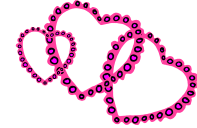




VALLEY SPOKESMEN

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

FEBRUARY 2010



President's message

Addiction...Society's Menace

After much soul searching, I have decided to go public. Though I have valiantly tried to both control and hide my issue, I have no choice but to admit that I am addicted and according to my wife, should seek immediate help. Yes I am an addict, a bona fide "cycling" addict. I am now sure. I am experiencing severe withdrawals with the rain and shortened daylight hours. Severe symptoms include irritability, a lack of focus and some physical changes as well; unexplainable weight gain which aggravates the irritability issue.

I realize that my addiction is not very provocative and will certainly not get the "buzz" that a number of other, slightly better known, public figures have achieved with the public revelation of their uncontrollable compulsive behavior. Though it may not be as titillating or *costly* as Tiger's, I still compulsively continue to invest an excessive percentage of my net income to get lighter, go farther, faster.... or at least look like I can. As an addiction, cycling is not as mind bending or hallucinogenic as Lyndsey Lohan's extensively photographically documented appetites. But like Lyndsey I cannot seem to get enough and I love doing a good line. I now seem to live for the high that an enthusiastic pace line provides, the adrenaline rush of a steep technical descent and lately the additional excitement of doing both in a driving downpour.

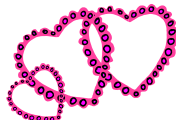
As with most addicts I have also started hanging out with a crowd with similar issues. As with all addicts I seek refuge with people who are not judgmental and are seeking acceptance and support as they too feed their habits. Nothing is more satisfying than a group of cycling addicts feeding their habit in a well choreographed pace line, heads down, cadence up, spinning down the Boulevard at 26 mph. Physical addiction doesn't get any better than this, and even Dr. Oz approves.

2010 is off to a great start. All of the rides, even those threatened and/or shortened by much-needed rain, are drawing an unusually large number of riders for so early in the year. The Cinderella Classic is fast approaching and the training rides are attracting a whole new group of future "addicts". It is exciting to see so many people who are embracing cycling as not only an excellent way to achieve personal health and fitness goals but as a great social outlet.

Fellow "addicts", don't forget the Holiday Party on February 27th! Please join me for an evening of food and friends, and let's celebrate the successes achieved in 2009 by the "cycling addicts" currently known as the Valley Spokesmen.

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!

* * * * *

**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.

SAT. 2/6/10 2-L 27 miles (45 km) 9:00 a.m. Feather Pedals Training Ride. Number 5 in a weekly series of rides prior to the Cinderella. Meet at Alamo Plaza near the Xenia restaurant. Take I-680 to the Stone Valley exit in Alamo and go west; cross Danville Blvd. and then turn right into the shopping center; park near Xenia Bistro. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

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 Raleys 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.

SAT. 2/13/10 2-L 32 miles (55 km) 9:00 a.m. Feather Pedals Training Ride. Number 6 in a weekly series of rides prior to the Cinderella. Meet at Osage Park in Danville. Take I-680 to the Sycamore exit and go east; turn right on Brookside and follow to the Osage park entrance and parking lot. See http://www.valleypokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 2/14/10 2-L 35 miles (58 km) 10:00 a.m. Let's ride to Las Trampas to enjoy the last part of fall. There are a few hills. 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. 2/17/10 2-M 38 miles (60 km) 10:00 a.m. We'll ride **from Lafayette on a loop out to Pinole** and then return via the San Pablo reservoir and Orinda. Start at the staging area on Olympic just west of Pleasant Hill Road in Lafayette.

Leader: Gail Blanco, 925-872-1001.

SAT. 2/20/10 2-L/M 40 miles (65 km) 8:30 a.m. Cinderella Training ride from San Ramon through Blackhawk, Livermore, and Pleasanton. Meet at San Ramon Central Park on Bollinger. 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 food or money to buy. All members and guests welcome.

Leader: Bekki Livingston,

<http://sports.groups.yahoo.com/group/pedlpushers/> for any updates.

SAT. 2/20/10 2-L 38 miles (60 km) 9:00 a.m. Feather Pedals Training Ride. Number 7 in a weekly series of rides prior to the Cinderella. Meet at San Ramon Central Park. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite The Marketplace. If you reach Alcosta you went too far – make a U-turn and then a right into the park. See http://www.valleypokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 2/21/10 2-M 35-45 miles (56–72 km) 9:00 a.m. Join me for a ride celebrating all the VS members who rode 1000 miles or more in 2009. We will depart Shannon at 9:00 a.m. and head north on the "Boulevard" before heading east via Greenbrook and Sycamore Valley Rd. to Camino Tassajara and Highland. The full route will proceed to East Livermore via the Cinderella Route (in reverse) to Vasco Rd. for a re-group before returning via Greenville Rd, Tesla, Concannon, Isabel and Vineyard Ave to Pleasanton and back to Shannon. Those looking for a shorter route can return via Collier Canyon Rd. with a short stop at the Livermore Airport then start back via Kitty Hawk, to Vineyard Ave. to Pleasanton and back. Full route is 45 miles with the shorter route at 35 miles. Meet at Shannon Center in Dublin which is off San Ramon Rd. north of Amador Valley Blvd. between Silvergate Dr. and Vomac Rd. Bring water and nutrition.

Leader: Dan Carhart, 925-828-8964

WED. 2/24/10 2-L 38 miles (60 km) 10:00 a.m. Starting at the Livermore airport we'll ride to Pleasanton, stop in Blackhawk to eat, and then return to Livermore via Collier Canyon. Take I-580 to Airway Blvd. exit and go south; turn right on Terminal Circle and park either on street or parking lot on right. Bring water and food or money to buy.

Leader: Bill Goodwin, 925-487-0521.

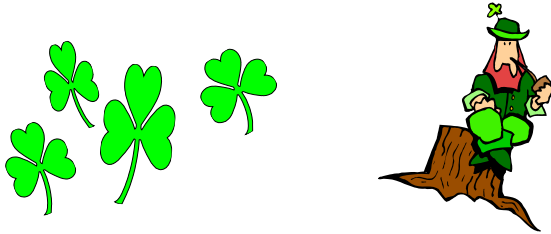
SAT. 2/27/10 2-L 40 miles (64 km) 9:00 a.m. Feather Pedals Training Ride. Number 8 in a weekly series of rides prior to the Cinderella. Meet at the Costco in Livermore off North Canyon Pkwy. Take I-580 to the Airway Blvd. exit and go north; turn right on North Canyon Pkwy. and right into Costco. See http://www.valleypokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 2/28/10 3-L/? 30 miles (50 km) 10:00 a.m. Hey did you have a good time at the Mid-Winter Holiday Party? Well I say we need a recovery ride! **Let's ride up South Gate Rd. to the junction or beyond.** We will meet at The Museum of the San Ramon Valley located at the corner of Railroad and Prospect Avenues in downtown Danville. All ride levels welcome; just climb as far as you want.

We can get some refreshments at Peet's coffee at the end of the ride.

Leader: Dan Granahan, 925-323-9798.



MARCH 2010

MON. 3/01/10 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. 3/3/10 3-M 30 miles (50 km) 10:00 a.m. Meet at Livermore Airport and pedal with us to the Del Valle Reservoir. From I-580 go south on Airway Blvd. Turn right onto Terminal Circle and right into the parking lot. **Leader: Gail Blanco, 925-872-1001.**

WED. 3/3/10 7:00 p.m. CLUB MEETING. Non-members and members alike, join us at Round Table Pizza in Dublin, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Check our online ride calendar at http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903 for a map.

SAT. 3/6/10 2-L/M 50 miles (80 km) 9:00 a.m. **Cinderella Training Ride from Benicia to the Jelly Belly company and on to Suisun City.** Take I-680 North, cross the Benicia Bridge, exit to I-780. Exit E. 2nd St., turn left (toward the water) on E. 2nd, right on Military, left on 1st St., and left into the B Street parking lot. Bring water and lunch or money to buy. All members and guests welcome.

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

SAT. 3/6/10 2-L 44 miles (70 km) 9:00 a.m. Feather Pedals Training Ride. Number 9 in a weekly series of rides prior to the Cinderella. Meet at the Pleasanton side of the Dublin/Pleasanton BART station. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 3/7/10 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.**

WED 3/10/10 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.

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.

UPCOMING EVENTS AND RIDES

- February 13 [Tour de Palm Springs](#) – Palm Springs
- 27 [Pedaling Paths for Independence](#) - Linden
- 27 [L.A. Chinatown Firecracker Bike Ride](#) – Los Angeles

UPCOMING TOURS

**SUN. APRIL 18 – THUR., APRIL 22, 2010
YOSEMITE IS FILLED!!!**

Currently there is a waiting list. Now is the time to pay the balance due. The total cost of the trip is \$375.00 per person. So, with your \$100.00 deposit, the balance due is \$275.00 Please make checks payable to Bonnie. For further information, call - - - - -
Organizer: Bonnie Powers, 925-828-5299

WED. MAY 26, - FRI. MAY 28, 2010 – 200 miles.
Sunol to Paso Robles and the [Great Western Bicycle Rally](#) with two nights' lodging in Hollister and King City. The total cost of the trip (to be determined) includes lodging, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers?! Unlimited number of riders.
For additional information you may call - - - - -
Organizer: Bonnie Powers, 925-828-5299

**SAT. OCTOBER 9 – MON. OCTOBER 25, 2010
TEXAS HILL COUNTRY**

Anyone for a tour of the Texas Hill Country? We will cover approximately 400 miles. The total cost is yet to be determined. We will begin in San Antonio and ride to Hondo, Utopia, Kerrville, Fredericksburg, Johnson City, Austin, San Marcos, Greune and back to San Antonio. There will be an informational meeting at the Powers' place on Thursday, February 18th at 7:30 p.m.
Organizer: Bonnie Powers, 925-828-5299.

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** - \$70.00 (to be discontinued)
- sleeveless wind shell vest** - \$58.00
- long sleeve jacket** - \$69.99 (to be discontinued)
- shorts** - women / men - \$58.00
- bib shorts** - \$65.00 (to be discontinued)
- 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

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

**Valley Spokesmen "Bicycle" Touring Club
Executive Board Meeting
January 13, 2010**

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

Minutes from the December 9, 2009 executive board meeting were accepted as read.

Treasurer Bill Well reported on our finances. He has a year-end detailed report for distribution to those interested. He will be able to answer any questions. Motion, made, seconded and passed for Bill to contact our accountant, Varenchik, to do our taxes on an ongoing basis.

OLD BUSINESS:

1. Past month's rides – Peter reported there have been a few rainouts and a few accidents due to over-lapping wheels and rain. There were 48 riders on the first Feather Pedals ride. Bonnie reported gigantic waves on the Marina/Monterey/-Pacific Grove ride. The Mt. Hamilton ride was chilly on the descent.
2. V.S. web site – Curtis has added an additional link that accesses past month's newsletters. Check out the Cinderella link with great pics. We have had more than 136,000 visitors on our site.
3. Update on area Master Plans or bicycle issues – there was nothing new to report.
4. First Aid classes – The classes are scheduled for March; watch for info on the VS web site.
5. BE-Pro – Kathy and Curtis reported on their BE-Pro experience. It was very informative on such topics as legalities; putting on an event; marketing; insurance; registration; volunteers; bandit riders.
6. We have not heard back from E.B.B.C. regarding our \$2500.00 year-end donation.

NEW BUSINESS:

1. Discussed the February/March ride schedule.
2. Cinderella update: The flyers are ready to be printed. Permits have filled out. Worker forms are ready and will be mailed with flyers.
3. Mid-winter party – Scheduled for Saturday, February 27th. We have 64 persons signed up so far.
Motion made, seconded and passed to contract with Amos Productions for their DJ services.
Discussed the awards to be presented. Jim Duncan continues to accept award suggestions.
4. Membership for 2010 is coming in very slowly with only 170 members so far. Reminders will be sent out immediately.
5. Bonnie reported on correspondence sent and received.
6. Jim D. reported that things are ping-ponging back and forth between E.B.R.P. and the City of Dublin regarding the end of the Iron Horse trail at Dublin Blvd.
7. Jim P. has a new disc of clip art that may be used for the newsletter. Motion made, seconded and passed to reimburse him \$9.32 for this disc.
8. Curtis suggested every member should automatically be on the VSlist. All agreed members should request to be on this list.
9. Kathy reported the police officers from Martinez, El Cerrito and Benicia are organizing a ride benefiting Special Olympics. They may come to our March business meeting to promote their event.
10. An example of this year's Cinderella patch was passed around – it looks great!

There being no further business the meeting adjourned at 8:10 p.m.
Respectfully submitted, Lynn DeMattei, Secretary.

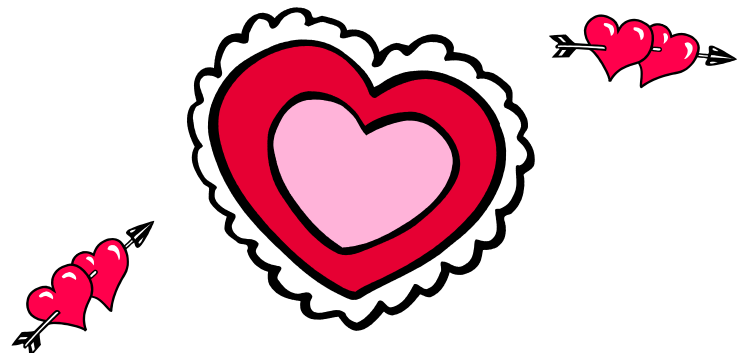
**Valley Spokesmen "Bicycle" Touring Club
January 2010**

Correspondence sent:

1. Check to Rails-to-Trails Conservancy for membership renewal.
2. Check to League of American Bicyclists for membership renewal.
3. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
4. Check to Pitney Bowes Global Financial Services LLC for postal meter tax.
5. Check to Minuteman Press for printing of January newsletter.
6. Reservation and check to Wyndham Hotel for lodging at BE-Pro Conference.
7. Check to James Paulos for clip art software disc.
8. Check to Sandy Larmour for winning the Cinderella patch design for 2010.
9. Check to Minuteman Press for printing of Cinderella worker forms.
10. Permit and check to the County of Alameda for the Cinderella.
11. Permit and check to the City of Livermore for the Cinderella.
12. Permit and check to East Bay Regional Parks for the Cinderella.
13. Permit and check to the City of Dublin for the Cinderella.
14. Reminder letters to club members that have not joined for 2010.
15. Letters for welcome to old/new members. Membership stands at 297.

Correspondence received:

1. Thank you letter from Pleasanton Police Department for \$1500.00 donation.
2. Reservations for Mid-Winter party.
3. Thank you letter from Rails-to-Trails for membership renewal.
4. January copy of *Sunset* magazine.
5. Advertisements from various organizations and businesses.
6. Newsletters from various clubs and organizations.



 SOME INTERESTING STATISTICS ON CLUB RIDES AND MEMBERS MILEAGE

Total club rides

2004 – 278
 2005 – 251
 2006 – 213
 2007 – 268
 2008 – 433
 2009 – 401



Total membership

2004 – 409 – During the year 221 members rode one or more rides
 2005 – 382 – During the year 224 members rode one or more rides
 2006 – 375 – During the year 222 members rode one or more rides
 2007 – 384 – During the year 205 members rode one or more rides
 2008 – 499 – During the year 258 members rode one or more rides
 2009 – 481 – During the year 225 members rode one or more rides



Total miles ridden by club members on club rides

2004 – 105,134 miles
 2005 – 93,611 miles
 2006 – 78,780 miles
 2007 – 88,250 miles
 2008 – 114,692 miles
 2009 – 140,991 miles

Top Mileage for Past Three Years

In 2007 – 1 member rode 6,533 miles
 In 2008 – 1 member rode 6,628 miles
 In 2009 – 1 member rode 6,694 miles

In 2004 – 1 member rode 4,376 miles
 In 2005 – 1 member rode 4,147 miles
 In 2006 – 0 member rode 4,000 miles
 In 2007 – 1 member rode 4,739 miles
 In 2008 – 8 members rode 4,000 miles
 In 2009 – 1 member rode 4,160 miles

In 2004 – 1 member rode 3,508 miles
 In 2005 – 1 member rode 3,061 miles
 In 2006 – 3 members rode 3,000 miles
 In 2007 – 1 member rode 3,290 miles
 In 2008 – 1 member rode 3,364 miles
 In 2009 – 4 members rode 3,000+ miles

In 2004 – 5 members rode 2,000+ miles
 In 2005 – 4 members rode 2,000+ miles
 In 2006 – 2 members rode 2,000+ miles
 In 2007 – 4 members rode 2,000+ miles
 In 2008 – 7 members rode 2,000+ miles
 In 2009 – 5 members rode 2,000+ miles

In 2004 – 3 members rode 1,500+ miles
 In 2005 – 9 members rode 1,500+ miles
 In 2006 – 4 members rode 1,500+ miles
 In 2007 – 3 members rode 1,500+ miles
 In 2008 – 6 members rode 1,500+ miles
 In 2009 – 10 members rode 1,500+ miles

In 2004 – 19 members rode 1,000+ miles
 In 2005 – 11 members rode 1,000+ miles
 In 2006 – 8 members rode 1,000+ miles
 In 2007 – 9 members rode 1,000+ miles
 In 2008 – 18 members rode 1,000+ miles
 In 2009 – 22 members rode 1,000+ miles

In 2004 – 13 members rode 750 miles
 In 2005 – 14 members rode 750 miles
 In 2006 – 10 members rode 750 miles
 In 2007 – 11 members rode 750 miles
 In 2008 – 18 members rode 750 miles
 In 2009 – 11 members rode 750 miles

In 2004 – 23 members rode 500 miles
 In 2005 – 11 members rode 500 miles
 In 2006 – 19 members rode 500 miles
 In 2007 – 25 members rode 500 miles
 In 2008 – 24 members rode 500 miles
 In 2009 – 24 members rode 500 miles

In 2004 – 36 members rode 250+ miles
 In 2005 – 34 members rode 250+ miles
 In 2006 – 27 members rode 250+ miles
 In 2007 – 27 members rode 250+ miles
 In 2008 – 19 members rode 250+ miles
 In 2009 – 51 members rode 250+ miles

In 2009 – 87 members rode one ride

The maximum number of club rides a member could ride during 2009 was 401

A total of forty-four (51) club members agreed to be ride leaders during 2009. Special THANKS to ALL of YOU!

Of these Fifty-one members, those that stand out most led 41/35/30/14/11 rides each. THANK YOU, THANK YOU!!!!

RIDE REVIEWS

December 23rd Nice warm, sunny day with very clear air for Bill's ride from Berkeley to Emeryville and then north along the Bay Trail to Pt. Richmond. Peter

December 26th Marcus led today's ride from Livermore north on Vasco Rd. to Byron and continuing past Bethany Reservoir on the Canal trail to Altamont Pass Rd. A little cool today and no sunshine, but at least we managed to complete the ride with only a few sprinkles toward the end. Note that Vasco Rd. north of Livermore has been improved recently with the road relocated and widened to provide an ample shoulder. There is a rumble strip that is poorly placed in some areas, but the shoulder is wide enough to allow cyclists to avoid the strip.

December 27th For the 10 of us who ventured out into this mornings thick fog, we were well rewarded by mile 10 with nice warm sunshine. It was a beautiful ride, with only damp roads and very little traffic. Thank you to those of you who did ride and helped make it so enjoyable.

The next ride I lead is on Wed. We meet at the Moraga Trail staging area at the end of Olympic Blvd. at 9:30. We'll head out to Pinole and then ride back on the other side of the reservoirs. This is a 12-14 mph ride with a few hills thrown in. If a group wants to shoot off the front, I have no problem with that, but this is a no drop ride and everyone is welcomed. See you on the road soon, Gail Blanco

December 29th Great birthday ride to-day Richard, for the hardy folk who left the fog & damp of the San Ramon Valley and journeyed to the sunshine of Mt. Hamilton. Thanks for the goodies before and the lunch at the top. Wonderful views from the summit.....until the fog rolled in. Made the initial descent a wee bit cool and all were hoping the hill would show up so a bit of exertion would warm the bones. So, the consensus is that for your next 39th you forgo the lunch and take us for a ride on Haleakala instead. Thanks for a great day. Jim

+++++

Ditto! The view couldn't have been better on the way up. On the way down, I was too cold to look! Stopping to blow on your fingers to warm them up didn't help much. Better just to tough it out and get down that hill faster!

Next time, I'll bring dry clothes with me for a quick change at the summit! Haleakala -- you betcha! Barb

+++++

Special thanks to Richard Hedges for his birthday ride up Mt. Hamilton, complete with Sag support, lunch, and assorted snacks. Plus he managed to time it perfectly between the rain storm that hit us last night and the dark clouds that started rolling in just as we descended the mountain. Peter

January 1st The forecast didn't sound good, but we had a good turnout for our annual ascent of Diablo to welcome the New Year. And the weather turned out much better than anticipated - no rain other than a few sprinkles at the start and even some intermittent sunshine. Peter

+++++

Thanks Peter for a great ride

January 3rd/4th The forecast didn't sound good, but we had a good turnout for our annual ascent of Diablo to welcome the New Year. And the weather turned out much better than anticipated - no rain other than a few sprinkles at the start and even some intermittent sunshine.

January 6th The forecast didn't sound good, but we had a good turnout for our annual ascent of Diablo to welcome the New Year. And the weather turned out much better than anticipated - no rain other than a few sprinkles at the start and even some intermittent sunshine.

January 9th A nice ride from San Ramon to Livermore following the route of the start of the Cinderella. Unfortunately it was marred by a crash and shoulder injury due to overlapping wheels. The accident happened on Vineyard Rd. at a spot where the pavement narrowed just as a car passed and caused the group to bunch up. Wishes for a speedy recovery!

January 9th We had close to 30 riders today for our 20 mile loop from the Lafayette BART. We had 5 riders that rode from Danville - which gave them 40 -50 miles total! Thanks to Ted Fisher, Shawn Mehaffey, Michelle McBee and Mary Hernandez for helping out today. We had a blast, stayed together for the most part and didn't have any problems with flats along the way. We will ride with the feather pedals next Saturday. I am going to add more miles to their ride and if you want, you can join me. The ride goes to the junction of Tassajara Road at Windemere and turns around and goes back. At this point, I will take a left onto Tassajara, a right onto Highland and follow that road until it ends at Manning. We will take a right onto Manning, a left on Carneal, a right on Collier Canyon, a left on Highland and then take a right onto Tassajara and follow it back to the Blackhawk parking lot. This will be a total of 25 miles = there are plenty of ways to add more miles than this - so let me know if you want more and we can plan a route. For now, you can either follow the feather pedal route which will be 17 miles, or the 8 miles I've added. See you Saturday ready to ride at 9am from Blackhawk Plaza. I am going to ride my bike from home to the start if anyone wants to join me rather than park at the shopping center. Bekki

January 9th Thanks to all the riders that made our first Feather Pedals ride an enjoyable experience! We had a total of 48 riders join the 15-mile loop from Shannon Park to the base of Las Trampas. Twelve new riders to the Feather Pedals group and six new riders to the sport of cycling! It was great to see new faces and everyone smiling and enjoying the camaraderie! I am happy to report that there were not flats and that everyone successfully completed the ride! A special thanks and hats off to the riders that joined the Starbucks roundtable! We shared stories of our riding experiences and our backgrounds. Awesome face time:) Happy Riding! Carol CC

January 10th Thick fog on my ride up to the start this morning. Then the sun started to come through just before we started the ride and it was sunny in downtown Danville. But the clouds returned as we continued south to San Ramon and then up into Las Trampas. Still no sign of the zebras, but an ample supply of eggs being cared for by the ostriches. There was also one fox sighting - but not by me. Peter

January 10th Marina/Monterey/Pacific Grove. We left the valley in the fog to be greeted with sunshine in Marina. There was a nip to the air but our outer layers were quickly removed. It turned out to be a wonderful day with stops on the wharf for samples of clam chowder, then on to Cannery Row for a look see, then Pacific Grove for lunch. What was amazing was the size of the waves, they were enormous as they crashed against the rocks and along the beach – gorgeous! Lastly we stopped at the Monarch butterfly trees to have another look complete with a talk by the docent. Very interesting, and best of all, docent Jack is a bicyclist whom Bob and I have known for years. The world gets smaller all the time. Good day! Bonnie

January 16th Dublin to Livermore on the Flynn's ride. A nice ride before the promised rain storms arrive. Foggy at the start, but we even got some sunshine as we rode around the eastern outskirts of Livermore. The clouds returned as we rode through south Livermore and back to Pleasanton, but at least we stayed dry and warm. Peter

January 16th Today's Feather Pedals Group ride leader was Karin Ball. We had a total of 65 riders who signed in and 2 additional riders who joined us along the route. (Remember...if you arrive late, please let the SAG know you need to sign-in along the way.) The group rode 17 miles with SAG-support. Some riders took on an optional extended route. (We welcome hearing more about the extended ride from anyone who selected this

option.) Ride #2 increased by 2 additional miles over our week #1 ride and included a climb on Windemere. Some call it a false flat while others call it a hill. Whatever it was for you....great job everyone!!!!

In addition to our SAG, Dean, Charles was our Sweep. There were opportunities to practice the tire changing skills learned at our Clinic with 2 flats. Many enjoyed lunch together at Draeger's Market with soup being the most popular lunch choice after a cold ride. Many thanks to Mother Nature for holding back the rain and giving us a peek of sunshine. Karen

January 17th Pleasanton-Sunol-Calaveras - Five brave souls ventured out for today's ride up Calaveras. It was forecasted @ 90% chance of rain, we only got rained on about 50% of the time so I guess we did pretty good! The light drizzle was not bad, I think we all had a good time despite the weather. I almost felt like I was back in Seattle. Enjoy your day and remember how much we need the rain. Gail

January 23rd – Despite the possibility of rain, quite a few riders showed up to ride from Shannon Center in Dublin to the end of Bollinger Canyon Rd. in Las Trampas. The roads were still damp from showers early in the morning, but we enjoyed nice sunny skies. Peter

January 23rd - Nice to see 16 hardy folk on the 9:30 ride - though I hear there were 12+- on the Pedal Pushers jaunt up Bollinger to las Trampas! We had a great ride. Held together and, at Moraga Way / Canyon / Moraga road split had a lesson in feminine intuition - Listen to your Mama!!! For those who headed to Redwood - we'll not discuss the tempest on Redwood!, again, Listen to your Mama!!! (But Will enjoyed the escort home I'm sure) For those that went the St. Mary's / SR Blvd. route it was fun....almost. So the bikes got washed as did riding gear. The laughter, bite to eat with beverage at Jack's made it fade into the past. Thanks for coming. Jim

January 24th Thanks for the ride to-day John. Calaveras was great. The hills in multi hues of green, the streams gurgling everywhere, (heard and saw some for the first time), the sky was blue (for a wee while), and the wildlife sounds abundant. Warmed about 8 degrees at the first summit! Back to the car just as it started to sprinkle. Jim

+++++

Yep, thanks for the ride John. Looking at the weather radar in the morning, I was expecting to get wet. But, the rain gods were looking after us, and it ended up being a great ride. Rick

 FINAL MILEAGE REPORT FOR 2009

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Amos, Bob	294		9	Granahan, Dan	1338	16	39
Arrambide, Juan	584		15	Gustafson, Jeff	226		10
Aufdenkamp, Jan	452		12	Hailey, Barb	1051	9	25
Baker, Larry	212		4	Hammond, Chuck	211		5
Ball, Karin	711	8	19	Heady, Bob	747	35	42
Berckmoes, Russ	714	1	18	Hedges, Richard	1060		17
Blanco, Gail	1113	7	24	Henderson, Jamie	328		8
Bonilla, Herman	803		18	Hernandez, Mary	485		10
Bousfield, Sarah	316		2	Herrera, Gloria	566		11
Bowen, Maria	255		5	Hislop, Bob	552	1	18
Brennen, Andrea	266		2	Ho, William	950		31
Brennen, Don	200		1	Hunt, Nena	762	1	19
Bricca, Elmer	214		2	Johnson, Dan	292		8
Brooks, Roberta	398		10	Johnson, Joan	292		8
Brown, Ron	326		7	Kita, Jim	641	1	17
Burger, Barbara	314		7	Kohnen, Jim	625	1	20
Burkle, Kathy	668	5	16	Kunz, Mike	200		1
Burton, Jennifer	243		6	Lam, Henry	304	5	9
Butler, Sher	254		7	Leaver, Kent	1795		52
Campbell, Rick	1868	1	52	Lin, Linda	447		11
Canter, Kim	205		4	Livingston, Bekki	787	5	16
Carhart, Dan	2943	16	81	Lusso, Gary	1261		27
Carlson, Dane	321		8	Lynn, Bob	446		7
Carpenter, Don	1823	3	37	Marchetti, Francesco	305		6
Castaneda, Ana	407		10	Marchetti, Karen	451		10
Cerri, Donna	244		6	Matic, Mike	975		32
Colby, Cheryl	275		5	McBee, Michelle	1018		26
Coleman, Phil	734		1	McNeill, Ernie	1270		4
Coronado, Carol	263		5	Metz, Leonor	281		8
Culshaw, Peter	1038	3	25	Montes, Frank	465		8
Culshaw, Sharon	599	3	11	Moorhead, Jane	477	6	25
Cushman, Francie	1875		39	Moyer, Greg	384		15
Daly, Deborah	356		8	Murphy, Michele	444		10
Dedon, Erica	245		4	Nadeau, Alaine	569	11	16
Dedon, Mark	399	1	8	Neer, Mark	2844	9	70
Delfosse, Rob	787	1	25	Neer, Susan	3033	9	68
DeMicco, Mike	886	5	13	Niemeyer, Barbara	280		6
Deornelas, Vic	675		18	Norby, Edith	378	3	10
DiBasilio, Pat	850		2	Nowell, Keith	618		19
Diler, Andre	373		15	Nowell, Linda	359		10
Duncan, Jim	3844	41	90	Olsen, Elinor	734		1
Duncan, Tom	205		8	Ornelas, Joe	383		15
Durant, Patric	301		7	Orr, Chuck	322		5
Eckelmann, Claudia	238		5	Owens, Jim	200		1
Engleton, Mary	1148		8	Owens, Punam	267	5	8
Erickson, Kae	734		1	Page, Janie	612		28
Fisher, Ted	450	1	12	Palmer, Sarah	332		6
Fraser, Heidi	1244	11	37	Parrish, Charles	1795		41
Fujii, Bob	1454		32	Payne, Pat	440		11
Fujii, Vivian	434		10	Pendery, Carol	1052		7
Fusco, Bob	433	1	8	Pendery, Tom	1261		14
Gaunt, Ross	329		5	Poe, Karin	289		6
Goodwin, Bill	1612	30	46				
Graham, Catherine	283		6				

FINAL MILEAGE REPORT FOR 2009 - cont.

	Sum of Miles	Rides Led	Total Rides		Sum of Miles	Rides Led	Total Rides
Powers, Bob	1298	8	9	Tate, Kathy	569		14
Powers, Bonnie	944	7	9	Thieben, Kevin	2743	3	60
Price, Kathy	413		13	Thieben, Teresa	430		9
Primrose, Denise	717		18	Thomas, Walt	1118		37
Quist, Jonathan	345		15	Till, Gary	282		8
Raeburn, Marty	200		1	Trotman, Traci	434		10
Rathmann, Peter	6694	24	174	Tyler, Chuck	200		1
Rawlings, George	340		10	Van De Vreugde, Jim	3027	2	65
Reinke, Glenn	273		3	van Raalte, Marcus	2251	3	59
Repulles, Diane	519		16	Well, Bill	1265		7
Rodriguez, John	249		9	Well, Mary	1131		7
Roe, Joan	465		7	Whelan, Steve	3675	3	80
Roe, Larry	419		6	Wood, Barbara	285	6	8
Rossiter, Jaynette	519		14	Woodworth, John	1780	1	30
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	4160	14	94				
Skow, Richard	1507	1	18				
Slagle, Linda	232		4				
Slagle, Pete	1064		24				
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	1617		41				
Strain, Robert	2309		53				
Swingley, Pam	454		12				

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 140,991!!!! 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 FOR 2010 ARE DUE!

JOIN NOW!

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

LAST CHANCE
SIGN UP NOW FOR THIS MOST
FESTIVE EVENT 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