

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

The Valley Spokesmen offers a ride leader credit program that gives our ride leaders a little reward for hosting club rides. You can earn a credit by hosting a ride or volunteering for Cinderella and Wente Road Race. Everyone who earned more than three credits has been notified of their earnings with awards are to be presented at the Mid-Winter Party. Credits may be redeemed for:

- 3 Credits = VS Club Socks
- 5 Credits = VS Club Membership
- 6 Credits = VS Club Arm Warmers or Gloves
- 12 Credits = VS Club Vest
- 15 Credits = VS Club Jersey or Shorts
- 20 Credits = \$100 gift card at your Local Bike Shop

There is a limit of 30 credits that may be redeemed per year. In 2016, we had 33 people that earned more than 3 credits with 6 people earning the maximum of 30 ride leader credits. The maximum number of rides hosted in 2016 was held by Bob Heady who led 53 rides. Thanks to all Valley Spokesmen ride leaders for hosting rides. The gifts are well earned.

Hosting a ride is easy and a great way to meet new people and earns credits towards free club clothing, membership or a bike store gift certificate. If you would like to earn credits for 2017 contact our Ride Director, Gail Blanco, or one of the ride coordinators.

Thanks to all of our 2016 ride leaders who put together our rides and make our club so great.

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.

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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!

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Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar www.valleyspokesmen.org/ridecalendar

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

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

February 2017**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.
 ODD FRIDAY morning ride from Central Park (San Ramon) at 10:00 a.m. Beginner Friendly.

WED. 2/1/17 2-L/M 25-45 miles 9:00 a.m. Wendy Cosin 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: Wendy Cosin, 510-813-7061

THURS. 2/2/17 2-M 20-25 miles 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

FRI. 2/3/17 2 L/M 25-35 miles 10:00 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. 2/4/17 3M 52 miles 9:00 a.m. SHARP Redwood-Moraga-Orinda Loop. Start Shannon Park off Shannon Ave., Dublin. 3,100' climbing. This is the traditional Redwood/Moraga loop with the addition of Orinda Coffee stop at Peet's Coffee & Tea in Orinda before returning via St Stephens trail and Mt Diablo Blvd to Lafayette and then San Ramon Valley Blvd. Please be ready to roll AT 9:00a.m. Ride With GPS link: <https://ridewithgps.com/routes/17930345> PDF: <http://www.valleyspokesmen.org/resources/Pictures/REDWOOD-PINEHURST-MORAGA-ORINDA.pdf>
 Host: Brahim Satoutah 925-963-7024

SAT. 2/4/17 9:45 a.m. Feather Pedal Basic Skills Session Sycamore Park & Ride. For the Cinderella conditioning series, Meredith Nielsen with Wenzel Coaching will host 3 basic skills sessions that will take only 15 minutes. These sessions will take place before the regularly scheduled rides and are geared to helping everyone become a better rider. This is important because there is more to riding a bike than just pushing on the pedals! Learning and practicing fundamental

bike skills can help make your riding safer and more fun both as an individual and for others in the ride group. Learning to develop smooth and efficient pedaling can make you less tired at the end of a long ride. Proper use of your brakes and good cornering techniques can help you feel more confident when descending. Sound individual skills will make you a better riding companion on group rides like the Cinderella. Please take a moment to read "Rules of the Road" and "Pack Riding Skills" under Download on www.valleyspokesmen.org. Contact Meredith for any individual training needs and please thank her for volunteering her time to teach our group how to ride efficiently and safely. Watch for Skills dates to be announced. For more information, contact Meredith at mer@merhal.com. Additionally, Meredith will announce via eMail to the VS group the details of her 5-hour long bike skills trainings as they are scheduled.

3 sessions will be held 15 minutes before roll time in the Newcomers area.

1. **January 14th**: Helmet check, proper tire pressure, bike lights, proper emergency identification, basic bike position, starting/stopping.
2. **February 4th** (moved from Jan 28th): Emergency braking, basics of group riding etiquette
3. **February 11th**: Shifting and cadence, slowing/speeding up and being smooth on the bike

Contact:

Meredith Nielsen
 USAC Level 2 Coach
 415-516-0409

meredithnielsen@wenzelcoaching.com

SAT. 2/4/17 2-L/M 10:00 a.m. Feather Pedal Conditioning Ride. Start @ Sycamore Park & Ride. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge. See VS website for more details.

SUN. 2/5/17 4M 63 miles 9:00 a.m. Livermore Mini Death Ride. Start Old Nob Hill Parking Lot @ South Livermore & Pacific, Livermore. <https://ridewithgps.com/routes/17607659>
 Ride Host: Kathy Koos 925-417-0387, 925-963-8506

MON. 2/6/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

MON. 2/6/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

WED. 2/8/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

WED. 2/8/17 7:00 p.m. VS Executive Board Meeting. 6640 Spruce Lane, Dublin.

THURS. 2/9/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

SAT. 2/11/17 4M 65 miles 9:00 a.m. Mt. Diablo & Morgan Territory Ride. Start from Diablo Vista Park, 1000 Tassajara Ranch Dr., Danville. <https://ridewithgps.com/routes/7205892>
 Ride host: Kathy Koos 925-417-0387, 925-963-8506

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Meredith Nielsen with Wenzel Coaching will host 3 basic skills sessions that will take only 15 minutes. These sessions will take place before the regularly scheduled rides and are geared to helping everyone become a better rider. This is important because there is more to riding a bike than just pushing on the pedals! Learning and practicing fundamental bike skills can help make your riding safer and more fun both as an individual and for others in the ride group. Learning to develop smooth and efficient pedaling can make you less tired at the end of a long ride. Proper use of your brakes and good cornering techniques can help you feel more confident when descending. Sound individual skills will make you a better riding companion on group rides like the Cinderella. Please take a moment to read "Rules of the Road" and "Pack Riding Skills" under Download on www.valleyspokesmen.org. Contact Meredith for any individual training needs and please thank her for volunteering her time to teach our group how to ride efficiently and safely. Watch for Skills dates to be announced. For more information, contact Meredith at mer@merhal.com. Additionally, Meredith will announce via eMail to the VS group the details of her 5-hour long bike skills trainings as they are scheduled.

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Contact:

Meredith Nielsen

USAC Level 2 Coach

415-516-0409

meredithnielsen@wenzelcoaching.com

SAT. 2/11/17 2-L/M 38.2 miles 10:00 a.m. Feather Pedal Conditioning Ride. Start @ Sycamore Park & Ride. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge. See VS website for more details.

SUN. 2/12/17 3M 45-60 miles 10:00 a.m. Steve's Birthday Ride. Mines Rd Start Old Nob Hill Shopping Center parking Lot S. Livermore & Pacific, Livermore. We are riding an "out and back" up Mines Rd. You can ride up to the County Line on Mines Rd. Others can continue onto the Junction. You can turn around at any time, as it is an "out and back". Please bring plenty of water and food. There is no place to stop for water or food. <https://ridewithgps.com/routes/13110307>
Ride host: Steve Whelan

MON. 2/13/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

MON. 2/13/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

WED. 2/15/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

THURS. 2/16/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

FRI. 2/17/17 2 L/M 25-35 miles 10:00 a.m. See Odd FRIday Ride details on FRI. 2/3/17.

SAT. 2/18/17 9:00 a.m. Danville/3 Bears loop. Start from Diablo Vista Park in Danville. We will travel to Bear Creek Rd via Alhambra Valley, loop around to Orinda and return on the Blvd and Sycamore Rd. We will stop at Starbucks in Orinda on the return at mile 36. This ride has over 4,000 feet of climbing. Take I-680 and exit on Crow Canyon Road east to Danville. Diablo Vista park is located about 3 miles on Crow Canyon Rd and Tassajara Ranch Road, then turn right into the parking lot. Bring plenty of water and food or money to buy during out stops. Please check the VS website calendar for updates prior to the ride. **Advanced Ride**
Route: <http://ridewithgps.com/routes/9883844>
Cue Sheet: [DiabloVista3Bears.pdf](#)
Ride Host: Brahim Satoutah 925-963-7024

SAT. 2/18/17 2-L/M 42.2 miles 9:00 a.m. NOTE NEW TIME Feather Pedals Conditioning Ride. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge.
<https://ridewithgps.com/routes/11168295>
Ride Host : Chris Pham 925-997-6674

SUN 2/19/17 3.5M 60 miles 9:00 a.m. Corral Hollow-Tracy-Bethany Reservoir Loop. Start Old Nob Hill Shopping Center parking Lot S. Livermore & Pacific, Livermore. Ride east to Tracy via Tesla and Corral Hollow, Mountain House, Bethany Resv, and Altamont Pass, before returning to Livermore. Please print your own cue sheet.
Cue Sheet: [LIVNH Corral Hollow-Bethany.pdf](#)
Route: <https://ridewithgps.com/routes/13110331>
Host: Brahim Satoutah 925-963-7024

MON. 2/20/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

MON. 2/20/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

WED. 2/22/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

THURS. 2/23/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

SAT. 2/25/17 4M 50 miles 9:00 a.m. Happy Valley-Toyonal-Pinehurst. Start Danville Park & Ride Sycamore Valley Rd. @ I-680. Toyonal could be described as a poor man's Sierra - shorter and not quite as steep, but with a 3/4 mile section near the top that varies between 10 and 15% grade. It was used in the Low-Key climbing race series a few years ago. Ride with GPS Link:
<https://ridewithgps.com/routes/18391599>
Ride Host: Rob Delfosse 925-522-6270

SAT. 2/25/17 2-L/M 45.5 miles 9:00 a.m. Feather Pedals Conditioning Ride. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12

weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge. <https://ridewithgps.com/routes/11201927>
Ride Host: Rebecca Wood 925-577-3842

SUN 2/26/17 2.5M 52 miles 9:00 a.m. VS ride from San Ramon central park East Livermore. A brief stop at Vasco Starbucks, the ride continues out with an option for Flynn Rds or Cross Rds and return via Pleasanton. You have the option to ride the long loop or cut the ride shorter by returning via Greenville & back to Pleasanton after our rest stop at Vasco Rd. Please print your own cue sheet and review the route prior to the ride.
http://www.valleyspokesmen.org/resources/Pictures/SRCP_Livermore_52_Mile_Loop.pdf
<https://ridewithgps.com/routes/13110282>
Ride Host: Alberto Lanzas 510-825-9581

MON. 2/27/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

MON. 2/27/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

WED. 3/1/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

WED. 3/1/17 7:00 p.m. Valley Spokesmen Quarterly Membership Meeting. Round Table Pizza, 7910 Amador Valley Blvd., Dublin. All welcome! Entertainment provided.

THURS. 3/2/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

FRI. 3/3/17 10:00 a.m. See Odd FRIday ride details on FRI. 2/3/17.

SAT. 3/4/17 3-4M 51 miles 9:00 a.m. Diablo Vista to Three Bears Loop.

SAT. 3/4/17 48.3 miles 9:00 a.m. Feather Pedals Conditioning Ride. Cross & Collier Canyon. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd.. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge.

MON. 3/6/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

MON. 3/6/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

WED. 3/8/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 2/1/17.

WED. 3/8/17 7:00 p.m. VS Executive Board Meeting. 6640 Spruce Lane, Dublin.

THURS. 3/9/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 2/2/17.

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

Dec 31: A little brisk for Rob's ride today especially since the sun stayed hidden most of the time. Nice alternate route to Orinda via Happy Valley and the neighborhood along the ridgeline. Peter

Jan 1: Our first club ride of the year felt pretty warm on the way up but much colder coming back down. We had some nice views on our way up but climbed into the fog toward the summit.

Jan 14: It was a beautiful day for the Conditioning Ride 2 of 13. We had 100 riders: 75 VS members and 25 non-members join us! A big shout out and many thanks to the following : Dean, our faithful SAG; Rebecca, our Sweep and Don for working with the beginner group. We also want to thank Meredith Nielsen, USAC Level 2 Coach, for giving us invaluable safety and riding tips to help us become better riders. Thank you also to Patrice from Jakroo. Chris

Below is from Meredith

SKILLS SESSION #1 1/14/17

1. Helmet- make sure the strap is snug but not uncomfortable. Straps should meet right underneath your ears. Helmet should be done over your forehead and you should be able to see the front edge of it when you look up.
2. Lights- using front white and rear red blinky lights during the day can help make you more visible to drivers.

3. Basic position on the bike- relaxed hands, elbows and shoulders help you absorb road bumps and reduce fatigue. Hands on hoods for most riding, on tops for extended climbs where you don't need to have your fingers near the brake levers, in the drops when descending or going fast on flat road. Practice being in the drops on flat roads starting with a few minutes at a time and increasing that time as you get more comfortable with the new position.

4. Starting out-one foot up in the [12:00](#) position (clipped in if you are using clip-in pedals) in the Power Position. Butt off the saddle; most riders are pretty unstable trying to stay upright with only one foot tiptoe on the ground! Head and eyes UP and looking where you are going. Strong push off so you are going fast enough that you don't wobble. Clip other foot in as soon as possible and begin pedaling.

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UPCOMING CYCLING EVENTS

February

- 12 Velo-Love Ride, Gridley, CA
- 18 Stagecoach Century, Ocotillo, CA
- 18 Almond Blossom Century, Ripon, CA
- 18 Camino Real Double Century, Irvine, CA
- 25 Pedaling Paths to Independence, Linden, CA
- 2/25-3/2 Climate Ride Death Valley, Death Valley

UPCOMING VALLEY SPOKESMEN CYCLING EVENTS

PASO ROBLES 2017 – from Wednesday, May 24th to Friday, May 26th riding from Sunol to Paso Robles for the Great Western Bicycle Rally. Two nights of lodging - in Hollister and King City. The total cost of the trip is anticipated to be \$250.00 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 with a \$200.00 deposit (made payable to Valley Spokesmen). For additional information, contact Bonnie Powers at 925-828-5299 or [b-powers@att.net](mailto:bpowers@att.net).

NEW ENGLAND HERE WE COME: Join us for a tour from Boston, MA through New Hampshire and onto Nova Scotia, New Brunswick then back to Maine before returning to Boston. The trip will probably run from July 14th until August 3rd. The estimated cost (based upon 20 riders) will be \$2800.00. This will cover all hotels, rental vehicles/insurance/gasoline, two ferry crossings for vehicles/people/bikes and incidentals. A deposit of \$200.00 will hold your spot, made payable to Bonnie Powers. Any questions, you may call Bonnie at 925-828-5299 – home; or 925-200-5299 – cell.

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 SPOKESMAN EXECUTIVE BOARD MEETING

January 11, 2017

7:00pm – 6640 Spruce Ln., Dublin, CA

Present: Rebecca Wood, Don Carpenter, Steve Whelan, Gail Blanco, Rob Delfosse, Jim Duncan, Ken Hernandez, and Bonnie Powers.

Absent: Kathy Koos

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

Treasurer Don Carpenter reported on the balances in the checking and savings accounts. He submitted a proposed budget for 2017, there were a few changes made. The goal is to complete the taxes for 2016 by April this year.

Old Business:

- A. Ride Report – Gail Blanco reported on the Calaveras, San Lorenzo/Coyote Hills, and the Christmas lights ride adding there were 7 rides canceled due to rain.
- B. V.S. Website – Ken reported Cinderella registration is now open with 585 women registered. The announcement for the Mid-winter party has been posted; the meal choices will be added. 2017 membership currently stands at 365. There has been a problem with PayPal that hopefully has been corrected.
- C. Master Plans – Francie Cushman reported there will be a Bicycle/Pedestrian planning meeting at the Dublin Regional Meeting room on January 24th beginning at 6:00 p.m.
- D. Correspondence – Bonnie reported thank you notes continue to arrive from donations made after the Cinderella. Checks for membership renewals and Cinderella registration have been received.
- E. Rebecca reported on a meeting she had with Julie Hampton regarding the future of the club newsletter. Subjects raised were the continuation of the newsletter, the content, and what recommendation to provide the E-board. Questions raised were what is the purpose; what are the short and long term goals of the Club; how many club members read the newsletter; could there be a new and/or more effective way to communicate information with members via Website/Facebook/Twitter. Rebecca will survey members to gather information and report back to Board. She also suggested we provide a laminated poster to shops advertising the club.

New Business:

- A. Mountain Challenge – Jim reported there is a meeting scheduled with the Park Superintendent on January 18th. The date of the Challenge is October 8th. The Valley Spokesmen and Valley Spokesmen Race Team will be taking on the organization.
- B. Cinderella Status update – 585 women have

Final Mileage for 2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Deornelas, Vic	1045	0	16
DePasquale, Tammy	305	0	6
Donovan, Deb	2398	0	67
Duncan, Jim	3603	31	108
Dunn, Kathleen	326	1	11
Dunning, Clay	1141	0	18
Dunning, Craig	352	0	6
Duvoisin, Marc	407	0	8
Eacret, Wes	1423	1	36
Enriquez, Gilbert	790	0	26
Faires, Debbie	244	0	5
Feigenbaum, Larry	1251	0	40
Flusche, Tony	462	0	15
Fong-Jean, Lorril	212	0	4
Foster, Danielle	847	1	21
Frasier, Debbie	1143	0	30
Fredricks, Larry	416	0	11
Fujii, Bob	435	0	8
Fujii, Vivian	264	0	5
Fusco, Bob	831	0	27
Gabe, Jan	333	0	7
Goldman, Ken	432	0	12
Gomez, Lynnette	292	0	6
Goroff, Marc	759	0	16
Groves, Susan	400	0	11
Guarienti, Faye	521	0	13
Hagelin, Craig	1148	0	36
Hampton, Julie	733	4	19
Hansen, Renata	1041	18	29
Haupt, Chuck	891	0	27
Heady, Bob	2153	53	79
Hedges, Richard	260	0	4
Heggelund, Merel	315	0	6
Hermann, Mark	889	0	22
Hernandez, Ken	2061	2	55
Hernandez, Mary	2398	2	68
Herrera, Gloria	511	0	10
Howard, Dan	266	0	4
Hsueh, Gary	296	1	8
Hunt, Ryan	319	0	6
Jakubowski, Diane	369	0	7
Johnson, Robin	304	0	6
Kaiser, Karen	1599	8	42
Kane, Kathy	404	2	11
Kibbee, Mike	338	0	7
Kita, Emily	544	0	13
Kita, Jim	898	0	26
Koos, Gary	844	0	15
Koos, Kathy	1027	13	19
Kowalewski, Steve	1090	0	32
Kriebel, Olivia	339	0	7
Kwong, Linda	244	0	5
Kyong, Peter	1199	0	42
Lagodzinski, Andrew	318	0	5

Final Mileage for 2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Lanzas, Alberto	1380	11	25
Lark, Mary	375	0	9
Lisy, Norm	416	0	13
Loh, Madeleine	253	0	4
Loofbourrow, Peggy	255	0	7
Louis, Ken	215	0	7
Low, Ellen	432	0	11
Lowe, Diana	417	0	10
Madelo, Adele	501	0	11
Makkink, Marjon	327	0	9
Marotto, Frank	237	0	4
Martinelli, Craig	1544	0	47
Mayfield, Milinda	421	0	11
McGinnis, Steve	250	0	6
Meidberg, Larry	226	0	9
Mertz, Jacqueline	3335	0	80
Michenfelder, Jake	357	0	1
Mitchell, Ron	246	0	5
Montevago, Marsha	289	0	7
Moorhead, Jane	1684	26	64
Morson, Kathy	375	0	10
Nadeau, Alaine	805	2	30
Nasstrom, John	512	0	9
Nasstrom, Sharon	267	0	4
Newbury, Kim	311	0	5
Noori, Sina	496	0	9
Norek, Al	894	0	29
O'Boyle, Maureen	259	0	6
Oh, Nancy	316	0	6
O'Hare, Cindy	269	0	6
Olenberger, Emma	1277	5	32
Ondricek, Doug	806	24	29
Ondricek, Janet	431	13	18
Osborn, Sandra	458	0	11
Page, Janie	328	0	10
Pereira, David	1493	7	39
Perry, Marta	262	0	5
Pham, Chris	602	3	17
Polley, Ed	1057	0	25
Pollock, Terese	293	0	7
Powers, Bob	300	1	3
Powers, Dick	467	0	10
Powers, Hailey	216	0	3
Putnam, Ned	1181	0	33
Rafanelli, Pam	343	0	7
Rasmussen, Ron	1633	0	52
Rathmann, Peter	6684	27	193
Reilly, T.J.	1867	0	61
Reynes, Charles	261	0	3
Roberts, Susan	237	0	6
Rodriguez, Vicki	276	0	6
Roe, Joan	275	0	7
Rossiter, Jaynette	1502	0	52
Rudy, Kevin	298	0	9

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

Final Mileage for 2016 Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Rutherford, Nicole	223	0	4
Satoutah, Brahim	1118	3	19
Seda, Marta	247	0	6
Serriere, Vianney	1351	1	35
Settle, Andy	2632	0	64
Shannon, Geoff	3777	26	96
Shigemoto, Lisa	373	0	9
Shum, Bart	752	0	14
Simpson, Christy	3729	22	112
Skow, Dick	3161	10	79
Soby, Tony	481	0	11
Sovulewski, Larry	376	0	9
Spiegel, Joan	513	0	13
Stevens, Jan	959	0	31
Strain, Bob	1001	0	22
Strain, Kathy	1785	0	47
Streit, Ron	1224	0	30
Sussman, David	960	0	28
Taugher, Vic	319	0	15
Thieben, Kevin	1367	0	33
Thomas, Walt	575	0	13
Thompson, Dianne	1781	9	53
Tracy, Steve	374	0	6
Trotman, Traci	352	0	10
Uher, Julie	935	0	33
Uher, Will	699	0	20
Van De Vreugde, Jim	1997	2	41
van Raalte, Marcus	890	0	16
Vergino, Eileen	374	0	3
Weiny, Lorrie	306	0	7
Whelan, Steve	4631	4	128
Wong, Marlene	323	0	8
Wood, Rebecca	955	5	26
Woodruff, Bill	280	0	10
Woods, Colleen	351	0	8
Yantis, MarcheLe	340	0	9
Zucker, Pam	308	0	8

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 during 2016 is 172,370!!!

Thanks to January's Ride Hosts:

Gail Bianco
 Wendy Cosin
 Rob Delfosse
 Bob Heady
 Kathy Koos
 Alberto Lanzas
 Chris Pham
 Dianne Thompson
 Steve Whelan
 Barbara Wood

SOME INTERESTING STATISTICS ON CLUB RIDES AND MEMBERS MILEAGE

Total club rides:

2011 – 395
2012 – 494
2013 – 645
2014 – 739
2015 – 682
2016 – 514

Total membership:

2011 – 455 – During the year 278 members rode one or more rides
2012 – 492 – During the year 281 members rode one or more rides
2013 – 486 – During the year 318 members rode one or more rides
2014 – 579 – During the year 390 members rode one or more rides
2015 – 739 – During the year 451 members rode one or more rides
2016 – 626 – During the year 174 members rode one or more rides

Total miles ridden by club members on club rides:

2011 – 145,293 miles
2012 – 188,875 miles
2013 – 245,476 miles
2014 – 262,381 miles
2015 – 214,163 miles
2016 – 172,370 miles

Top Mileage for Past Four Years

In 2013 – 1 member rode 7,298 miles
In 2014 – 1 member rode 8,074 miles
In 2015 – 1 member rode 6,769 miles
In 2016 – 1 member rode 6,684 miles

In 2011 – 2 members rode 4,000+ miles
In 2012 – 4 member rode 4,000+ miles
In 2013 – 6 members rode 4,000+ miles
In 2014 – 8 members rode 4,000+ miles
In 2015 – 0 members rode 4,000+ miles
In 2016 – 1 members rode 4,000+ miles

In 2011 – 6 members rode 3,000+ miles
In 2012 – 7 member rode 3,000+ miles
In 2013 – 7 member rode 3,000+ miles
In 2014 – 10 members rode 3,000+ miles
In 2015 – 4 members rode 3,000+ miles
In 2016 – 9 members rode 3,000+ miles

In 2011 – 10 members rode 2,000+ miles
In 2012 – 10 members rode 2,000+ miles
In 2013 – 18 members rode 2,000+ miles
In 2014 – 22 members rode 2,000+ miles
In 2015 – 17 members rode 2,000+ miles
In 2016 – 7 members rode 2,000+ miles

In 2011 – 4 members rode 1,500+ miles
In 2012 – 8 members rode 1,500+ miles
In 2013 – 15 members rode 1,500+ miles
In 2011 – 11 members rode 1,000 + miles
In 2012 – 24 members rode 1,000+ miles
In 2013 – 21 members rode 1,000+ miles
In 2014 – 23 members rode 1,000 + miles
In 2015 – 21 members rode 1,000+ miles
In 2016 – 23 members rode 1,000+ miles

In 2011 – 15 members rode 750 miles
In 2012 – 23 members rode 750 miles
In 2013 – 20 members rode 750 miles
In 2014 – 19 members rode 750 miles

In 2015 – 10 members rode 750 miles
In 2016 – 22 members rode 750 miles

In 2011 – 18 members rode 500 miles
In 2012 – 24 members rode 500 miles
In 2013 – 34 members rode 500 miles
In 2014 – 31 members rode 500 miles
In 2015 – 24 members rode 500 miles
In 2016 – 11 members rode 500 miles

In 2011 – 53 members rode 250+ miles
In 2012 – 54 members rode 250+ miles
In 2013 – 48 members rode 250+ miles
In 2014 – 66 members rode 250+ miles
In 2015 – 78 members rode 250+ miles
In 2016 – 82 members rode 250+ miles

In 2014 – 9 members rode 1,500+ miles
In 2015 – 19 members rode 1,500+ miles
In 2016 – 12 members rode 1,500+ miles

The maximum number of club rides a member could ride during 2016 was 514.

A total of forty three club members agreed to be ride hosts during 2016. Special THANKS to ALL of YOU!

Of these sixty-nine members, those that stand out most led 53,47,34,31,30, plus 11 led 10 or more rides. THANK YOU SO MUCH!

VALLEY SPOKESMEN
Bicycle Club
Post Office Box 2630
Dublin, Calif

2017 CLUB OFFICERS

President:	Steve Whelan	925-964-7209
Vice-President:	Rob Delfosse	925-522-6270
Treasurer:	Don Carpenter	510-406-3205
Secretary:	Kathy Koos	925-963-8506
Admin Services Director:	Bonnie Powers	925-828-5299
Cycling Director:	Gail Blanco	925-872-1001
Events Director:	Jim Duncan	925-209-1369
Comms Direct:	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	925-831-8258

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.

Community Liaisons:

Alamo	Ralph Speck	925-837-2932
Castro Valley	Maureen Boyle	510-582-2704
Concord:	Jean Watts	925-676-6164
Danville	Al Kallin	alkalin@yahoo
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-886-7470
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>