

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

It's hard to believe but summer is officially over. For fall, we have several events occurring that I wanted to call to your attention:

TOSRD – always a popular two day event with 200 riders enjoying a ride to and from Sacramento. Mileage is about 60 miles each day and the group stays in a hotel new Old Town Sacramento on Saturday night. The event is sold out for this year but keep an eye out for next year's announcement. Sign up quickly because the ride is popular and sells out.

Santa Cruz Ride – Ken Hernandez has been organizing a one-day ride from Dublin to Santa Cruz for the last several years. This is a 100 mile ride that covers an amazing route starting in Dublin and ending in Santa Cruz. The ride is supported by SAGs. This year, Ken will be offering three different paced groups so riders can self-select the group they feel most comfortable riding with. My favorite part of the ride is the climb up Old La Honda Road. The road is lightly traveled and winds its way through the redwood trees. This year's ride was held on October 1st so, if you missed it, keep an eye out for this ride next year.

Diablo Safety Improvements – a recognition event is scheduled for Friday, October 7th on the mountain at Curry Point. Clay Dunning and I are leading rides to bring cyclists to the event – Clay from Heather Farms in Walnut Creek and I from St. Timothy's Church in Danville. Our website calendar has details. This is a Friday so many people will be working. However, if you can, please attend to show to our elected officials the importance of improving the safety of cyclists.

In addition to the three rides above, we are working to fill the ride calendar for the next few months. The ride coordinators are still seeking a number of people to host rides for the balance of the year. Ride leaders offering weekend rides are in high demand and all difficulty levels are needed. If you can host a ride, please contact our ride coordinators Joe Cheng or Mark Goroff at rides@valleyspokesmen.org.

Steve

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 9:00 a.m.

WEDNESDAY evening WAW ride from Les Knott Park (Livermore) at 6:00 p.m. through October.

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

EVEN FRIDAY morning ride from St. Timothy's church (Danville) at 9:30 a.m. Up & Back (as far as you want).

OCTOBER 2016

SAT. 10/1/16 3-L/M 100 miles 7:00 a.m. The 6th annual Santa Cruz ride. This is a 100 mile point to point ride that will depart the Dublin Shannon Center parking lot at 7:00 am and end in Santa Cruz.

We'll start at the Shannon Center at Shannon and San Ramon Rd. in Dublin and ride out Foothill Rd. to the Sunol Train Station for a quick stop. This is also a good starting point for those not able to make the Dublin start. We'll then head down Niles Canyon to the Alameda Creek Trail. We then ride to and across the Dumbarton Bridge and into Palo Alto for a break at Starbucks. We'll continue up towards Stanford then cut over to Sand Hill Rd. and up Old La Honda Rd. to Skyline for a regroup at the summit before going Old La Honda & Hwy 84 to our lunch stop at the La Honda Market parking lot. Then it's on to Pescadero and Gazos Creek roads to Hwy 1 and on to the Davenport Bakery for our last break before heading into Santa Cruz. The payoff is the spectacular ride along West Cliff Drive to the Santa Cruz Wharf before heading downtown for food and beverages. We currently have 2 sag vehicles lined up for support but you may want money for coffee, snacks, and lunch if needed.

This ride will require car pooling and dropping off of some vehicles in Santa Cruz on Friday 9/30/16. If you have room in your vehicle and can bring riders back to Dublin or need to drop vehicles off in Santa Cruz please send an email to the VS list so we can coordinate the return transportation.

Route: <http://ridewithgps.com/routes/10781780>

PDF Route Sheet: [Dublin-SantaCruz-Route.pdf](#)

Ride Host: Ken Hernandez, kenhernandez52@gmail.com

SUN. 10/2/16 10:00 a.m. Oktoberfest Ride. Ride from San Leandro to Speitzenkeimer restaurant in Alameda for their annual Oktoberfest celebration. Ride Host: Rob Delfosse

MON. 10/3/16 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 for ride details.

MON. 10/3/16 2-M 20-25 miles 9:00 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. 10/3/16 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.

WED. 10/5/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

WED. 10/5/16 3-B ~20 & 2L/M ~15 miles 6:00 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. 10/6/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

FRI. 10/7/16 3 L/M 20 miles 8:45 a.m. Start: St. Timothy's Church, 1550 Diablo Rd., Danville. The California State Parks will be hosting a Recognition Ceremony for the Road Safety Improvements on Mount Diablo (Link to Announcement). The ceremony will run from 9:30 to 11:00 am with press, State Parks and elected officials speaking and attending. Cake and coffee will be available for anyone attending. It's important to show Park officials and elected officials the importance of bike safety concerns so I would like to encourage everyone to attend. The ride will be from St. Timothy's to Curry Point (past Rock City but prior to the Junction). If you are able to attend please wear your Valley Spokesmen Jersey. Ride host: Steve Whelan

FRI. 10/7/16 3 L/M 20 miles 8:45 a.m. Start: Heather Farms Park. The California State Parks will be hosting a Recognition Ceremony for the Road Safety Improvements on Mount Diablo (Link to Announcement). The ceremony will run from 9:30 to 11:00 am with press, State Parks and elected officials speaking and attending. Cake and coffee will be available for anyone attending. It's important to show Park officials and elected officials the importance of bike safety concerns so I would like to encourage everyone to attend. The ride will be from Heather Farms to Curry Point (past the Junction). If you are able to attend please wear your Valley Spokesmen Jersey. Ride host: Clay Dunning

FRI. 10/7/16 2 L/M 25-35 miles 9:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) If you

are not on the vslist, please contact the ride host to confirm start time in case of "beat the heat" or other changes. Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT/SUN 10/8-9/16 9:00 a.m. 120 miles TOSRD. Annual VS club ride from Brennan Island State Park to Old Town Sacramento and back. Registration end date 9/6/16. Ride Coordinator: Francie Cushman

MON. 10/10/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

MON. 10/10/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

WED. 10/12/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

WED. 10/12/16 6:00 p.m. See WAW ride details on WED. 10/5/16.

THURS. 10/13/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

FRI. 10/14/16 3-L/M 15/23 miles 9:30 a.m. Even Friday Mt Diablo Ride Start at St. Timothy's church, 1550 Diablo Rd., Danville up Mt. Diablo. Out and back - go as far as you like then return. 15 miles total to the junction, 23 miles total to the summit. All riders are welcome! Ride Hosts: Dianne Thompson 925-765-8805 and Mary Hernandez 510-329-9479

SAT. 10/15/16 2-L/M 36/43 miles 9:30 a.m. Feather Pedals Monthly Ride. Livermore and Cross Road. Please arrive at least 15 minutes early for pre-ride announcements. Classic: <https://ridewithgps.com/routes/12653357> - 36.3 miles Plus (includes Flynn): <https://ridewithgps.com/routes/12653463> - 43.4 miles Ride Host: Kathy Kane 925-323-5611

SAT. 10/15/16 2-L/M 40-50 mi. Oktoberfest Ride from Danville Park & Ride. Route in progress and will be on the VS calendar 3 days before the ride. Rain cancels. Ride Host: Julie Hampton psyyclejulz@sbcglobal.net

SAT. 10/15/16 4-M 42 mi. 10:00 a.m. MTB – Gazos Beach to Big Basin and Butano State Parks Fire roads and paved roads. Technical challenges are: some short steep sections, some sand. All climbs are ride-able. 4,750' of climbing. Lots of redwood and oak forests, lots of shade. Break at Big Basin Store around 13.8 miles. Lunch in Pescadero or HMB after ride. Blue lines on map are paved roads. Red lines are fire roads <https://ridewithgps.com/routes/16760043> Ride host: Rob Delfosse 925-522-6270

SUN. 10/16/16 TBD. Check VS calendar for details as date approaches. Kathy Koos 925-417-0387 or 925-963-8503

MON. 10/17/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

MON. 10/17/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

WED. 10/19/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

WED. 10/19/16 6:00 p.m. See WAW ride details on WED. 10/5.

THURS. 10/20/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

FRI. 10/21/16 9:00 a.m. See Odd FriDay Ride details on FRI. 10/7/16.

SAT. 10/22/16 9:00 a.m. 2 L/M 46 miles or 2 M/B 60 miles Beginning at corner of Main Street and Higgins-Purisima Road in Half Moon Bay. Lots of street parking on Main next to fire station. We have two rides:
1. 46 Miles, LM pace, led by kathy Koos <https://ridewithgps.com/routes/16658029>
2. 60 miles, MB pace, led by Rob Delfosse <https://ridewithgps.com/routes/16677892>
Lunch at Garden Deli in downtown HMB afterward. Ride hosts: Rob Delfosse for the 60 mile ride; Kathy Koos for the 46 mile ride

MON. 10/24/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

MON. 10/24/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

WED. 10/26/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

WED. 10/26/16 6:00 p.m. See WAW ride details on WED. 10/5.

THURS. 10/27/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

FRI. 10/28/16 9:30 a.m. See Even Friday Mt. Diablo Ride details on FRI. 10/14/16.

SAT. 10/29/16 2-L/M 65 miles 9:00 a.m. Martinez to Davis via Pleasants Valley. 5th Annual Halloween ride to Davis 1,585' elevation gain. Please join us for a romp through the beautiful fall countryside. Starting in Martinez we will cross the Benicia Bridge, ride up through Cordelia and around Fairfield, follow rural Pleasants Valley Rd. to Winters, and end in Davis. Lunch is optional in Winters or Davis. A relaxing ride on the Capitol Corridor Amtrak train will take us back to Martinez. Bring water, food, money and a PHOTO ID (**mandatory** to purchase an Amtrak ticket). The return trip home is 43 minutes. No services between Fairfield and Winters so please plan accordingly at the rest stops. Rain cancels. If iffy, ride hosts will send an email morning of the ride.

It is HIGHLY ENCOURAGED to take the first train back when you arrive in Davis to spread out the number of bikes on the trains. Trains leave at 12:25pm, 2:25 pm, 4:10pm, 4:55 pm, 5:55 pm and 7:25 pm; fare is \$16. Over 62 - \$13.60. Please show your Halloween spirit and dress in costume to add to the fun!! <http://ridewithgps.com/routes/1850419> Hosts: Julie Hampton, Rob Delfosse 925-522-6270

MON. 10/31/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

MON. 10/31/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16

NOVEMBER 2016

WED. 11/2/16 9:00 a.m. See Heather Farm Standing Ride details on MON. 10/3/16.

THURS. 11/3/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 10/3/16.

FRI. 11/4/16 9:30 a.m. See Even Friday Mt. Diablo Ride details on FRI. 10/14/16.

SUN. 11/6/16 2-L/M 45-60 miles 10:00 a.m. Annual Progressive Dinner Ride in Escalon. Meet at home of Pam & Steve Gifford, 22549 Burwood Rd., Escalon, CA 95320. Valley Spokesmen Club members, families, and friends are invited to this year's Progressive Dinner ride at Pam and Steve Gifford's circa 1854 farm home in the almond & walnut orchards, cornfields and dairy farms of rural Escalon, right on the way to Yosemite!

We have family-friendly intermediate ride loops planned on mostly level terrain, totaling 45 miles. Hammerheads, don't despair! Each loop has additional distances just for you, giving you a total of 65 miles. The first ride of 15 miles skirts the town limits and returns back thru the center of town for the return to our first course of delicious soup. The second ride of 30 miles goes east thru Oakdale and crosses the Stanislaus River into Riverbank. Then we return for our last meal of cool salad, lasagna, and dessert. For those who want more exercise, we have a quick six mile ride thru another quiet country corner just down-the-road and back to the Gifford's for dessert and socializing.

Plan on 1 hour drive from Dublin. Suggested Carpool: Park & Ride lot I-680 & Bollinger (SW corner of intersection) by 8:45 a.m.

Directions: Take I-580 east over the Altamont Pass. Bear left on I-205 east thru Tracy. Catch I-5 north for 2 miles to the Rte. 120 east exit towards Maneca. Bear right onto Rte. 99 south. Exit Jack Tone Road, go east (left). Turn right onto River Road. Go approx. 10 miles. Turn right on Burwood Lane which becomes Burwood Road 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. Welcome! The day's activities will begin at 10:00 a.m. at the Gifford's, 22549 Burwood Road, Escalon, CA 95320. Steve's Cell Phone: 925-487-9150

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

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

Sept 1: On Wednesday the Heather Farm ride headed east through Lafayette on the trail to Moraga Commons and then continued on Moraga Way to Orinda for a refreshment break at Theater Square. We returned on the St. Stephen's trail to Lafayette and then back the way we came. Peter

Sept 2: Great day for Dianne's birthday ride to the top of Mt. Diablo. Due to time constraints I turned around at the junction, but most continued on to the summit today. Happy Birthday Dianne! Peter

Sept 8: Great turnout and nice weather for Walt's birthday ride today together with the Fremont Freewheelers club. Peter

Sept 9: Kathy and Christy substituted for Gail as hosts for today's odd-Friday ride. We headed down to Verona bridge and then returned through Pleasanton with a refreshment stop at Specialties. Peter

Sept 10: Beautiful day for Kathy's ride from the Bollinger Canyon Park&Ride out to Lake Chabot and the Oakland Zoo before returning via Skyline, Redwood, and Pinehurst to Moraga, St. Mary's to Lafayette, and then back along the Blvd. Peter

Sept 11: A little chilly at the start, but warmed up considerably once the sun burned through the cloud layer for Ken and Mary's ride around Alameda and Bay Farm islands. Nice to have a relaxing, and flat, ride after yesterday's tour of the Oakland hills. Peter

Sept. 15: Ron substituted for Bob as host for today's conditioning ride from the Dublin location of Livermore Cyclery today. Our route took us over Old Ranch and through the Windemere development before heading down Camino Tassajara and Old Orchard/Greenbrook/El Capitan/Alcosta back to Dublin. Peter

Sept 17: An early start let us beat the heat on Jim and Francie's ride from the Bollinger Canyon Park&Ride to Moraga and continuing with the Canyon/Pinehurst/Skyline/Redwood/Pinehurst loop. Peter

Sept 19: On Wednesday, Sept. 21st, we will be riding from the SF Ferry Building to 'The Re-Cyclery Bike Shop' in San Rafael to check out their bike 'stuff' with lunch at Taqueria

San Jose across street. We will then return across the GG Bridge heading for Daly City BART via the Great Highway. (OPTION: Return to SF Ferry Building from Larkspur via ferry). Pete Culshaw

Sept 24: The group rode from the SF Ferry Building across the Golden Gate into Sausalito and continuing through Corte Madera and Larkspur to Paradise Drive and Tiburon. After refreshments they returned via Belvedere to Sausalito and back to the start. Peter

Sept 25: Shannon to Calaveras. Definitely warmer today, so everyone opted to turn around at the first summit and finish the ride early. Peter

Sept 26: Warmed up quickly this morning for the ride from Heather Farm down to Dublin. I rode north on the Blvd. from San Ramon to meet the riders coming south from Walnut Creek. Peter

♫ ♫

UPCOMING CYCLING EVENTS

October

- 1 Sacramento Century, Sacramento, CA
- 1 Napa Valley Ride to defeat ALS, Yountville, CA
- 1 Cherry City Cyclists - Best of the Bay, Orinda
- 1 Konocti Challenge, Lakeport, CA
- 1 Grizzly Century, North Fork, CA
- 1 Levi King Ridge Granfondo, Santa Rosa, CA
- 2 Happy Howl-o-weelin, Windsor, CA
- 8 Wine & Roses Bicycle Ride, Templeton, CA
- 8 Bass Lake Powerhouse Double Century, Clovis, CA
- 8 Yuba-Sutter Pink October Ride for Awareness, Yuba City, CA
- 8 Cycling 4 Veterans, Livermore, CA
- 8 Golden Hills Gran Fondo, Knights Ferry, CA
- 8 Asti Tour de Vine, Cloverdale, CA
- 9 Surf City AIDS Ride, Santa Cruz, CA
- 15 Foxy's Fall Century, Davis, CA
- 15 Valley Girls Ride, Clovis, CA
- 15 Shasta Wheelmen Jamboree Rides, Redding, CA
- 15 Solvang Autumn Double Century, Solvang, CA
- 22 Canyon Classic Century, Patterson, CA
- 29 Wheels for Meals Ride, Pleasanton, CA

November

- 5 Bike the Coast, Oceanside, CA
- 6 Giro d'Vino, Acampo, CA
- 12 Palm Desert Century, Palm Desert, CA
- 12 TBF Mountain Bike Camp Level 1 & 2, Granite Bay, CA
- 13-18 Tour of Death Valley, Death Valley, CA

VALLEY SPOKESMEN AFFILIATIONS

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

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

**Valley Spokesmen Bicycle Touring Club
Membership Meeting September 7, 2016 7:00 p.m.**

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

Treasurer's Report – Don was absent. No report

Ride Report—Bonnie reported on the Anniversary party. There was an Angel Island ride that was well attended. TOSRD is coming up and is sold out. Walnut Creek has a Tahoe trip coming up which is the same weekend as TOSRD. There are two openings available to attend the Tahoe trip.

VS Website—Ken provided an update. Kathy will be designing a member's only content page which will include Ride with GPS sign up instructions.

Community Liaison Report—Al Kalin talked about recent accomplishments on Mt. Diablo. Those projects, which are designed to make cycling safer, include: solid double lines and multiple signs appealing to both autos and cyclists to pass and ride safely. In the future, look for sharrows on ascending climbs and for bike turnouts. The superintendent has approved a pilot program to develop three turnouts for cyclists. Al presented Steve Whelan and Dianne Thompson with a graphic art print of a tarantula ascending the Mountain.

Correspondence—Nothing to report.

Ride with GPS tutorial—Kathy provided an update. Surveys have gone out with a 45% response rate. She will resend the surveys in the hopes of generating a greater response. She is planning on hosting the tutorial in late October.

Good of the Order

Dianne talked about the Panjo! launch. Panjo! is a market place where members can sell their goods. Only VS members can post to the the VS Panjo! account to sell, however, Panjo! is open to the public for purchase. There is no cost to post, however once a transaction has been completed, Panjo! will charge 6.9% of the sale price. Normally, one half of the charge would go to Panjo! and the other half would go to Valley Spokesmen. Valley Spokesmen is waiving that half, so the net cost to the seller would approximate 3.5%.

Mt. Diablo Challenge—Bonnie is in need of one more volunteer at the Junction and one more volunteer at the top. Meeting adjourned at 7:20 by Steve

Following the meeting, Ken provided a lovely video presentation of the recent trip to Viet Nam and Thailand attended by Valley Spokesmen members.

Valley Spokesmen Bicycle Touring Club

Executive Board Meeting September 14, 2016 7:00 p.m.

Present: Rob Del Fosse, Dianne Thompson, Rebecca Wood, Ken Hernandez, Don Carpenter, Kathy Koos, Bonnie Powers, Jim Duncan, and Marcus Van Raalte

Absent: Steve Whelan

Meeting Called to Order by Dianne Thompson at 7:00 p.m.

Approval of Minutes—Jim made a motion to approve the August minutes, Bonnie seconded, all voted in favor.

Treasurer's Report--Don reported we are solvent. Donations from Cinderella proceeds have not gone out yet. Taxes will be completed by November 15, 2016.

Old Business

Ride Report—Rob reported on a few nice mountain bike rides held this month with trips to Angel Island and Lake Del Valle. Jim mentioned there is still a need for ride hosts and recommended a weekly notice to recruit hosts. The Gifford family has expressed an interest in hosting the annual progressive dinner ride. Bonnie will send out an email to ascertain the interest level of the ride.

VS Website--Ken reported that we have two new members since last month. Ken discussed email address capacity had again reached it's maximum. Ken has weeded out duplicates. There was a discussion on possibly limiting kept email addresses to two years in order to free up space.

Master Plans—Bonnie mentioned the Amador Plaza Road improvement project will begin in September/October. The Pleasanton City Council meeting on Bicycle and Pedestrian Safety was well attended by many participants including: Rebecca, Peter, Steve McGinnis, and Marsha. Rebecca reported the staff presented master plan for next 10 years which the City Council adopted

Correspondence—Nothing to report.

New Business

TOSRD—TOSRD is completely booked. We have enough volunteers and there is a wait list. Ken will send out an email reminder to complete, print, and bring the release when you sign in for the ride. Bonnie added a reminder to please remember to label your bags.

GPS Training—Kathy provided an update and is working out the details of class organization.

Mid Winter Party Thoughts—Kathy provided a summary of the first committee meeting. It was decided that awards would be limited to 10-20. The committee is currently exploring different venues.

Mt. Diablo Challenge--Bonnie still needs volunteers to assist.

Mt. Diablo Dedication—Jim mentioned the dedication date has been set for Friday, October 7 at 9:30 a.m. at Curry Point. Jim recommended providing a banner for the official ribbon cutting. Bonnie made the motion to approve the donation and purchase of the banner, Dianne seconded and all voted in favor.

Officer Nominations and Elections—Dianne brought up the need to begin the process of officer nominations and elections. Bonnie confirmed that the nominating committee, which consists of the President, Vice President, and three non-officer members from the general membership, should begin the nominating process.

Chuck's Death Ride Survey--Kathy will send out note to general membership regarding Chuck's Death Ride Survey.

Good of the Order

-Dianne inquired about changing the club jersey design. Jim has sent a note to Voler asking for design options. Rob thought the shorts needed updating. Jim indicated the shorts, as they are now, will be discontinued.

-Ken mentioned his upcoming Santa Cruz ride and asked for reimbursement for gas, SAG support, and snacks. Jim made a motion for Ken to be reimbursed, Kathy seconded and all voted in favor.

-There was an executive session discussion on rider safety. Kathy read the portion of the bylaws that address rider issues. It was agreed that Rebecca and Kathy will explore other clubs to see what their policy is. It was also agreed this was an issue to be followed up by the President.

Meeting adjourned at 8:10 p.m. to the Executive Meeting on October 5, 2016 at 6620 Spruce Lane, Dublin, California.

Respectfully Submitted,
Kathy Koos, Recording Secretary

Valley Spokesmen Bicycle Club Correspondence

Correspondence sent:

1. Check to Julie Hampton to cover postage and stickers for current newsletter
2. Check to Dianne Thompson to cover out-of-pocket expenses for the Angel Island trip
3. Check to Purchase Powers for the Pitney Bowes annual account access fee.
4. Check to California Secretary of State for filing fee.
5. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
6. Check to Business Card (B of A) for charge account.
7. Check to Bob Powers for out-of-pocket expenses for Mt. Diablo Challenge.
8. Check to River Rats Portable Toilets for T.O.S.R.D.
9. Letters of welcome to old/new members. Currently 607 card carrying members.

Correspondence received:

1. Checks for TOSRD registration/membership/VS clothing.
2. Annual report from California State Parks Foundation.
3. Request for donations and membership renewals.
4. Advertisements for upcoming events and touring companies.
5. September and October copies of Sunset magazine.
6. 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

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Mileage Report as of September 28, 2016			
Newsletter Mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Allen, Cason	463	0	4
Allen, Joe	740	0	12
Ball, Karin	434	2	11
Barbier, Larry	648	0	21
Barnett, Bob	825	0	20
Bartlett, Christine	207	0	4
Blanco, Gail	2260	40	52
Carey, Liz	233	0	5
Carpenter, Don	1239	0	39
Castagnini, Janice	323	0	7
Cheng, Joe	2289	7	44

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.

Mileage Report as of September 28, 2016 Newsletter Mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Choy, Serena	1073	0	42
Cooke, Pam	808	1	25
Cosin, Wendy	2290	19	54
Coyle, Sarah	226	0	1
Crawford, Erin	257	0	5
Crawford, Marlowe	295	0	6
Crawford, Matt	228	0	6
Culshaw, Pete	2441	23	59
Culshaw, Sharon	812	0	27
Cushman, Francie	2869	23	84
Dahlgard, Jackie	360	0	4
Daly, Deb	744	0	13
Davis, Patti	1919	1	44
Dedon, Erica	714	2	16
Dedon, Mark	763	2	15
Delfosse, Rob	930	7	27
Deornelas, Vic	759	0	12
DePasquale, Tammy	305	0	6
Donovan, Deb	1610	0	45
Duncan, Jim	2657	21	77
Dunn, Kathleen	326	1	11
Dunning, Clay	829	0	13
Duvoisin, Marc	307	0	7
Eacret, Wes	945	1	27
Enriquez, Gilbert	548	0	18
Faires, Debbie	244	0	5
Feigenbaum, Larry	904	0	28
Flusche, Tony	274	0	9
Fong-Jean, Lorril	212	0	4
Foster, Danielle	669	1	18
Frasier, Debbie	737	0	19
Fredricks, Larry	284	0	8
Fujii, Bob	218	0	5
Fusco, Bob	751	0	24
Gabe, Jan	333	0	7
Goldman, Ken	277	0	8
Gomez, Lynnette	292	0	6
Goroff, Marc	484	0	11
Groves, Susan	283	0	8
Guarienti, Faye	456	0	11
Hagelin, Craig	743	0	23
Hampton, Julie	499	2	14
Hansen, Renata	809	17	26
Haupt, Chuck	587	0	20
Heady, Bob	1565	37	54
Heggelund, Merel	289	0	5
Hermann, Mark	774	0	19
Hernandez, Ken	1289	1	33
Hernandez, Mary	1621	2	46

Mileage Report as of September 28, 2016 Newsletter Mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Herrera, Gloria	391	0	9
Hsueh, Gary	251	1	7
Jakubowski, Diane	208	0	5
Johnson, Robin	304	0	6
Kaiser, Karen	628	0	16
Kane, Kathy	369	2	10
Kita, Emily	356	0	10
Kita, Jim	531	0	16
Koos, Gary	537	0	11
Koos, Kathy	674	11	13
Kowalewski, Steve	780	0	22
Kriebel, Olivia	339	0	7
Kwong, Linda	244	0	5
Kyong, Peter	941	0	31
Lagodzinski, Andrew	318	0	5
Lanzas, Alberto	862	7	15
Lark, Mary	346	0	8
Lisy, Norm	416	0	13
Loofbourrow, Peggy	226	0	6
Louis, Ken	215	0	7
Low, Ellen	371	0	9
Lowe, Diana	324	0	8
Madelo, Adele	273	0	7
Makkink, Marjon	260	0	7
Martinelli, Craig	1113	0	33
Mayfield, Milinda	386	0	10
McGinnis, Steve	250	0	6
Meidberg, Larry	226	0	9
Mertz, Jacqueline	2359	0	53
Michenfelder, Jake	357	0	1
Montevago, Marsha	254	0	6
Moorhead, Jane	1069	14	41
Morson, Kathy	375	0	10
Nadeau, Elaine	660	2	24
Nasstrom, John	355	0	7
Noori, Sina	234	0	5
Norek, Al	716	0	23
O'Boyle, Maureen	226	0	5
O'Hare, Cindy	269	0	6
Olenberger, Emma	871	5	23
Ondricek, Doug	630	20	24
Ondricek, Janet	405	13	17
Osborn, Sandra	341	0	8
Page, Janie	318	0	9
Pereira, David	1069	5	26
Perry, Marta	262	0	5
Pham, Chris	485	3	14
Polley, Ed	1014	0	24
Pollock, Terese	293	0	7

Mileage Report as of September 28, 2016 Newsletter Mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Powers, Bob	255	1	2
Powers, Dick	415	0	9
Putnam, Ned	512	0	14
Rafanelli, Pam	310	0	6
Rasmussen, Ron	1272	0	39
Rathmann, Peter	4792	13	135
Reilly, T.J.	1416	0	47
Rodriguez, Vicki	276	0	6
Roe, Joan	251	0	6
Rossiter, Jaynette	1250	0	41
Rudy, Kevin	263	0	8
Rutherford, Nicole	223	0	4
Satoutah, Brahim	663	1	9
Seda, Marta	247	0	6
Serriere, Vianney	978	1	25
Settle, Andy	1782	0	40
Shannon, Geoff	2708	22	66
Shigemoto, Lisa	338	0	8
Shum, Bart	517	0	10
Simpson, Christy	3041	22	90
Skow, Dick	2323	8	56
Soby, Tony	424	0	9
Sovulewski, Larry	246	0	7
Spiegel, Joan	381	0	10
Stevens, Jan	714	0	23
Strain, Bob	562	0	13
Strain, Kathy	1371	0	37
Streit, Ron	902	0	24
Taughner, Vic	281	0	13
Thieben, Kevin	869	0	24
Thomas, Walt	324	0	9
Thompson, Dianne	1688	9	49
Tracy, Steve	374	0	6
Trotman, Traci	326	0	9
Uher, Julie	884	0	31
Uher, Will	565	0	18
Van De Vreugde, Jim	1722	2	36
van Raalte, Marcus	572	0	12
Vergino, Eileen	274	0	2
Weiny, Lorrie	306	0	7
Whelan, Steve	3214	1	87
Wong, Marlene	278	0	7
Wood, Rebecca	838	5	23
Woodruff, Bill	216	0	8
Woods, Colleen	316	0	7
Yantis, Marcheale	340	0	9
Zucker, Pam	275	0	7

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 126,599!!!

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

Ride Hosts – there are 16 sign-up sheets outstanding as of September 28, 2016. Please turn these sheets in as soon as possible.

Thanks to September's Ride Hosts:

Karen Ball
Gail Blanco
Joe Cheng
Francie Cushman
Rob DeFosse
Jim Duncan
Bob Heady
Mary Hernandez
Kathy Koos
Jim Lund
Jane Moorhead
Doug Ondricek
Janet Ondricek
Peter Rathmann
Christy Simpson
Dick Skow
Dianne Thompson

SPECIAL THANKS
TO THE FOLLOWING PEOPLE WHO ASSISTED
ON THE MT. DIABLO CHALLENGE, ON

Sunday, September 25th

Francie Cushman
Jim Duncan
Mary Engleton
Marsha Montevago
Carol Pendery
Tom Pendery
Bob Powers
Bonnie Powers
Steve Whelan
Rebecca Wood

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.