6
Daly, Deb	920	0	17
Dangerfield, Melba	386	0	10
de la Motte, Janelle	344	0	9
Dedon, Erica	493	1	12
Dedon, Mark	1561	2	40
Delfosse, Rob	2073	12	51
Deornelas, Vic	1721	1	33
DePasquale, Tammy	238	0	5
Derrick, Peter	222	0	6
Donovan, Deb	433	0	13
Duncan, Jim	2053	9	67
Dunning, Clay	1339	5	25
Dunning, Craig	995	5	19
Duran, Veronica	464	0	17
Duvoisin, Marc	401	0	9
Dworkin, Doug	314	0	8
Eacret, Wes	358	0	8
Earby, Karen	261	0	6
Enriquez, Gilbert	1521	0	42
Faires, Debbie	362	0	8
Ferriere, Karen	249	0	6
Flusche, Tony	588	0	17
Frantz, Pat	435	0	9

Mileage Report as of October 25, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Fraser, Jack	298	0	7
Fraser, Maribel	284	0	6
Frasier, Debbie	727	0	17
Fredricks, Larry	361	0	9
Fujii, Bob	560	0	11
Fujii, Vivian	312	0	7
Fusco, Bob	1313	0	36
Gabe, Jan	684	0	20
Garcia, Dave	1454	0	44
Gelder, Jacki	269	0	7
Goldman, Ken	459	0	11
Gomez, Lynnette	448	0	11
Goroff, Marc	922	0	21
Graves, Gretchen	268	0	6
Green, Jan	300	0	7
Grinols, Susan	290	0	8
Groves, Susan	532	0	13
Guarienti, Faye	388	0	8
Haar, Crista	237	0	5
Hagelin, Craig	815	0	26
Hambrecht, Jeannie	287	0	6
Hampton, Julie	1184	5	28
Hansen, Renata	1193	0	24
Harral, Maria	372	0	10
Haupt, Chuck	1181	0	35
Heady, Bob	1249	45	59
Healy, Theresa	976	0	19
Hermann, Mark	380	0	11
Hernandez, Ken	2715	6	69
Hernandez, Mary	2048	3	55
Hirt, Janice	217	0	6
Huang, Shiny	265	0	4
Huey, Jeanine	289	0	6
Jakubowski, Diane	499	0	11
Janer, Mark	241	0	6
Jensen, Cori	244	0	8
Johnson, Carinne	294	0	6
Kane, Kathy	598	1	14
Kiely, Mary Ann	348	0	8
Koos, Gary	900	0	16
Koos, Kathy	2103	15	38
Kovisto, Mark	209	0	5

Mileage Report as of October 25, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Kowalewski, Steve	729	6	22
Kriebel, Olivia	281	0	5
Kwong, James	230	0	4
Kwong, Linda	282	0	5
Kyong, Peter	1478	0	47
Lagodzinski, Andrew	333	0	7
Landini, Bonnie	231	0	4
Landini, Peter	231	0	4
Lanzas, Alberto	2169	18	45
Lecklikner, Jan	216	0	4
Leddon, Dave	1649	0	43
Lee, Karen Klimkosky	230	0	6
Licata, Barbara	343	0	8
Lifter, Jill	391	0	9
Lisy, Norm	812	0	20
Louis, Ken	387	0	12
Low, Ellen	201	0	5
Lowe, Diana	238	0	8
Lund, Shauneen	286	0	8
Madelo, Adele	996	0	24
Maggio, Lauren	422	0	11
Makkink, Marjon	305	0	7
Martin, Don	291	0	5
Martin, Robin	213	0	5
Mayfield, Milinda	349	0	7
Meidberg, Larry	419	0	15
Mertz, Jacqueline	551	0	11
Meyers, Leslie	389	0	9
Miller, Kristen	453	0	10
Moore, Janet	386	0	9
Moorhead, Jane	2031	57	94
Morson, Kathy	476	0	12
Moyer, Greg	201	0	7
Murdock, Kristina	279	0	7
Murphy, Julie	390	0	6
Nadeau, Elaine	832	0	28
Neal, Carolyn	200	0	4
Neal, Dave	300	0	6
Newbury, Kim	244	0	4
Norek, Al	809	0	27
Nowell, Keith	312	1	8
Nowell, Linda	433	2	10

Mileage Report as of October 25, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
O'Boyle, Maureen	293	0	7
Olenberger, Emma	232	0	6
Ondricek, Doug	1142	22	35
Ondricek, Janet	282	8	10
Page, Janie	378	5	24
Parrish, Charles	1237	0	35
Pearsons, Ruth Ann	267	0	7
Pellerin, Mary	246	0	6
Pereira, David	1473	8	40
Pham, Chris	427	1	13
Pickard, Lisa	281	0	7
Piekarski, Sharon	446	0	10
Po, Ismael	1797	0	47
Powers, Dick	891	0	20
Putnam, Ned	904	0	24
Rafanelli, Pam	613	0	12
Rasmussen, Ron	890	0	26
Rathmann, Peter	5788	19	157
Reilly, T.J.	1800	0	55
Roberts, Mary	203	0	4
Roberts, Susan	316	0	9
Roe, Joan	285	0	7
Roe, Larry	203	0	6
Rossiter, Jaynette	927	0	31
Rossiter, Jennifer	230	0	6
Rudy, Kevin	235	0	6
Sandoval, Veronica	296	0	8
Satoutah, Brahim	1587	3	30
Seda, Marta	443	0	10
Selby, Joe	265	0	7
Serriere, Vianney	1280	0	30
Settle, Andy	2097	0	51
Shannon, Geoff	2810	23	74
Shigemoto, Lisa	278	0	8
Shum, Bart	1140	0	23
Simpson, Christy	2290	5	71
Skow, Dick	2449	21	64
Slagle, Pete	212	0	6
Smith, Jerry	486	0	12
Smith, Kimberly	244	0	4
Smith, Maren	386	0	10
Sovulewski, Larry	321	0	22

Mileage Report as of October 25, 2015 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Spiegel, Joan	529	0	13
Steinbeck, Sandra	245	0	4
Stevens, Jan	961	0	27
Stewart, Mike	2137	0	56
Strain, Kathy	1434	4	32
Strain, Robert	1704	6	38
Stucky, Jane	584	0	11
Sukovich, Drew	311	0	6
Talbot, Chris	529	0	16
Thieben, Kevin	1458	3	29
Thieben, Teresa	214	0	4
Thomas, Walt	513	0	14
Thompson, Dianne	1720	3	43
Tracy, Steve	351	0	6
Trublood, Lori	226	0	6
Uher, Julie	514	0	16
Uher, Will	964	0	22
Van De Vreugde, Jim	935	0	20
van Raalte, Laurie	642	0	13
van Raalte, Marcus	1945	0	37
Vergino, Eileen	510	0	10
Vergino, Michael	200	0	4
Ward, Dick	1030	3	33
Weiner, David	221	0	8
Weiny, Ira	470	0	10
Weiny, Lorrie	623	0	13
Whelan, Steve	2382	0	50
Williams, Siobhan	485	0	10
Wong, Liane	366	0	8
Wood, Rebecca	629	4	16
Woods, Colleen	363	0	9
Woodward, Linda	260	0	6
Yantis, Marcheale	900	3	23
York, Linda	207	0	3
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 186,250!!!

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

**Ride Hosts – Please turn in your sign-in sheets. Currently there are 45 sign-up sheets missing since the first of the year.**

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	
Treasurer:	Dan Carhart	925-828-8964
Recording Secretary:	Kathy Koos	
Corresponding Secretary:	Bonnie Powers	925-828-5299
Ride Chairmen:	Joe Cheng	
	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	Open	
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-886-7470
Lafayette	Open	
Livermore:	Open	
Oakland	Open	
Pleasanton:	Bill Rose	925-846-3867
Pleasant Hill:	Open	
San Ramon:	Peter Rathmann	925-828-1973
Walnut Creek:	Peter Culshaw	925-932-0790

We appreciate receiving articles and photos to be printed in the newsletter. We will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.

#### VALLEY SPOKESMEN

<http://www.valleyspokesmen.org>

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

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