



VALLEY SPOKESMEN

VALLEY SPOKESMEN BICYCLE TOURING CLUB – *SINCE 1971*
P.O. Box 2630 Dublin, CA 94568
www.valleyspokesmen.org

JANUARY 2010

President's Message

2009 has come to an end and 2010 is just beginning. The holiday season is over; the tree is down with the ornaments once more safely packed away. Many have taken down the house lights and the rest of us are committed to get them down sooner than last year. My personal goal is Valentines Day or bust. All that is left is to survive the soon to be delivered Visa bill.

Thankfully the seemly irresistible and endless assortments of holiday baked goods are finely gone though evidence of their existence is all around us... or at least some of us. I for one find at least five pounds of this *evidence* unfortunately around my waist, against my best intentions and in spite of what turned out to be Herculean battle of wills which I apparently lost.

I truly hope that I am in the minority and most of you do not find yourself in what is for me this most consistent of annual traditions, the battle of the "Baked Goods" aka the "Battle of the Bulge". I am determined not to have to drag the remnants of gluttony up every hill for very long this year.

Now is the time to put those New Years resolutions in action and I hope that your 2010 cycling goals are large element. As with any objective, a goal not written down is just a dream. Be specific and detailed in documenting your goals and set measurable benchmarks. Keeping a visible record of your progress can help keep you on track.

Here is to a Happy and Prosperous New Year and may we all exceed even the highest of our personal and professional expectations in 2010.

Keep on spinning!

Dan Carhart



TOURING RIDE RATINGS

All rides graded according to predicted difficulty as follows:

- 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 is:

ND) No Drop - this means that the group will not lose any rider. Most rides are No Drop, but it's 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 rest stops.

M) Moderate, occasional rest stops.

B) Brisk, few stops.

S) Steady, strenuous, rapid pace.

The speeds of the above ratings are approximately:

L=8-13 mph;

M=11-16 mph, or may be further broken down to:

L/M=11-13 mph and M/B=14-16 mph;

B=14-19 mph;

S=17 mph-plus.

HELMETS ARE REQUIRED ON ALL RIDES!!

ATTENTION: All non-members must sign waiver form, obtainable from ride leader. **SIGN UP FOR RIDES OR CALL LEADER IF YOU PLAN TO RIDE!!** If you sign up and decide NOT to ride, please contact the leader of your change in plans. **REMEMBER**, if you don't sign up and the leader cancels the ride, you cannot be contacted of the cancellation.

WEATHER: If there is a 10% chance of rain, snow, sleet or hail on the day of the ride, contact the leader the night before the ride or arrive at the meeting place on the day of the ride for final decision of cancellation. 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 - including rest stops, lunch stops, sight seeing etc., - please call the ride leader.

CAR POOLING: Car pooling is strongly encouraged, particularly on the out-of-town rides. Call the leader to see who is signed up for the ride so car pooling arrangements may be made.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes.

CODE OF CONDUCT: All Valley Spokesmen members are expected to hold each other in compassionate regard and 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.

VERY IMPORTANT: ALL RIDES LEAVE AT THE SCHEDULED TIME INDICATED. PLAN TO MEET 15 TO 30 MINUTES BEFORE THAT TIME!

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JANUARY 2010

REMINDER: Membership dues are now due for 2010!

FRI. 1/1/10 2-L/M 20-35 miles (32-60 km) 7:40 a.m. Let's ride from Heather Farm and hook up with the Mt. Diablo ride at the Danville Railroad Museum.

Riders can do the Diablo ride or head back to Heather Farms Park after a break at Peet's Coffee in Danville. Take I-680 to Ygnacio Valley exit and go east; turn left at San Carlos into Heather Farm park; turn left into second parking lot.

Leader: Dan Granahan, 925-323-9798, tntbike2007@gmail.com.

FRI. 1/1/10 4-L/S 25 miles (40 km) 9:00 a.m. Time for the traditional Valley Spokesmen New Year's Day ride to the summit (or as far as you want to go) of Mt Diablo. Meet in the Danville Railroad Museum parking lot for this social ride. Take I-680 to Diablo Rd. exit; go west to Hartz and turn left; turn right on Prospect and left on Railroad Ave. Parking lot will be on the right. Bring water and snacks. Ted's wife, Faith, has kindly agreed to provide sag support. If you'd like her to carry any extra clothing to the top so you'll have it for the descent, please place the items in a bag labeled with your name.
Leader: Peter Rathmann, 925-336-0973.

SAT. 1/2/10 2-L 35 miles (60 km) 10:00 a.m. Join Peter for a relaxing cruise from Orinda BART to a coffee break in Benicia. Meet at Orinda BART. Take I-680 north then Hwy 24 west. Exit Orinda and take the second ramp (south). First driveway on your right is the west BART station lot.

Leader: Peter Rathmann, 925-336-0973

SUN. 1/3/10 2-L/M 20 miles (32 km) 10:00 a.m. This is a NO-DROP ride to the end of Bollinger Canyon Rd. in LasTrampas park and all levels are welcome. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd in Dublin. We plan to have lunch after the ride at a place to be determined by popular acclaim.

Leader: Bob Heady 925-833-8214 or 925-980-7989.

MON. 1/04/09 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Zafer Demir at 925-443-4124 for further information.

WED 1/6/10 3-L/M 30 miles (50 km) 10:00 a.m. Yes, we have hills in Benicia! Join Barbara for a ride, followed by lunch (chili) at her house. Take I-680 north, cross Benicia Bridge, exit I-780. Exit at E. 2nd St., turn left (toward the water), turn right at Military and left at First St. Follow First St. to almost the end and turn left at E. B St., and right into parking lot. Bring snack and water.
Ride Leader: Barbara Wood, 707.745.6353.

WED.1/6/09 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 3, 2010.

SAT. 1/9/10 2-L/M 20 miles 9:00 a.m. Cinderella Training Ride from the Lafayette BART station to Moraga Commons with the return via Glorietta and Acalanes. Take Hwy. 24 to the Lafayette BART station and meet at the upper parking lot north of the BART station. Bring water and snacks. All members and guests (incl. those with a Y chromosome) are welcome on these training rides.

Leader: Bekki Livingston,
<http://sports.groups.yahoo.com/group/pedpushers/>
 for any updates.

SAT. 1/9/10 Feather Pedals Cinderella Training Ride, Week 1 of 13. View our [training schedule page](#) on the V.S. web site to see a list of all dates and route sheets. Please join our [Feather Pedals Yahoo Group](#) for up-to-date info/communications.

SUN. 1/10/10 1-L 30 miles (48 km) 10:00 a.m. "ND" Let's ride from **Marina to Monterey and Pacific Grove.** This ride will take us to Monterey, the Wharf, Cannery Row, and on to Pacific Grove and the butterfly trees. We may get to see the whales migrating south. Meet in the town of Marina at the intersection of Del Monte Ave. and Reservation Rd. (G-17) in the shopping center on the northwest corner. Bring lunch for a picnic on the beach. Dinner may follow the ride if there is interest. No Drop!
Leaders: Bob and Bonnie Powers, 925-828-5299.

SAT 1/10/10 2-L 35 miles (60 km) 10:00 a.m. Let's ride to Las Trampas to enjoy the green hills. There are a few hills to climb. We may stop at Peet's on the return trip. Meet at Heather Farm. Take I-680 to the Ygnacio Valley Blvd. exit and go east; continue to San Carlos Dr. and turn left into Heather Farm Park; park in 2nd lot on left.

Leader: Dan Granahan, 925-323-9798,
tntbike2007@gmail.com

WED. 1/13/10 3-L/M 47 miles (75 km) 10:00 a.m. Starting at Shannon Center in Dublin we'll ride over to Castro Valley and then climb to the beautiful vistas on Redwood and Pinehurst roads on our way to Moraga Commons. The return will take us past St. Mary's and through Lafayette, Alamo, and Danville. Take the Alcosta exit from I-680 and go west; turn left onto

San Ramon Rd; right onto Shannon Rd; then right into the parking lot. Bring water and snacks. Route and pictures from a previous ride at:

<http://tinyurl.com/8b45lv>

Leader: Bill Goodwin, 925-487-0521.

WED 1/13/10 Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd.; go east; turn right onto York Drive; turn right onto Spruce Lane.

SAT. 1/16/10 Feather Pedals Cinderella Training Ride, Week 2 of 13. View our [training schedule page](#) on the V.S. web site to see a list of all dates and route sheets. Please join our [Feather Pedals Yahoo Group](#) for up-to-date info/communications.

SAT. 1/16/10 3-L/B 65 miles (100 km) 10:00 a.m. Start at Shannon Center in Dublin and head out Dougherty, Windemere, Highland, Altamont summit and return to Carroll, Flynn's, Patterson, Cross, Tesla, Collier, etc. and return. Some options for shorter loops that avoid a few hills. Water & RR regroup but no formal lunch stop. Optional dining spot after the ride TBD by group. Shannon Center is on San Ramon Road between Alcosta & Amador Valley in Dublin.
Leader: Bob Strain, 925-997-5160(c),
bob.strain@gmail.com.

SUN. 1/17/10 2-M 35 miles (60 km) 10:00 a.m. Starting at the Pleasanton Ridge trailhead, we'll ride through Sunol and on to the top of the Calaveras "wall." Along the way we'll pass by the Sunol water temple, the cork trees lining the roadside, Calaveras reservoir, and the eagles nest atop the powerline tower. Take I-680 south to the Sunol Blvd. exit and turn right to go west on Castlewood; turn left on Foothill and continue for about 1.5 miles to the trailhead parking lot on your right. Bring water and food.

Leader: Gail Blanco, 925-872-1001.

MON. 1/18/10 2-L/M 30 miles (50 km) 10:00 a.m. MLK Day ride from Heather Farm

Let's ride to San Ramon Community Center. This is a good ride for new riders. There will be a few short hills. We can stop at Danville Peet's Coffee for some refreshments on the way back. Take I-680 to the Ygnacio Valley exit and go east; turn left at San Carlos into Heather Farm park; turn left into second parking lot.

Leader: Dan Granahan, 925-323-9798,
tntbike2007@gmail.com.

WED. 1/20/10 2-L 30 miles (50 km) 10:00 a.m. San Francisco Ride and Cal. Academy Science Museum visit. Join Bill for his fun tour of San Francisco and a visit to the newly refurbished California Academy of Science Museum (free admission on 3rd Wednesdays). Note that the museum has been very popular since the

renovation and attendance might be limited - we'll see when we arrive. Meet at the entrance to the Ferry Building on the Embarcadero. Take BART to the Embarcadero station and go east on Market St. and across the plaza to the Ferry Bldg. Bring money for lunch, and shoes suitable for walking.

Leader: Bill Goodwin, 925-487-0521.

SAT. 1/23/10 Feather Pedals Cinderella Training Ride, Week 3 of 13. View our [training schedule page](#) on the V.S. web site to see a list of all dates and route sheets. Please join our [Feather Pedals Yahoo Group](#) for up-to-date info/communications.

SAT. 1/23/10 2-L 25 miles (40 km) 9:00 a.m. Let's ride from Shannon Park to LasTrampas. Meet at Shannon Center Park in Dublin. From I-680 take the Alcosta exit west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. All members and guests welcome.

Leader: Bekki Livingston,
<http://sports.groups.yahoo.com/group/pedpushers/>
for any updates.

SUN. 1/24/10 3-M 60 miles (95 km) 9:30 a.m. We're motoring out Calaveras Road to Milpitas, then returning via Warm Springs, Niles Canyon, Palomares and Dublin Canyon Roads. Meet at Val Vista Park in Pleasanton. Take I-680 to Stoneridge Drive east; turn right onto Denker Drive and follow it around to the park. Bring fuel and hydration.
Leader: John Woodworth, 925-784-6350.

WED. 1/27/10 2-L/M 25 miles (40 km) 10:00 a.m. Martinez to Benicia and Vallejo crossing both the Benicia and Zampa bridges across the Carquinez Strait. The return will take us along the strait on Scenic Drive. Meet at Martinez Regional Shoreline Park. Take the Martinez exit from I-680 and go west on Waterfront Rd.; continue as it becomes Marina Vista through downtown Martinez; turn right on Ferry St. across tracks into the park; turn right on Joe DiMaggio Dr. and left on Court St.; park in first lot on left. Bring water and snacks.
Leader: Bill Goodwin, 925-487-0521.

SAT. 1/30/10 Feather Pedals Cinderella Training Ride, Week 4 of 13. View our [training schedule page](#) on the V.S. web site to see a list of all dates and route sheets. Please join our [Feather Pedals Yahoo Group](#) for up-to-date info/communications.

SAT. 1/30/10 2.5-M 25 miles (40 km) 10:00 a.m. Bill's 'Anniversary' ride.
We'll ride the north Livermore section of the Cinderella. Meet at the Livermore Airport parking lot. From I-580 take Airport Blvd. exit (Hwy 84) south; turn right onto Terminal Circle, and right again into the parking lot. Bring hydration and snacks (no lunch stop).
Leader: Bill Goodwin, 925-487-0521.

SUN. 1/31/10 2-M 25 miles (40 km) 10.00 a.m. "ND" Bill will lead us from **Nicasio to Pt. Reyes Station, Olema, and through Samuel Taylor Park.** Meet in Nicasio. Take I-580 north across the Richmond-San Rafael Bridge to Hwy. 101 north; then take the Lucas Valley Rd. exit and go west; turn right on Nicasio Rd. and bear right upon reaching Nicasio. Park along street and note parking restrictions. Bring water and lunch or money to buy.

Leader: Bill Goodwin, 925-487-0521.



FEBRUARY 2010

MON. 2/01/10 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore.
Call Zafer Demir at 925-443-4124 for further information.

WED. 2/3/10 2-M 34 miles (57 km) 10:00 a.m. Ride from San Ramon to Walnut Creek. Meet at the San Ramon Central Park on Bollinger Canyon Rd. (Take I-680 north or south to Bollinger Canyon Rd. exit and go east; turn left into the park opposite the Market Place shopping center.) Bring water and lunch or money to buy.
Leader: Peter Rathmann, 925-828-1973.

WED. 2/03/10 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 3, 2010.

SAT. 2/6/10 2-L/M 30 miles (50 km) 9:00 a.m. Cinderella training ride from Donlon School in Pleasanton, heading to the south side of Livermore. Meet at Donlon School, at 4150 Dorman Rd. Take I-680 to the Stoneridge exit and go east; turn right onto Denker Drive, then left onto Dorman; the school is on your right. Alternate parking is at Val Vista Park on Denker. All members and guests welcome.
Leader: Bekki Livingston,
<http://sports.groups.yahoo.com/group/pedpushers/>
for any updates.

SUN. 2/7/10 2-L/M ? miles 10:00 a.m. Pre-Super Bowl ride. Let's get in a few miles before settling down in front of the TV and filling up with our favorite snacks and beverages. Group consensus (and the weather) will determine the length of this ride. Meet at the Livermore Airport. Take I-580 to the Airway Blvd. exit and go south; turn right into Terminal Circle and park in either the lot or on street.
Leader: Bill Goodwin, 925-487-0521.

WED. 2/10/10 2-L 30 miles (50 km) 10:00 a.m. Join us on this leisurely ride starting in Newark at the Raley's parking lot at Jarvis and Newark. We'll ride through the Don Edwards National Wildlife Refuge at the east side of the Dumbarton Bridge, then cross the bridge and ride through Palo Alto to the Stanford campus. Take I-880 south to Hwy 84 west; exit on Ardenwood/-Newark Ave. (1st exit) and turn left (east); turn right into shopping center and park near the Raley's store. Bring water and snacks. Leader: Bill Goodwin, 925-487-0521.

WED 2/10/10 Executive Board Meeting of at the home of Bob and Bonnie Powers, 6640 Spruce Lane in Dublin at 7:00 p.m. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

***See the Valley Spokesmen website calendar for possible additional ride listings. Valleyspokesmen.org

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 Art Wong at (925) 422-9368.

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.

VALLEY SPOKESMEN CLUB GEAR

- The following Valley Spokesmen clothing is available: short sleeve jersey - club cut.....\$60.00 short sleeve jersey - women's cut.....\$60.00 long sleeve jersey - (to be discontinued).....\$70.00 sleeveless wind shell vest.....\$58.00 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

Call Jim Duncan 925-209-1369

VALLEY SPOKESMEN AFFILIATIONS

- Adventure Cycling - www.adventurecycling.org Bay Area Ridge Trail Council - www.ridgetrail.org C.B.C. - California Bicycle Coalition - www.calbike.org California State Parks Foundation - www.parks.ca.gov East Bay Area Trails Council - www.ebtrails.org E.B.B.C. - East Bay Bicycle Coalition - www.ebbc.org Greenbelt Alliance - www.greenbelt.org L.A.B. - League of American Bicyclists - www.bikeleague.org Nature Conservancy - nature.org/legacy Planning and Conservation League - www.pcl.org Rails to Trails - www.railstotrails.org U.S.C.F. - United States Cycling Federation www.usacycling.org

MEMBERSHIP DUES ARE NOW DUE FOR 2010!

FLASH – VERY IMPORTANT – FLASH

Have you obtained V.S. clothing recently and failed to pay for it? There are several items that have not been reconciled and we are attempting to catch up with those of you that have not paid for your clothing items.

PLEASE pay up at your earliest convenience.

Thanks.

5. Bob introduced the nominees for 2010 club officers. Motion made, seconded and passed to accept these nominees by acclamation. President: Dan Carhart; Vice-President: Kathy Strain; Treasurer: Bill Well; Recording Secretary: Lynn DeMattei; Corresponding Secretary: Bonnie Powers; Ride Chairmen: Peter Rathmann and Curtis Stallins; Newsletter Editor: Marcia Seeger; Newsletter Publisher: Mary Murphy; V.S. Race Team Representative: Jim Duncan.

LAST CALL

CINDERELLA PATCH DESIGN FOR 2010

It's time to think about a Cinderella Classic/Challenge patch design for 2010.

Send an e-mail of your design to

cinderellaclassic@valleyspokesmen.org or a sketch/-printout to Cinderella Patch, Valley Spokesmen, P.O. Box 2630, Dublin CA 94568.

The design competition is open to all, not just VS members. The winning designer will receive a check for \$100.00. A decision will be made by January 13, 2010. Thanks for your input. Jim

**Valley Spokesmen "Bicycle" Touring Club
General Membership Meeting
December 2, 2009**

Meeting called to order at 7:05 p.m. by President Dan Carhart. Introductions were made.

Minutes from the November 11, 2009 Executive Board Meeting were approved as written.

Treasurer Bill Well reported on our checking and savings accounts. The donations have been made to twenty-three Women's groups and the bicycle safety programs at the five local police departments.

OLD BUSINESS:

1. Past Month's Rides: Peter reported the Pt. Reyes lighthouse ride was beautiful and another gorgeous ride was held in the Santa Cruz area. Gail reported she has enjoyed leading the rear, better known as the "ride host." Dan discussed possible ways to increase the number of ride leaders and hosts.
2. V.S. web site – no report.
3. Area Bicycle Master Plans – Jim reported the Alamo Creek underpass, between Dublin and Pleasanton, has been approved by ALL seven entities, but unfortunately no money; applications are being drawn up for grant money. FYI – Contra Costa County and Alameda County own the Iron Horse trail, but it is administered by East Bay Regional Parks. Jim has submitted a proposal to the City of Dublin to improve the trail at the intersection of Dublin Blvd. Motion made, seconded and passed to contribute \$5,000. plus volunteer labor to make the improvement on a portion of the Iron Horse Trail in Dublin. Other news around Dublin includes re-stripping roads and improving bike lanes in town.
4. Dan has info on a First Aid/CPR class that will be discussed by the executive board at their next meeting.

NEW BUSINESS:

1. Ride schedule – December schedule is in full swing. Peter is looking for leaders for January and into February.
2. BE-Pro is January 8/9; we are seeking two representatives to send to this conference in San Jose.
3. Mid-winter party is coming up on Saturday, February 27, 2010.
4. Membership dues are now being accepted for 2010; see Bonnie.
5. Bonnie reviewed correspondence sent and received. All of the women's groups that have received a donation from profits from the Cinderella have sent incredible thank-you letters of appreciation.
6. Discussed group seeking donations of bikes and parts to be repaired and then donated to needy people in our area.

GOOD OF THE ORDER

1. Suggestion made to include ride leaders' cell numbers on the route sheets.
2. The question was raised on clinics regarding roadside repairs.
3. Discussion followed on training, skills and riding etiquette for the more advanced riders. Jim Duncan to put together a program that will appear in the next newsletter.
4. Next Executive Board Meeting scheduled for Wednesday, December 9th at the Powers' place.

There being no further business the meeting adjourned at 8:05 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen "Bicycle" Touring Club  
Executive Board Meeting  
December 9, 2009**

Meeting called to order at 7:00 p.m. by President Dan Carhart.

Minutes from the December 2, 2009 business meeting were accepted as read.

Treasurer Bill Well reported on our finances to date. He will have an annual report at the January meeting.

**OLD BUSINESS:**

1. Past month's rides – The recent rides have been pretty darn chilly and have had some hazardous spots.
2. V.S. web site – No report from Curtis, home with a bad cold.
3. Update on area bicycle issues – Jim Duncan reported that Dublin has received our proposal of labor and financial aid in improving the end of the Iron Horse trail on Dublin Blvd.

- 4. First Aid classes – Dan has a company that can provide first aid training for a nominal fee. They may also be able to provide kits that can be carried on a bicycle. Discussion followed as to where the training. More information will be obtained detailing the proposal before V.S. will underwrite cost.
- 5. BE-Pro – Kathy Stain and Curtis Stallins will be attending this conference in San Jose on January 8/9.
- 6. Dan asked about the ride leader awards. Discussion followed regarding accountability of items awarded to leaders plus financial accountability. Jim Paulos will report to Jim Duncan those who have earned clothing items and Jim Duncan will keep track of clothing awarded to leaders.

**NEW BUSINESS:**

- 1. Peter reported the ride schedule is full for January and into February, but there is always room for additions.
- 2. Cinderella patch design for 2010 is needed by January 10, 2010. The winner will receive \$100.00.
- 3. Mid-winter party – This is set for Saturday, February 27<sup>th</sup>. Bonnie is taking sign-ups now.
- 4. Membership for 2010 is being accepted now. It was suggested a gentle reminder be sent to those who have not rejoined by January.
- 5. Bonnie has club membership lists, phone lists and email lists available for those interested.
- 6. We will rejoin the League of American Bicyclists and Rails-to-Trails if we have not already done so.
- 7. Jim Duncan feels the East Bay Bicycle Coalition benefits the bicycling community in many many ways and is in need of funds to support their programs. Motion made, seconded and passed to donate \$2,500. to E.B.B.C. as a year-end donation.
- 8. Jim Paulos reported the ACTIA has scheduled a meeting in Hayward on January 21, 2010.

**GOOD OF THE ORDER**

- 1. Jim Duncan reported the bike lanes on San Ramon Valley Blvd. are now being re-stripped after the recent construction.

There being no further business the meeting adjourned (for more Tom and Jerry's) at 7:55 p.m.  
Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen "Bicycle" Touring Club
November 2009**

Correspondence sent:

- 1. Check to Minuteman Press for printing of December newsletter.
- 2. Check to Round Table Pizza for dinner at December Business Meeting.
- 3. Check to Cycle California! for BE-Pro registration for Kathy and Curtis.
- 4. Check to Cycles of Change representing the Newark Junior High School bicycle safety program.
- 5. End-of-year donation check to East Bay Bicycle Coalition.
- 6. Check to Bob Powers for out-of-pocket expenses for Cinderella and awning bag replacement.

Correspondence received:

- 1. Thank-you letter from Wynn Kageyama for donation to the Newark Junior High School cycling program.
- 2. Reservations for Mid-Winter party.
- 3. Advertisements from various organizations and businesses.
- 4. Newsletters from various clubs and organizations.

JANUARY BLAU'S

T'was the month after Christmas, and all through the house,
Nothing would fit me, not even a blouse.

The cookies I'd nibble, the chocolate I'd taste
At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber),

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely served,
The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt...
I said to myself, as I only can,
"You can't spend the winter disguised as a man!"

So, away went the last of the sour cream dip.
Got rid of the fruitcake, every cracker and chip.
Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie, not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore...
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all, and to all a good diet.



RIDE REVIEWS

November 25th Dublin to Las Trampas Regional Park. Nice day for Alaine's ride from Shannon out to the end of Bollinger Canyon. Peter

November 26th Cal Pedaler Thanksgiving Day Ride. This annual ride starts and ends in Danville. The ride heads down San Ramon Valley Blvd. then east through Pleasanton and north on Camino Tassajara, before returning to Danville. It draws a huge group of cyclists.

November 28th Scotts Valley to Santa Cruz ride. Started out a little chilly, but quickly warmed up as the sun rose higher and we climbed the Felton Empire Rd. grades. Beautiful clear air and bright blue skies for this varied ride through dense forests, along the rocky coast, and through the neighborhoods of Santa Cruz and the mountainside communities north of it. Thanks for leading this ride, Heidi. Peter

November 28th Feather Pedals Ride. Thanks Punam for organizing and leading a great ride today! We all had a great time!!!

For those who do not know Punam....she's a very special lady.....she was the original thought-leader for our Feather Pedals group. A group formed to give back to the cycling community for those seeking a fun and social group. Although many competing personal life priorities have not allowed her to be in person with us -- some of the 2009 Cinderella rides and our monthly rides -- she has been in the background doing a lot of great things like organizing and consolidating the activities of our 2010 Cinderella rides, etc. Thanks Punam! We so appreciate you!!!! It was so nice to have you in person today and as our leader today. How exciting to look forward to 2nd annual Feather Pedals Cinderella training. January starts our 13-weeks of week-to-week fun together in 2010!!!! In addition, a special note of thanks to Joseph for all the "action" pictures. You and CC are truly the best Feather Pedals photographers! We're so glad Team-in-Training has relieved you of your web master duties for a while so you can ride with us again. We're glad Alma has kept you up-dated on all the fun we've been having each month! (Alma, Thanks for joining us each and every month Feather Pedals ride!) And, to Bob, Joseph, and Walt for keeping Punam's leader-helper's (me) speed in check :^). I happily took my computer in for a check-up promptly after the ride and a new one is on order :^). Thanks Peggy and Bryon / Crank-2 we appreciate all the support you have provided our Feather Pedals group.

November 29th Dublin/Sunol/Calaveras. Nice warm and sunny day for our ride from Livermore to the Del Valle Reservoir. Some of us extended the ride a little by heading up over Cross Rd. and returning to town on Patterson Rd. Thanks go to Jane and Bob for leading the ride. Peter

December 6th Dublin to Castro Valley. Bob's ride today started out a bit on the cool side and we even got some light rain near the top of the pass. But conditions quickly improved and we had plenty of sunshine on the return. Peter

December 9th Around Livermore. Gail led today's ride that started at the airport and went on a loop around the outskirts of Livermore. It was a bit brisk with temperatures staying in the '30s, but the sun did help to make things feel warmer. Still quite a bit of snow visible on the hills, adding to the scenery today. Peter

December 13th A fine ride from Dublin-Sunol-Palomares and back to Dublin today with great weather. Ride left promptly and all finished the trip in the best of spirits. There was rain -- but - Yes, I enjoy riding in the rain even though bad things can happen. I have pretty good foul weather gear for touring. Dry was reserved for the wine with the evening meal. John

December 17th Dublin to Calaveras. Barb's ride to the first Calaveras summit was rained out yesterday, but we went today instead and enjoyed the bright sunshine and warmer temperature. Nice views of bright green hillsides after the rains of the last few days. Peter

December 19th Thanks Bob and Jane for taking the lead on the ride from Peet's to Peet's. The club ride starting at Peet's in Pleasanton, heading up to Walnut Creek, and returning by way of the Peet's Coffee in Danville. Gray and foggy until our stop in Danville where we finally got some sunshine.

December 20th Starting in Dublin we headed west to Castro Valley and then up Redwood and Pinehurst roads past the reservoirs to Moraga. That takes care of most of the climbing and the return is through Lafayette, Danville, and San Ramon. It started out cool and foggy but the sun broke through at the summit of Redwood and warmed things up nicely. It ended up to be a beautiful sunny day with lots of cycling groups out enjoying the sunshine as well.

Nice warm, sunny day with very clear air for Bill's ride to Pt. Richmond today. The route and some pictures can be seen at:

http://www.everytrail.com/view_trip.php?trip_id=447058
Sometimes the automatic zoom works better in the full-screen mode:

http://www.everytrail.com/fullscreen.php?trip_id=447058

Peter

MILEAGE REPORT AS OF DECEMBER 19, 2009

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Amos, Bob	219		7	Graham, Catherine	283		6
Arrambide, Juan	584		15	Granahan, Dan	1298	15	38
Aufdenkamp, Jan	452		12	Gustafson, Jeff	226		10
Baker, Larry	212		4	Hailey, Barb	1015	9	24
Ball, Karin	711	8	19	Hammond, Chuck	211		5
Berckmoes, Russ	714	1	18	Heady, Bob	747	35	42
Blanco, Gail	1039	6	22	Hedges, Richard	1060		17
Bonilla, Herman	767		17	Henderson, Jamie	328		8
Bousfield, Sarah	316		2	Hernandez, Mary	485		10
Bowen, Maria	255		5	Herrera, Gloria	566		11
Brennen, Andrea	266		2	Hislop, Bob	552	1	18
Brennen, Don	200		1	Ho, William	914		30
Bricca, Elmer	214		2	Hunt, Nena	762	1	19
Brooks, Roberta	398		10	Johnson, Dan	292		8
Brown, Ron	326		7	Johnson, Joan	292		8
Burger, Barbara	314		7	Kita, Jim	641	1	17
Burkle, Kathy	668	5	16	Kohnen, Jim	625	1	20
Burton, Jennifer	243		6	Kunz, Mike	200		1
Butler, Sher	254		7	Lam, Henry	304	5	9
Campbell, Rick	1868	1	52	Leaver, Kent	1759		51
Canter, Kim	205		4	Lin, Linda	447		11
Carhart, Dan	2797	16	78	Livingston, Bekki	787	5	16
Carlson, Dane	286		7	Lusso, Gary	1261		27
Carpenter, Don	1787	3	36	Lynn, Bob	446		7
Castaneda, Ana	407		10	Marchetti, Francesco	305		6
Cerri, Donna	244		6	Marchetti, Karen	451		10
Colby, Cheryl	275		5	Matic, Mike	899		30
Coleman, Phil	734		1	McBee, Michelle	1018		26
Coronado, Carol	263		5	McNeill, Ernie	1270		4
Culshaw, Peter	1038	3	25	Metz, Leonor	281		8
Culshaw, Sharon	599	3	11	Montes, Frank	465		8
Cushman, Francie	1804		37	Moorhead, Jane	477	6	25
Daly, Deborah	356		8	Moyer, Greg	384		15
Dedon, Erica	245		4	Murphy, Michele	444		10
Dedon, Mark	399	1	8	Nadeau, Alaine	569	11	16
Delfosse, Rob	787	1	25	Neer, Mark	2734	7	68
DeMicco, Mike	886	5	13	Neer, Susan	2923	7	66
Deornelas, Vic	675		18	Niemeyer, Barbara	280		6
DiBasilio, Pat	850		2	Norby, Edith	378	3	10
Diler, Andre	373		15	Nowell, Keith	618		19
Duncan, Jim	3726	40	87	Nowell, Linda	359		10
Duncan, Tom	205		8	Olsen, Elinor	734		1
Durant, Patric	301		7	Ornelas, Joe	383		15
Eckelmann, Claudia	238		5	Orr, Chuck	322		5
Engleton, Mary	1148		8	Owens, Jim	200		1
Erickson, Kae	734		1	Owens, Punam	267	5	8
Fisher, Ted	450	1	12	Page, Janie	612		28
Fraser, Heidi	1244	11	37	Palmer, Sarah	332		6
Fujii, Bob	1454		32	Parrish, Charles	1759		40
Fujii, Vivian	434		10	Payne, Pat	440		11
Fusco, Bob	433	1	8	Pendery, Carol	1052		7
Gaunt, Ross	329		5	Pendery, Tom	1222		13
Goodwin, Bill	1537	28	44				

MILEAGE REPORT AS OF DECEMBER 19, 2009

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Poe, Karin	289		6	Swingley, Pam	454		12
Powers, Bob	1298	8	9	Tate, Kathy	569		14
Powers, Bonnie	944	7	9	Thieben, Kevin	2681	3	59
Price, Kathy	413		13	Thieben, Teresa	430		9
Primrose, Denise	717		18	Thomas, Walt	1044		35
Quist, Jonathan	345		15	Till, Gary	220		7
Raeburn, Marty	200		1	Trotman, Traci	434		10
Rathmann, Peter	6488	24	169	Tyler, Chuck	200		1
Rawlings, George	340		10	Van De Vreugde, Jim	2799	2	60
Reinke, Glenn	273		3	van Raalte, Marcus	2169	2	57
Repulles, Diane	519		16	Well, Bill	1265		7
Rodriguez, John	249		9	Well, Mary	1131		7
Roe, Joan	429		6	Whelan, Steve	3542	3	77
Roe, Larry	383		5	Wood, Barbara	285	6	8
Rossiter, Jaynette	519		14	Woodworth, John	1705	1	28
Satoutah, Brahim	1961	1	47	York, Linda	1186		7
Shannon, Geoff	1401		21	Zane, Lydia	342		6
Shannon, Joan	1042		8				
Shum, Bart	741		15				
Simpson, Christy	3968	14	90				
Skow, Richard	1507	1	18				
Slagle, Linda	232		4				
Slagle, Pete	969		22				
Smith, Harriet	207		5				
Smith, Kimberly	219		8				
Smith, Mike	691	9	17				
Spahr, Patricia	223		7				
Speck, Ralph	754		2				
St. Clair, Kimberly	770		18				
Steinbeck, Sandra	1030		5				
Strain, Kathy	1578		40				
Strain, Robert	2225		51				

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2009.

Total miles ridden by club members to date 138,320!!!! WOW! THAT'S IMPRESSIVE

REMEMBER: Leaders of club rides earn points toward FREE club clothing. The more rides you lead, the more club clothing you receive - FREE!!!
Contact Jim Duncan for your well earned clothing prize.

MEMBERSHIP DUES ARE NOW DUE FOR 2010!

THIS IS YOUR LAST CLUB NEWSLETTER UNTIL YOU REJOIN

MAIL IN THAT CHECK TODAY!

MID-WINTER HOLIDAY PARTY

MARK YOUR CALENDAR
SAVE THE DATE
FOR THIS NINETH ANNUAL GALA EVENT

WHEN: Saturday, February 27, 2010
WHERE: Pleasanton Marriott (formerly Pleasanton Plaza)
11950 Dublin Canyon Road, Pleasanton, CA
WHAT: Dinner, dancing and enjoyment for all
TIME: 6:00 p.m. (no host cocktails) 7:00 p.m. dinner served
WHOM: Valley Spokesmen members and invited guests
COST: \$10.00 per person includes dinner, but not cocktails
MENU: Entrée of Salmon, or Beef (vegetarian upon request)

Make your reservation today by sending in this form to:
Valley Spokesmen, P.O. Box 2630, Dublin, CA 94568

List each person individually and their entrée:



Name _____
Address _____
Phone _____
Entrée Beef _____ Salmon _____
Vegetarian _____
Payment \$10.00

Name _____
Address _____
Phone _____
Entrée Beef _____ Salmon _____
Vegetarian _____
Payment \$10.00

Name _____
Address _____
Phone _____
Entrée Beef _____ Salmon _____
Vegetarian _____
Payment \$10.00

Name _____
Address _____
Phone _____
Entrée Beef _____ Salmon _____
Vegetarian _____
Payment \$10.00

SIGN UP FOR THIS MOST FESTIVE OF
THE YEAR!!!

THE VALLEY SPOKESMEN BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

Please complete and return to the following address: **VALLEY SPOKESMEN, P.O. BOX 2630, Dublin, CA 94568-0784**

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club. **NEW MEMBER** **RETURNING MEMBER**
 Enclosed is **\$22.00 for a 2010 individual membership** (\$11.00 after June 30th) OR **\$30.00 per year for a 2010 family membership** (\$15.00 after June 30th). **Make check payable to: Valley Spokesmen.**

 I prefer receiving my newsletter via the **V. S. Web Site** rather than a mailed hard copy

 Please add my e-mail address to the V. S. e-mail list so I receive current club information, ride updates, etc.

E-Mail address: _____ Your e-mail address **will not be shared** with any other group or organization

 NAME - please print () _____ PHONE

 ADDRESS CITY STATE ZIP +4

In consideration of the acceptance of my application, I, for myself, my heirs, executors, administrators, successors and assigns, waive, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the Valley Spokesmen "Bicycle" Touring Club, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs, executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable to me for damages.

I AGREE TO WEAR A BICYCLE HELMET ON ALL CLUB RIDES.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE Valley Spokesmen Bicycle Touring Club AND SIGN IT ON MY OWN FREE WILL.

 DATE AGE APPLICANT'S SIGNATURE

If this application is for family membership, please indicate names and ages of all adults and minors who may be included in club activities.

Name	Age	Signature
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Signature of parent or guardian (needed if applicant is under 18 years of age). _____

MEDICAL INFORMATION – if interested in receiving a Medical Emergency Card

Emergency Contact: _____

Telephone Number: () _____

Emergency Contact: _____

Telephone Number: () _____

Physicians Name: _____

Telephone Number: () _____

Medical Insurance: _____

Coverage ID: _____ Group ID: _____

Allergies: _____

Blood Type: Name: _____ Type: _____

Name: _____ Type: _____

Name: _____ Type: _____

Name: _____ Type: _____

Name: _____ Type: _____

Name: _____ Type: _____

2010 CLUB OFFICERS

President: Dan Carhart
Vice-President: Kathy Strain
Treasurer: Bill Well
Recording Secretary: Lynn DeMattei
Corresponding Secretary: Bonnie Powers 925-828-5299

Ride Chairmen: Peter Rathmann
Curtis Stallins

Newsletter Editor/Typist: Marcia Seeger
E-mail: VSnews02@aol.com
Newsletter Publisher: Mary Murphy

Past President: Jim Kohnen

V.S. Racing Team contacts: Jim Duncan
Zafer Demir

2010 PRESIDENTIAL APPOINTMENTS

T.O.S.R.D. Chairman: Francie Cushman

U.S.C.F./N.C.N.CA Rep: OPEN
E.B.B.C. Rep.: Jim Eklund

Mileage Keeper: Jim Paulos
Webmaster: Curtis Stallins

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

Community Liaisons

Alamo	Ralph Speck
Castro Valley	Molly Heekin
Concord	Jean Watts
	Kathy Tate
Danville	Bill/Mary Well
Dublin	Christy Simpson
Hayward	James Paulos
Lafayette	Stan Goodman
Livermore	Susan Gibbs
Pleasanton	Bill Rose
Pleasant Hill	John Rodriguez
San Ramon	Peter Rathmann
Walnut Creek	Peter Culshaw

We appreciate the many articles that have been submitted and we are sorry that they cannot always be printed during the month of submission. The newsletter is limited in length due to the cost of postage, and we will give articles of a timely nature priority.

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

VALLEY SPOKESMEN

<http://www.valleyspokesmen.org>

2010 club members may subscribe to the VS mailing list by sending an email with their names to:

prathmann@yahoo.com