

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

While preparing for Cinderella, we had a reminder of the importance of reporting road hazards. A team of volunteers covered the Cinderella route prior to the ride to identify hazards that would benefit from markings to alert riders of possible hazards. The volunteers generally mark the hazards with yellow paint to make them visible. This year there was a hole on Tassajara Road and a lump of asphalt on Dublin Boulevard. The team felt these were significant enough to warrant repairs rather than just markings. Bob Powers and Jim Duncan called the responsible agencies to report the hazards and were thanked by the agencies for reporting them. The local agency was unaware of the hazard and, once they had the information, immediately dispatched a crew to fix and repair it. They thanked Jim and Bob because without the information the club provided, the agency didn't know about the problem and couldn't correct it.

What this really highlighted is the benefit of reporting unsafe conditions that we might see while out riding. Fortunately, we have some easy tools available to us for reporting hazards that we might see while out riding. Bike East Bay maintains an excellent hazard reporting system on their website (https://bikeeastbay.org/hazards_map). When you report a hazard on their website, Bike East Bay notifies the appropriate agency and continues monitoring the hazard with the proper agency to ensure the hazard is fixed. Another tool that's available to us is a smart phone app called SeeClickFix. With the application, all you need to do is take a picture of the hazard (within the app), select the issue category (defined by the local government agencies), and enter a description. The application combines the picture with GPS data from your phone to route the hazard information to the proper government agency responsible for maintaining that particular geographical area. The agency is automatically notified of the hazard and supplied with the data you have provided.

Both methods provide effective tools for us to systematically work to reduce hazards in the areas we ride. If we all take on the responsibility of reporting hazards, we can contribute towards making the area safer for all riders. Before your next ride, save the link to Bike East Bay or download the SeeClickFix app to your smart phone. You will be ready to take action when you see an unsafe condition that needs attention and you will be contributing towards the safety of us all.

Steve

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

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

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

STANDING RIDE OVERVIEW:

MONDAY and WEDNESDAY morning ride from Heather Farms leave at 9:00 a.m.
 MONDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:30 a.m.
 WEDNESDAY evening WAW ride from Les Knott Park (Livermore) at 6:30 p.m.
 ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

MAY 2016

SUN. 5/1/16 3-L/M, M, M/B 52-60 miles 9:30 a.m. Standing First Sunday 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 5/2/16 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, rckow@astound.net for ride details.

MON. 5/2/16 9:30 a.m. Monday and Thursday morning conditioning 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.

MON. 5/2/16 6:30 p.m. Valley Spokesmen Racing Team meeting (1st Monday of the month). Everyone is welcome! Call Ted Vidnovic at 925-337-2803 or vidnovic@yahoo.com for further information.

TUES. 5/3/16 11:00 a.m. Crank 2 to Calaveras Reservoir. This will be a moderately paced ride from Crank 2 to Calaveras Reservoir with options of going to the 1st Summit, the top of the Wall, or down to Ed Levin Park. Let's take advantage of this beautiful weekday riding road while we can before it closes on weekdays for 18 months beginning in June 2016. Meet at Crank 2 (5480 Sunol Blvd, Pleasanton) for an 11:00 departure. There is no food or water

on this route, please come prepared. Host Gail Blanco 925-872-1001

WED. 5/4/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

WED. 5/4/16 6:30 p.m. WAW (Wednesday After Work) weekly evening training ride series leaving from Les Knott Park, 655 N. Mines Rd., Livermore. Doug will lead a B paced ride intended to get the heart rate up quickly and keep it there for an hour. These rides are a good mid-week workout and are generally pretty brisk paced. Routes will vary and are usually posted on the calendar prior to the ride. For those looking for something a bit tamer, Janet will lead a Feather Pedaler friendly ride most weeks. Please check the ride calendar to confirm that a route is posted for the week as work sometimes interferes with Janet's ride hosting. Ride Hosts: Doug Ondricek (925) 980-2490 & Janet Ondricek (925) 579-4573

THURS. 5/5/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

THURS. 5/5/16 3-4M 22 miles 5:30 p.m. Mt Diablo Junction. Starting from St. Timothy's church, we will go through the hole in the wall up to the junction and back. Ride host: Renata Hansen 925-915-1529.

SAT. 5/7/16 2 M/B 52 miles 9:00 a.m. Livermore to Delta. Start at Vasco Starbuck's (1 miles north of 580 on the left). Park in north side of the lot, the empty side. It's possible to return via Midway and Patterson Pass, adding about 5 miles and 900' of vertical. <https://ridewithgps.com/routes/13299457> Ride Host Rob Delfosse 925-522-6270.

MON 5/9/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

MON. 5/9/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

TUES. 5/10/16 11:00 a.m. Crank 2 to Calaveras Reservoir. See details on TUES. 5/3/16.

WED. 5/11/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

WED. 5/11/16 6:30 p.m. See WAW ride details on 5/4/16.

THURS. 5/12/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

THURS. 5/12/16 5:30 p.m. See Mt Diablo Junction ride details on 5/5/16.

FRI. 5/13/16 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.

MON 5/16/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

MON. 5/16/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

TUES. 5/17/16 11:00 a.m. Crank 2 to Calaveras Reservoir. See details on TUES. 5/3/16.

WED. 5/18/16 8:30 a.m. Special Wednesday Ride on 5/18/16: Meet at Martinez AMTRAK for ride to Davis AMTRAK and take train back to Martinez. Check calendar for more info.

WED. 5/18/16 6:30 p.m. See WAW ride details on 5/4/16.

THURS. 5/19/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

THURS. 5/19/16 5:30 p.m. See Mt Diablo Junction ride details on 5/5/16.

SAT. 5/21/16 2-L/M 31/36 miles 9:30 a.m. Monthly Feather Pedals Ride from Sycamore Valley Park & Ride (Danville). Please arrive at least 15 minutes early for pre-ride announcements.
Classic: <https://ridewithgps.com/routes/12545454> - 33.1 miles
Plus: <https://ridewithgps.com/routes/12545490> - 35.6 miles
Ride Host: Karin Ball, 408-406-2286

MON 5/23/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

MON 5/23/16 3-M 300 miles 9:00 a.m. Coastal Camping to Paso Robles from Daly City BART. Alternative to Paso Robles rides on 5/25. Coastal ride to the Great Western Rally in Paso Robles. Ride starts at the Daly City BART station and goes down the coast mainly on Hwy. 1 to Cambria and then heads east to Paso Robles. Overnight stops are planned in Santa Cruz, Monterey, Big Sur, and San Simeon with motel and camping options at each stop. Self-contained, so each participant will carry their own gear. Contact host for details. Route sheet: [coast3-paso-1.pdf](#) Ride Host: Peter Rathmann, 925-336-0973, prathmann@yahoo.com

MON. 5/23/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

WED. 5/25/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

WED 5/25/16 PASO ROBLES 2016 –Wednesday, May 25th to Friday, May 27th (Valley Spokesmen members only), Ride from Sunol to Paso Robles and the 52th Anniversary of the Great Western Bicycle Rally. There will be two nights lodging in Hollister and King City. The total cost of the trip is anticipated to be LESS than \$300.00 per person (double occupancy). This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders (Valley Spokesmen members only). If interested please sign up ASAP with a \$200.00 deposit (check made payable to the Valley Spokesmen). For additional information, you may call Bonnie, at 925-828-5299 or b-powers@valleyspokesmen.org See Paso Robles 2016 web page for additional information. <http://www.valleyspokesmen.org/paso>

WED. 5/25/16 6:30 p.m. See WAW ride details on 5/4/16.

THURS. 5/26/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

THURS. 5/26/16 5:30 p.m. See Mt Diablo Junction ride details on 5/5/16.

FRI. 5/27/16 8:30 a.m. See Odd FriDay Ride details on FRI. 5/13/16.

MON 5/30/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

MON. 5/30/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

JUNE 2016

WED. 6/1/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

THURS. 6/2/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

FRI. 6/3/16 8:30 a.m. See Odd FriDay Ride details on FRI. 5/13/16.

SUN. 6/5/15 9:30 a.m. Standing First Sunday Ride. See details on SUN. 5/1/16.

MON 6/6/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

MON. 6/6/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

MON. 6/6/16 6:30 p.m. Monthly meeting Valley Spokesmen Racing Team. See MON. 5/2/16 for details.

WED. 6/8/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 5/2/16.

WED. 6/8/16 6:30 p.m. See WAW ride details on 5/4/16.

THURS. 6/9/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 5/2/16.

THURS. 6/9/16 5:30 p.m. See Mt Diablo Junction ride details on 5/5/16.

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

Apr 1: Gail's 'Odd Friday' ride today commemorated Steve W's first day of retirement. We started with an out-and-back to Las Trampas and then went south to Pleasanton before returning on the Iron Horse trail. Peter

Apr 2: Great day for the final pre-Cinderella conditioning ride – hope we have similar weather next Saturday. Good turnout for both the ride and the following lunch/cupcake celebration. Peter

FP Ride #13, Sat 4/2/16, Recap = Graduation Ride + Dress Rehearsal + Celebration

We had a beautiful day for the FP Cinderella Conditioning Graduation ride #13 of 13 on Saturday 4/2/16 followed by a great post-ride celebration in Blacksmith Square in Livermore to congratulate everyone for doing their best and sticking with it through the many rained out rides and to those who joined the alternative indoor rides at Fitness19. Thank you VS for funding our celebratory cupcakes, Rebecca handling the details, and her husband, Kip, for picking them up and bring them to us.

We had 53 riders; 43 VS members; 10 non-VS members. We appreciate the growing number of riders joining the VS family. Membership provides so many benefits like access to fun club events, preferential acceptance to VS events (Cinderella, TOSRD), discounts at many bike shops, the mid-winter party, etc. Detail at <http://www.valleyspokesmen.org/join> Again.... special thanks to our volunteers who made FP Cinderella Conditioning 2016 possible (in alphabetical order): Dean Ball/SAG, Karin Ball/Ride Host, Carol Coronado aka CC/FP apparel, Julie Hampton/SAG, Bob Heady/New Riders, Kathy Kane/Ride Host, Charles Parrish/Sweep, Chris Pham/Ride Host, Meredith Nielson/Skills Coach, Rebecca Wood/Ride Host, Fitness19 in Danville for allowing us to use their facilities for alternative indoor riding when we were rained out, and everyone in VS who continually supports FP. My apologies if I'm missed anyone and to everyone who has helped in past years. We hope you enjoyed the changes to the 2016 routes in response to your 2015 feedback i.e. made them more direct with less turns, kept off the trails whenever possible, and more variety as we kept aligned with our FP mission of fun rides that provided the right level of

conditioning for our diverse rider group. Many thanks to Charles for all his work on revising the routes. Karin

Apr 3: Thanks to Erica and Mark for hosting today's ride from Shannon Center down to Sunol Regional Park to enjoy the plentiful crop of wildflower varieties after finally having a season of normal rainfall. Peter

April 14-17 – Sea Otter Classic

Congratulations to VSRT racer Selim!!! His race description:
Showed up 5 min late in combined field of ~45 cyclists (scored separate). My race group is gone after I spent 5 min sprinting to start line, that had me burn all matches through that humongous hill around at Laguna Seca race track traffic. Found the next field at start ready to go. I keep going past them, chased hard, still of thought giving up seriously a few times for next race, next day...but just hoping to catch up for pride, then quit. But I caught up at 3 of 6 laps ~50 mile race. Time Tried with lead group~20. recovered for 3 laps. 2 km climb to finish is the last hurdle. At 200m I attacked to the finish line to caught up to a solo breakaway guy, no one moves and I hear some moans, and breakaway fellow just looks at me pass him. I just couldn't believe it. I should not have won that race, period. finished solo looking back. 2nd and 3rd finisher..these guys were not happy...they had not lost all season. I still can't believe it. but ill take it :-)
Next day circuit race, finished 4/32. 4 of us finished a second from each other. Still, got the yellow jersey and an interview by cycling press. Selim

UPCOMING CYCLING EVENTS

May

- 1 Grizzly Peak Century, Moraga, CA
- 1 Delta Century, Lodi, CA
- 1 Tour de Cure, Napa, CA
- 7 Wine Country Century, Santa Rosa, CA
- 7 Race Across America Cycling Challenge, Oceanside, CA
- 7 Tour of the Unknown Coast, Ferndale, CA
- 7 Cruisin the Conejo, Thousand Oaks, CA
- 7 3F Century, Colusa, CA
- 14 Tour of Long Beach, Long Beach, CA
- 14 Tour of Novato & West Marin Century, Novato, CA
- 12-15 NorCal AIDS Challenge, Auburn, CA
- 14 Central Coast Double Century, Paso Robles, CA
- 15 Strawberry Fields Forever, Watsonville, CA
- 21 Davis Double Century, Davis, CA
- 21 Tour de Cure-Roseville, Rocklin, CA
- 21 Tour de OC, Costa Mesa, CA
- 21 San Diego Century Bike Tour, Encinitas, CA
- 22-26 Climate Ride CA North Coast, Fortuna, CA
- 22 Mendocino Monster, Ukiah, CA
- 27-30 Great Western Bike Rally, Paso Robles, CA

May

- 4 Eastern Sierra Double Century, Bishop, CA
- 4 Lost & Found Gravel Grinder, Lake Davis, CA
- 5 Sequoia Century Western Wheelers, Los Altos Hills, CA
- 5 America's Most Beautiful Ride, Tahoe, CA
- 11 Hayfork Century, Hayfork, CA
- 11 Incarnation 100, Santa Rosa, CA
- 12 Bike the Bridges, Martinez, CA
- 12 Silicon Valley Tour de Cure, Palo Alto, CA

UPCOMING TOUR

PASO ROBLES 2016 – from Wednesday, May 25th to Friday, May 27th riding from Sunol to Paso Robles and the Great Western Bicycle Rally. There will be two nights of lodging in Hollister and King City. The total cost of the trip is anticipated to be \$300.00 or less. This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders. If interested please sign up ASAP with a \$200.00 deposit (made payable to Valley Spokesmen). For additional information you may contact Bonnie Powers at 925-828-5299 or 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/
 Planning and Conservation League - www.pcl.org
 Rails to Trails – www.railstotrails.org
 Yosemite Conservancy

**Valley Spokesmen Bicycle Touring Club
 Executive Board Meeting April 13, 2016 7:00 p.m.**

Meeting called to order by President Steve Whelan at 7:00 p.m.

Present: Steve Whelan, Don Carpenter, Dianne Thompson, Jim Duncan, Rob Delfosse, Rebecca Wood and Bonnie Powers

Absent: Ken Hernandez and Kathy Koos

Treasurer Don Carpenter reported our checking and saving accounts are solvent. It is too early for a final accounting of the Cinderella Classic/Challenge due to several outstanding bills.

OLD BUSINESS

- Ride Reports – The sign-up sheets indicate the rides are being well attended. The Feather Pedal rides are also experiencing a nice turn out.
- V.S. website – In Kens absence there was no new information. Ken will be asked to place a notice on the site about the ride to Paso Robles in May.
- Master Plans – Francie Cushman mentioned there will be a workshop on April 20th in Dublin regarding Bikeways and Pedestrian issues.
- Correspondence – In addition to the usual correspondence, Cinderella bills are being paid, membership cards being issued. There has also been a request for a donation to the National Parks Conservation Association in celebration of the Park Service Centennial year. Adventure Cycling would also like a special donation in support of the U.S. Bicycle Route System. Don Carpenter to look into the groups we currently contribute to and whether

these donations are within our budget.

NEW BUSINESS

- Cinderella Debriefing – The total registration was 2298; 1150 on the road; 1146 no-shows. There were many positive comments in the Comment Book; many first time riders; M & M's were missed; many liked the new route along San Ramon Valley Blvd.; mud at Wente rest stop was unfortunate; coffee at rest stops would have been appreciated; everyone loved the Lemon Drop Men. Generally a very successful day despite the rain. Fortunately left over food was donated to Loaves and Fishes – thank you Jaynette. Question rose as to when to close the route – the course closes at 5:00 p.m. Bonnie to look into our liability insurance policy when an accident occurs.
 - Market Place – Dianne explained the benefits giving members the opportunity to sell anything. We could develop our own web site using volunteer time and management. An option would be to use the Panjo.com website. Our sale items would be listed on Panjo, which is nation-wide, formed in 2012. Others involved are auto dealers, collectables, fashion, music, pets, sports, all high end communities. The normal Panjo selling fee of 6.9% provides 3.5% back to the VS operating budget. Panjo has agreed to charge only 3.5% which they would retain for operating expenses and the remaining 3.4% (which would normally be provided back to VS operating budget) would be waived.
 - Dianne requested the VS board be provided a statement from the insurance carrier on the liability insurance which we currently have for the Club Liability and VS Officer/Director Liability coverage. Bonnie to contact our agent.
 - Suspended Ride Host Issues: Rob to notify Ride Chairmen as to who may or may not host rides.
 - Feather Pedal SAG flags – There was discussion on whether the group would like to use the V.S. SAG flags or they had in mind their own Feather Pedal flags. They wish to have 10 flags. Rebecca to check out exactly what they want.
- GOOD OF THE ORDER**
- Pot holes along Tassajara had been marked with yellow and were immediately repaired by Contra Costa County when informed. Thank you Jim! Everyone encouraged to notify Public Works when hazards occur. See/Click/Fix. Members should refer to the presentation at the March Business Meeting, made by Bike East Bay, for the procedure. Ride leaders should report hazards and notify proper department.
 - Bike to Work day is May 12th. Bike East Bay is looking for volunteers to work Energizer Stations. Rebecca to create a blurb for the web site.
 - Ride with GPS is currently under development and progressing slowly. All V.S. routes are being copied into our current Ride with GPS account and putting them in our Club Account so that they can be accessed. The next step is training the ride leaders and coordinators that all rides are generated in Ride with GPS and added to the Club Account. Then we can add the link for the Club Account to the V.S. Web site and roll it out to the membership.
 - The Wente Road Race is scheduled for Sunday, April 24th. Volunteers are needed!

Meeting adjourned at 8:12 p.m. to May's Executive Board

meeting on May 11, 2016 at 6640 Spruce Ln., Dublin, CA.
Respectfully submitted, Bonnie Powers, Recording Secretary,
Pro-tem.

**Valley Spokesmen Bicycle Club Correspondence
April 2016**

Correspondence sent:

1. A total of seven Cinderella refund checks.
2. Check to Minuteman Press for Cinderella signs, arrows and maps.
3. Check to Ken Hernandez for Cinderella release forms.
4. Check to Pacific Fine Food, Inc. for Cinderella wraps and pasta salad.
5. Check to Ovations for Cinderella salad at Fairgrounds.
6. Checks for Cinderella SAG gasoline.
7. Check to Minuteman Press for Cinderella printing, signs, and worker T-shirts.
8. Check to Bob Powers for out-of-picket expenses on Cinderella.
9. Check to Dublin Cyclery for Cinderella tubes and patch kits.
10. Check to Randy Powers for gasoline fill up on Enterprise truck used on Cinderella.
11. Check to Jim Duncan for out-of-pocket expenses on Cinderella.
12. Check to Gail Blanco for Cinderella bagels.
13. Check to Julie Hampton for stamps used on April newsletter.
14. Check to Rebecca Wood for Feather Pedals cupcakes.
15. Check to Jean Watts for first aid supplies.
16. Check to Business Card (B of A) for Cinderella expenses.
17. Check to Minuteman Press for 2nd quarter News brief and April newsletter.
18. Letters of welcome to old/new members. Membership for 2016 stands at 571.

Correspondence received:

1. Thank you letter from League of American Bicyclists and National Park Foundation for renewal of annual membership.
2. Thank you letter from Family Violence Law Center for Cinderella donation (2015).
3. Advertisements for upcoming events and touring companies.
4. April copy of Sunset magazine.
5. Newsletters and magazines from various clubs, organizations and businesses.

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

Contact Jim Duncan for club gear:

hey-you@comcast.net or 925-209-1369

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

☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪

Mileage Report as of 4/23/2016			
Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Ball, Karin	232	2	6
Barnett, Bob	446	0	11
Bartlett, Christine	207	0	4
Blanco, Gail	962	19	23
Carpenter, Don	342	0	9
Castagnini, Janice	265	0	6
Cheng, Joe	590	0	13
Choy, Serena	299	0	12
Cosin, Wendy	706	4	20
Crawford, Matt	228	0	6
Culshaw, Pete	702	8	20
Culshaw, Sharon	302	0	10
Cushman, Francie	646	7	18
Davis, Patti	583	0	17
Dedon, Erica	479	2	10
Dedon, Mark	508	2	10
Delfosse, Rob	275	0	7
Deornelas, Vic	289	瀚	5
DePasquale, Tammy	247	0	5
Donovan, Deb	499	0	14
Duncan, Jim	568	5	16
Eacret, Wes	362	0	9
Enriquez, Gilbert	248	0	6
Foster, Danielle	366	0	9
Frasier, Debbie	302	0	8
Fusco, Bob	351	0	10
Gabe, Jan	298	0	6
Gomez, Lynnette	234	0	5
Guarienti, Faye	272	0	6
Hagelin, Craig	307	0	10
Hansen, Renata	210	5	8
Haupt, Chuck	211	0	7
Heady, Bob	573	14	21
Hermann, Mark	346	0	9
Hernandez, Ken	375	0	10
Hernandez, Mary	362	0	12
Herrera, Gloria	330	0	7
Johnson, Robin	201	0	4
Kane, Kathy	214	1	6
Kita, Jim	239	0	6
Koos, Gary	289	0	5
Koos, Kathy	405	6	7

Mileage Report as of 4/23/2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Kowalewski, Steve	492	0	14
Kriebel, Olivia	281	0	6
Kyong, Peter	598	0	20
Lagodzinski, Andrew	213	0	4
Lanzas, Alberto	240	4	5
Lark, Mary	269	0	7
Lisy, Norm	250	0	8
Low, Ellen	263	0	6
Martinelli, Craig	504	0	15
Mayfield, Milinda	226	0	6
Mertz, Jacqueline	721	0	19
Moorhead, Jane	472	3	16
Nadeau, Alaine	309	0	11
Nasstrom, John	250	0	6
Norek, Al	263	0	9
Olenberger, Emma	503	2	12
Osborn, Sandra	227	0	5
Page, Janie	230	0	5
Pereira, David	525	3	13
Perry, Marta	204	0	4
Pham, Chris	308	2	8
Polley, Ed	538	0	13
Pollock, Terese	201	0	5
Rafanelli, Pam	252	0	5
Rasmussen, Ron	440	0	14
Rathmann, Peter	1502	6	43
Reilly, T.J.	574	0	19
Rodriguez, Vicki	218	0	5
Rossiter, Jaynette	586	0	18
Serriere, Vianney	284	0	7
Settle, Andy	528	0	15
Shannon, Geoff	836	11	24
Simpson, Christy	1093	8	33
Skow, Dick	747	3	22
Spiegel, Joan	251	0	6
Stevens, Jan	211	0	7
Strain, Kathy	510	0	15
Streit, Ron	303	0	9
Thieben, Kevin	315	0	8
Thompson, Dianne	328	0	8
Trotman, Traci	205	0	5
Uher, Julie	358	0	12
Uher, Will	359	0	11

Mileage Report as of 4/23/2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Van De Vreugde, Jim	665	0	15
van Raalte, Marcus	265	0	6
Weiny, Lorrie	248	0	6
Whelan, Steve	576	0	15
Wong, Marlene	209	0	5
Wood, Rebecca	433	2	11
Woods, Colleen	205	0	5

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2016.

Total miles ridden by club members so far this year is 50,347.

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

CINDERELLA COMMENTS AND STATS

Here are some interesting stats:

- 2298 registered riders with 1150 on the road
- 75 did the challenge
- 18 states were represented – AL, AZ, CA, CO, GA, ID, IL, IN, MT, NC, NV, OH, OR, TX, UT, VA, WA, and Abbotsford, BC. A total of 51 riders were out of state
- 137 Cities were represented in California, the largest being San Francisco (162), Oakland (140), San Jose (130), Pleasanton (116), Livermore (110).
- An amazing number of volunteers helped pull off this event - 216!
 - o 30 workers Wednesday, Thursday and Friday – some of whom worked two or three day.
 - o 177 workers on Cinderella day
 - o 9 assisted with clean up, repacking and storing everything the days after the Cinderella

THANK YOU SO MUCH TO ALL THE VOLNTEERS! We could not put on this event without you.

A couple of Email comments received after the ride:

-- A very big THANK YOU to all the volunteers who made yesterday's rain Cinderella ride a success. You were there with smiling faces and lots of support; we could not have done this ride without you contributions. Many of the riders are stretched to their maximum level of riding, and completing the ride is a tremendous accomplishment for them. Kudos to all that took on this yearly event challenge, despite the weather, and reached their goal. I'm very proud to be a part of this wonderful biking organization (Valley Spokesmen) and bicycling community who travel far and wide to participate in this event. Here's to Sunny Cinderella in 2017!
Gail

-- I want to add my thanks to the volunteers!! It is amazing and inspirational to see all the folks who donate countless hours, days, weeks and more to making this great event so special for the riders! Thank you, thank you! So proud of this club!
Rebecca

-- Ditto from a Cindy rider. I knew I would do the ride rain or shine and was appreciative of all the volunteers who were standing out in the rain pointing our way and taking care of us at rest stops and especially serving me that HOT SOUP! The sandwich wraps were delish. There was enough 'road grit' at the bottom of my shower to make it look like a beach day, however, we all know otherwise. Thanks everyone - Janice

And now for a few comments from our Comment Book:

- I loved it, even the rain
- It is such a wonderful, beautiful ride! Thanks!
- Liked and really appreciated all the cones with directions towards the end!!
- Where was the M & M man at the lunch break????
- A first I thought 15 miles of biking through residential and then the roads opened up! I loved the course after that and the food and people at the rest stops! I loved it! Thank you so much for putting this on.
- Love the beans – Don't like Chocolate!
- Wonderful ride! Very impressed with how well organized this group is. Look forward to next year. Also, loved the quinoa salad.
- Rest stop at Wente was less than ideal. Too far to walk to get to the food. Gravel is difficult to walk in with cleats.
- Thank you Valley Spokesmen for hosting this event. Happy 40th Cinderella Classic!
- Coffee would be fabulous. Too many stop signs/lights. Great SAGS.
- We LOVED the new route in the first section eliminating that awful traffic light. Thanks for organizing a great ride. We'll be back next year!
- Everything you did was excellent. Like the change on the course. Thank you.
- This is the best bike ride EVER. The course was so well planned and had a perfect mix of terrain, scenery and hills/flat. The rest stops were at perfect intervals. And the food was the best food I've ever had at an athletic event. I am so impressed by everything and how kind everyone was. I truly felt like a Cinderella, the service was A+
- Loved the route. Good support, weather be damned!
- Great ride. Incredible SAG support unlike other organized rides. Thanks you so much.

- Wanda Nyvall, Vancouver BC – very great event. My 1st time. Well marked route. Great volunteers. Great Food. Thank you, eh!
- Wet and Wild, We Did It!! Thx for all the support!
- Thanks to all the volunteers out there today! It was great fun riding in the rain, and all the yummy snacks at the sag stops saved the day!
- Great ride! Please add coffee and hot beverages for the first rest stop.
- Loved the guys in suits at the lunch stop – thank you for dressing up. We ladies love a sharply dressed man!
- Zip Pa Dee Dah Da – Zip Pa Dee Day, My, Oh My, What a Wonderful Day!
- Wonderful as always And please have coffee at the 1st rest stop And have a challenge route sheet with the full continuous mileage/turns etc. great lunch “wraps” and always love the Lemon Drop Man! And nice with the route nowadays going on San Ramon Valley Blvd.
- Exhausted and feeling great!
- So much fun. The lemon drop guy’s signs were adorable. The guy was also super nice. Downhill towards the end was a good touch to the route.
- Once again I had a lovely ride including the challenge. Thank you for the hard work.
- Perfect ride – like cycling with women. Only a suggestion is no San Ramon Blvd. – try getting back to Iron Horse Trail.
- The last leg is Boring and not pretty – isn’t there some other way to get us back without all the lights and stop signs???
- Thanks for another fantastic year! We loved the covered 1st stop, (minus the portlets placement), and the new route changes were amazing – cut out a couple of unpleasant spots. Always a blast, even with the rain, and your volunteers are fantastic. (Thank you Prince Charming’s!) See you next year.
- Thank you for all the support. We missed the chocolate pills (M & M’s)
- I loved the new route – keep it!! Thanks.
- Very well planned. Loved the Prince Charming’s. Just next year put the rain on hold.
- Beautiful! Thanks. Last time I rode the Cinderella was 25 years ago! Yee Ha!!
- Great ride! Even in the rain! Soup and quinoa were excellent at the end of the ride. Good lunch too – good support. Pleasant, helpful crews.
- Thanks for another great Cinderella ride – even with the terrible weather, it was tons of fun!
- Love you All! You are the Best! XOXO
- What incredible support! I’m back to the Cinderella after a 20 year gap and it’s great! Was great to see the Lemon Drop man!

A note of thanks from Loves and Fishes. They were able to use much of the leftover food from Cinderella to feed people in the area. Steve

Dear Steve,

I’m Marthe Stokowski, Loaves and Fishes cook and volunteer at St. Isidore Catholic Church in Danville.

Thank you for all the food donated to the Loaves and Fishes Kitchen!! Most of it has been served already to many through the soup kitchens of Contra Costa County. Some of it has been frozen and we will serve it next week (>800 meals).

Sorry that your event plans were cancelled because of the rain. Your generous donation was very much appreciated. Thanks to Missy Davis for arranging this.

Best Regards,
Marthe Stokowski

Editors note: Thank you Jaynette Rossiter for making the initial contact.



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

2016 CLUB OFFICERS

President: Steve Whelan 925-964-7209
Vice-President: Dianne Thompson 925-765-8805
Treasurer: Don Carpenter 510-406-3205
Secretary: Kathy Koos 925-963-8506

Admin Services Director: Bonnie Powers 925-828-5299
Cycling Director: Rob Delfosse 925-522-6270
Events Director: Jim Duncan 925-209-1369
Communications Director: Rebecca Wood 925-577-3842
Past President: Marcus vanRaalte 925-437-3253

Non Elected Positions:

Bike East Bay Rep.: Adele Madelo 510-773-0693
Webmasters: Ken Hernandez 510-329-9481
Steve Whelan 925-964-7209

Community Liaisons:

Alamo	Linda Kwong	925-891-4600
Castro Valley	Maureen O'Boyle	510-582-2704
Concord:	Jean Watts	925-676-6164
Danville/Diablo/MDSP:	Al Kallin	alkalin@yahoo
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-200-8125
Lafayette	Open	
Livermore:	Richard Fryar	925-872-4466
Oakland	Adele Madelo	510-773-0693
Pleasanton:	Kathleen Koos	925-963-8506
Pleasant Hill:	Joan Spiegel	925-705-7183
San Ramon:	Peter Rathmann	925-828-1973
Walnut Creek:	Peter Culshaw	925-932-0790

VALLEY SPOKESMEN

<http://www.valleyspokesmen.org>

2016 current club members may subscribe to the VS mailing list by following the directions at:

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

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.