



VALLEY SPOKESMEN

VALLEY SPOKESMEN BICYCLE TOURING CLUB – *SINCE 1971*

P.O. Box 2630 Dublin, CA 94568

www.valleyspokesmen.org

MARCH 2010

Train to Finish

The 2010 Cinderella Classic and Challenge are fast approaching. The Cinderella training rides are drawing large numbers of enthusiastic riders. Many are working hard to renew their relationship with cycling and rebuild fitness and performance. Many are working hard to establish a comfortable or at least *bearable* relationship with their bike. The initial steps to achieving fitness and ultimately cycling success are seldom easy and often painful, and a real sore spot can be coming to an understanding with one's saddle.

Regardless of experience, current fitness or comfort level, all Cinderella's seem to be drawn together by a common goal. The testosterone-driven atmosphere of a male-dominate group ride is replaced by an ego-free camaraderie, a spirit of mutual support, and seemingly non-stop conversation. Group riding is by its very nature a social activity, but the distraction of spontaneous conversation can be its "safety" Achilles heel. A large number of cyclists with a wide range of skill levels riding in close proximity creates an environment that demands good group-riding skills, etiquette, and situational awareness. Following these simple guidelines will help ensure your ride does not end prematurely.

FOCUS FORWARD - Do not focus on the rear tire of the bike in front of you or the rider beside you (eye contact is not necessary to maintain a conversation). Look forward several riders up the road to see what the riders ahead are doing and reacting to.

COMMUNICATE CONSTANTLY - Call out actions and conditions; i.e. passing on your left, slowing, stopping, hole, bump, dog, etc.

HOLD YOUR LINE - Keep your direction of travel razor sharp. Don't snake and squirrel all over the road. Don't make sudden movements. The riders around you are counting on you to maintain a predictable line. All movements should be smooth and indicated when possible.

BRAKE SMOOTHLY - Use your brakes cautiously in a group; if you brake hard you may cause everyone behind you to pile up.

DON'T OVERLAP the wheel of the bike in front of you. If you do overlap, move away and slow down gradually. Protect your front wheel.

SHARE THE ROAD - Obey all traffic laws and regulations.

SINGLE UP - Form a single-file line to facilitate cars trying to pass. Be courteous to all traffic regardless of how rude they are to you. A road rage incident between a 10 speed and a Ford F250 will result in only one obvious victor.

Train to not only finish strong, but to finish safely.

Calling all volunteers: We need all Prince Charmings (men who by virtue of their gender are not allowed to ride the Cinderella) to volunteer to help make sure that the Cinderella continues to be the World Class event it is.

Keep on spinning.

Dan



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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**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: Peter Rathmann, 925-336-0973.

WED. 3/10/10 3-M 30 miles 10:00 a.m. Meet at Shannon center in Dublin. We'll depart at 10:00 a.m.. Take I-680 and exit Alcosta heading West. Turn Left onto San Ramon Valley Blvd., then right onto Shannon and right again into Shannon Center. Bring food and fluids.
Leader: Elaine Nadeau, 925-577-6586
l8trees@aol.com

WED. 3/10/10 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. 3/13/10 2-L/M 50 miles (80 km) 9:00 a.m. Feather Pedals 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. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.
Leader: Karin Ball, featherpedals@yahoo.com

SUN. 3/14/10 2-L 35 miles (60 km) 10:00 a.m. Let's ride to Las Trampas to enjoy the first day of Spring. There are a few hills. We may stop at Peet's on the return trip. Meet at Heather Farm, 301 N San Carlos Dr, Walnut Creek. 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. In the event of extreme cold or rain the ride will be moved to another date.
Leader: Dan Granahan, 925-323-9798,
tntbike2007@gmail.com

TUE. 3/16/09 2-M/B 25 miles (40 km) 5:30 p.m. Let's start the T n' T rides again from Shannon Center in Dublin. An earlier start this month and then back to the usual 6pm in April. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

WED. 3/17/10 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.

WED. 3/17/10 2-L/M 35 miles (60 km) 10:00 a.m. Let's ride from Walnut Creek to Danville with a stop at Osage park. We may stop at Peet's in Danville. Then we'll take the back roads back to Walnut Creek. There will be some short hills along the way. This is a no-drop ride. Meet at Heather Farm. 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

THUR. 3/18/09 2-M/B 25 miles (40 km) 5:30 p.m. Let's start the T n' T rides again from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.
Leader: Jim Duncan, 925-209-1369.

SAT. 3/20/10 2-L/M 62 miles (100 km) 8:30 a.m. Cinderella Training Ride from Dublin; basically following the Cinderella route but in the opposite direction. Start from the south parking lot of Dublin High School. Take I-680 from the north or south to the Alcosta Blvd. exit and go east; turn right on Village Pkwy; turn left on Brighton Dr. and park in lot on left. Bring food and water. All members and guests welcome.
Leader: Bekki Livingston,
<http://sports.groups.yahoo.com/group/pedlpushers/> for any updates.

SAT 3/20/10 2-L 45 miles (75 km) 9:00 a.m. Feather Pedals Cinderella training ride from the Dublin BART station and covering much of the northeastern portion of the route but in reverse. Meet at the Dublin (north) side of the BART station. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.
Leader: Karin Ball, featherpedals@yahoo.com

SUN. 3/21/10 3-M 36 or 40 miles (60-65 km) 8:30 a.m. Starting at Muirwood Park in Pleasanton, out-and-back to the end of Cull Canyon (via Dublin Canyon, Crow Canyon). Optional return (adds 4 miles and 900' of climb) via Norris Canyon, Bollinger and SRV

Blvd. Take I-680 to the Stoneridge exit and go west; turn left at Springdale and left again on Muirwood; park will be on your left. Bring food and water.

Leader: Herman Bonilla, 925-426-0680

TUE. 3/23/09 2-M/B 25 miles (40 km) 5:30 p.m.

Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 3/24/10 2.5-M 30 miles (50 km) 10:00 a.m.

Meet at Shannon Center. From I-680, take the Alcosta exit west. Turn left onto San Ramon Blvd; right onto Shannon; and right into Shannon Center. **We'll go up Niles Canyon, cruise Palomares, then home to Dublin.** Bring food and fluids.

Leader: Elaine Nadeau, 925-577-6586.

THUR. 3/25/09 2-M/B 25 miles (40 km) 5:30 p.m.

Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

SAT. 3/27/10 2-L/M 50 miles (80 km) 9:00 a.m.

Feather Pedals Cinderella training ride starting at the Crank-2 cycle shop in south Pleasanton and covering much of the southeastern part of the course. Crank-2 is at 5480 Sunol Blvd. at the south corner of the Raley's shopping center. Take I-680 to the Bernal exit and go east; turn right on 1st (becomes Sunol Blvd.) and left into the shopping center (just before Junipero). See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 3/28/10 3-L/M 30-40 miles (50-65 km) 10:00

a.m. Meet at Central Park in San Ramon. Team up with an old friend or a new one and go at your own pace to the junction or summit. This is not a no-drop ride. Be prepared to possibly ride alone. 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.

Leader: Gail Blanco, 925-872-1001.

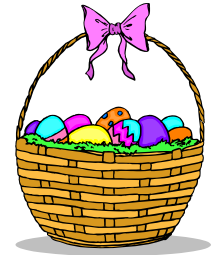
TUE. 3/30/09 2-M/B 25 miles (40 km) 5:30 p.m.

Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 3/31/10 1-L/M 36 miles (60 km) 10:00 a.m. Ride from the north end of **Berkeley's Aquatic Park to the**

Emeryville Marina and then along the Bay Trail to Pt. Richmond for lunch. Meet at the foot of the Univ. Ave. pedestrian bridge on Addison in Berkeley (north end of Aquatic Park). Bring water and food or money to buy.
Leader: Bob Hislop, 925-890-6300.



APRIL 2010

THUR. 4/1/09 2-M/B 25 miles (40 km) 6:00 p.m. (Note later start) Regular T n' T rides from

Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

SAT. 4/3/10 3-L/M 40 miles (65 km) 9:00 a.m. Last Cinderella Training Ride from the Lafayette BART and heading south to Dublin. Meet at the Lafayette BART Station on Deer Hill Road, parking lot at the top of the hill. All members and guests are welcome.

Leader: Bekki Livingston,

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

SAT. 4/3/10 2-L/M 45 miles (75 km) 9:00 a.m.

Feather Pedals Cinderella training ride starting at Dublin High School and winding through Pleasanton, Livermore, Danville, and San Ramon. Take I-680 from the north or south to the Alcosta Blvd. exit and go east; turn right on Village Pkwy; turn left on Brighton Dr. and park in lot on left. See http://www.valleyspokesmen.org/cinderella_training2.php for route and other details.

Leader: Karin Ball, featherpedals@yahoo.com

SUN. 4/4/10 2-L 38 miles (60 km) 9:00 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.

MON. 4/05/10 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.

TUE. 4/6/09 2-M/B 25 miles (40 km) 6:00 p.m.

Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

WED. 4/7/10 2-L/M 30 miles (50 km) 10:00 a.m.

Starting at Shannon Center in Dublin, we'll wind through the neighborhoods of San Ramon, Danville, and Alamo. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Bring water and snacks.

Leader: Gail Blanco, 925-872-1001.

WED. 4/07/10 NO CLUB MEETING THIS MONTH.

The next club meeting is scheduled for Wednesday, June 2, 2010.

THUR. 4/8/09 2-M/B 25 miles (40 km) 6:00 p.m.

Regular T n' T rides from Shannon Center in Dublin. Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.

Leader: Jim Duncan, 925-209-1369.

SAT. 4/10/10 THIRTY-FOURTH ANNUAL CINDERELLA CLASSIC AND CHALLENGE. Registration between 7:00-9:00 a.m. at the Alameda County Fair-

grounds in Pleasanton, CA. Event open to **WOMEN and GIRLS ONLY!!! PRE-REGISTRATION ONLY!!!** No day-of Registration. **REGISTRATION is CLOSED!** **For information call: Jim Duncan at 925-209-1369 or Bob Powers at 925-828-5299.**

SUN. 4/11/10 2-M 25/35 miles (40/56 km) 10:00 a.m.

Join Peter today on this ride from Dublin to Sunol and back again. Longer options for the return are via Sunol Regional Park or Palomares Rd. Meet on the west side of Dublin High School. Take I-680 to the Alcosta Blvd. exit and go east; turn right on Village Pkwy.; Dublin High is on left. Bring water – lunch will follow the ride at the swap meet.

Leader: Peter Rathmann, 925-336-0973.

SUN. 4/11/10 GIANT BAY AREA VALLEY

SPOKESMEN SWAP MEET at Dublin High School, 8151 Village Parkway, Dublin, from 1:00 p.m. until 4:00 p.m. Here is your chance to SWAP and SELL all those unwanted bicycle parts and items --- even bicycles. **ADMISSION FREE!!!** Open to anyone and everyone! Take I-680 from the north or south to Alcosta Blvd. exit, go east on Alcosta; turn right on Village Pkwy., school located at the intersection of Village Pkwy. and Brighton Drive. Swap Meet held in school cafeteria.

Organizers: Bob and Bonnie Powers, 925-828-5299.

WED 4/14/10 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.

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.**

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

UPCOMING EVENTS AND RIDES

- March 6 [Tour de Sewer](#) – Bell Gardens
- 6 [Death Valley Century](#) – Furnace Creek
- 7 [Tour of the Unknown Valley](#) South – Willows
- 7 [Gran Fondo Colnago](#) – San Diego
- 13 [Solvang Century/Half Century](#) – Solvang
- 13 [The Covered Bridge Classic](#) – Snelling
- 28 [Tour the Unknown Valley](#), North – Chico

- April 3 [Party Pardee](#) – Lone
- 10 [Cinderella Classic/Challenge](#) – Valley Spokesmen
- 10 [Mulholland Challenge](#) – Santa Monica
- 11 [Primavera Bicycle Tour](#) – Fremont Freewheelers
- 11 [Giant Swap Meet](#) - Valley Spokesmen
- 15-18 [Sea Otter Classic](#) – Monterey
- 17 [Bike around the Buttes](#) – Yuba City
- 17 [Tierra Bella](#) – Almaden Cycle Touring Club
- 17 [Mr. Frog's Wild Ride](#) – Murphy's
- 17 [Cycle 4 Sight](#) – Napa
- 24 [Mt. Hamilton Challenge](#) – Pedalera Bicycle Club
- 24 [Alpine Challenge](#) – Alpine
- 24 [Devil Mountain Double Century](#) – San Ramon
- 25 [Chico Wildflower](#)
- 25 [City of Angeles Fun Ride](#)

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. This cost 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.

**THU. OCTOBER 7 – SAT. OCTOBER 23, 2010
TEXAS HILL COUNTRY**

These dates are slightly different from those that were printed in the February newsletter.

Anyone for a tour of the Texas Hill Country? We will cover approximately 400 miles. The total cost per person is \$1500.00 (double occupancy); \$2500.00 single occupancy. A deposit of \$200.00 per person is due now for those interested in going on this tour. We will begin in San Antonio and ride to Hondo, Utopia, Kerrville, Fredericksburg, Johnson City, Austin, San Marcos, New Braunfels (Greune) and back to San Antonio. For further information you may contact - - - - -

Organizer: Bonnie Powers, 925-828-5299.

VALLEY SPOKESMEN CLUB GEAR

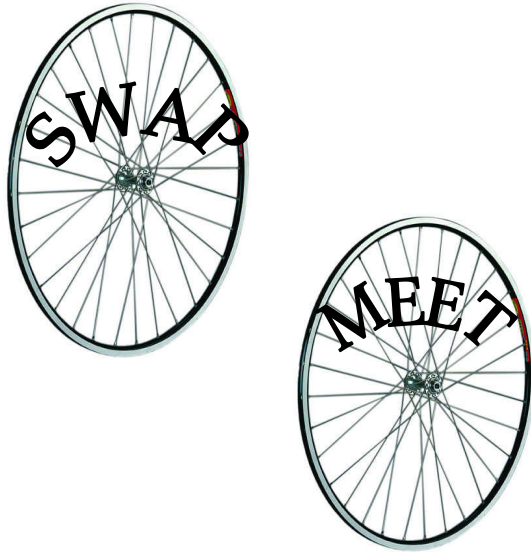
The following Valley Spokesmen clothing is available:

- 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's/men's.....\$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



VALLEY SPOKESMEN BICYCLE SWAP MEET

Sunday, April 11, 2010
 1:00 p.m. – 4:00 p.m.
 Dublin High School
 8151 Village Parkway, Dublin, CA
 Join us as you SWAP – SELL – or just plain
 LOOK
 For information call Bob and Bonnie Powers
 at 925-828-5299

**Valley Spokesmen “Bicycle” Touring Club
 Executive Board Meeting
 February 10, 2010**

Meeting called to order at 7:10 p.m. by President Dan Carhart.

Minutes from the January 13th executive board meeting were accepted as amended regarding members on the VS list.

Treasurer Bill Well reported on our finances. Some numbers are outstanding in preparation for our taxes.

OLD BUSINESS:

1. Past month’s rides – Peter reported there has been good attendance on club rides, even those rained out.
2. V.S. web site – If you have any questions or suggestions, please contact Curtis
3. Update on area Master Plans or bicycle issues – The bridge in San Leandro is soon to be finished, thus bringing our ring around the Bay closer to completion.
4. First Aid classes – The classes are scheduled for March 27th for those who are interested. This is a great idea for those leading rides. Classes are essentially all day resulting in certifications in CPR and First Aid. Motion made, seconded and passed to subsidize these classes for members, who will then pay \$10.00 each for this important training event. Info and sign-up will appear on the website as well as the newsletter. We will be using the 2010 club membership list.

NEW BUSINESS:

1. Perused the March/April ride schedule. The T ‘n T rides are not yet scheduled but will begin in Mid-March.
2. Cinderella update: Flyers were mailed out yesterday (Tuesday) with two being returned are ready today (Wednesday). Get them in, ladies, or you’ll miss your opportunity, do not delay. Discussion followed regarding permits and other possible route changes.
3. Mid-winter party – The partygoers are coming in. Bob passed around a list of songs to be played at this event. Jim D. still needs suggestions for awards; give him a call with any ideas. We promise embarrassment will be minimal (maybe).
4. Dan distributed design suggestions for VS business cards for those who may be interested. This is especially important for people attending events where our name needs to get out there and for those organizing tours.
5. Correspondence was reviewed.
6. Dan reported on the AMGEN tour and some discounts available to members. Jim P. shared the new routes for the tour.
7. Jim P. also shared info in “bicycle boxes” in Portland, Oregon.

There being no further business the meeting adjourned at 8:10 p.m.

Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen “Bicycle” Touring Club  
 February 2010**

**Correspondence sent:**

1. Check to Minuteman Press for Cinderella flyers.
2. Check to Minuteman Press for V.S. membership cards.
3. Check to Minuteman Press for January newsletter.
4. Check to Alameda County Fair Association for Cinderella.
5. Refund checks for Mid-winter party.
6. Check to Jim Duncan for Cinderella gifts for riders.
7. Check to Purchase Powers for postal meter postage.
8. Check to Armstrong Nursery for Mid-winter flowers.
9. Check to Amos Productions for DJ at Mid-winter party.
10. Check to River Delta Unified School District for 2009 T.O.S.R.D.
11. Check to Pleasanton Marriott for Mid-winter party.
12. Letters for welcome to old/new members. Membership stands at 401.

**Correspondence received:**

1. Rejection letter from East Bay Regional Parks denying use of the Iron Horse Trail on Cinderella day.
2. Reservations for Mid-Winter party.
3. Permit approval for use of Christensen School on Cinderella day.
4. Copy of Certificate of Insurance for use of Dublin San Ramon Services District for First Aid class.
5. Opportunity to be an exhibitor at the Alameda County Fair.
6. Suggestions receive for consideration of donations after the Cinderella.
7. February copy of Sunset magazine.
8. Advertisements from various organizations and businesses.
9. Newsletters from various clubs and organizations.

**CINDERELLA UPDATE**

The Cinderella for 2010 is falling into place with many of the initial tasks completed. Registration forms are coming in as well as the worker forms. How about sending in **your** worker sheet today?!

NOW – I need HELP. Please save AND freeze water in your 2-liter bottles AND your rectangular apple juice bottles to be used at the bottom of the ice chests.

ALSO, please save the plastic bags you receive from the grocery store when you purchase your groceries. I need these for the resale of the left-over food items at the Swap Meet. Any questions please call **Bonnie Powers at 925-828-5299.**

\*\*\*\*\*

**MILEAGE REPORT AS OF FEBRUARY 20, 2010**

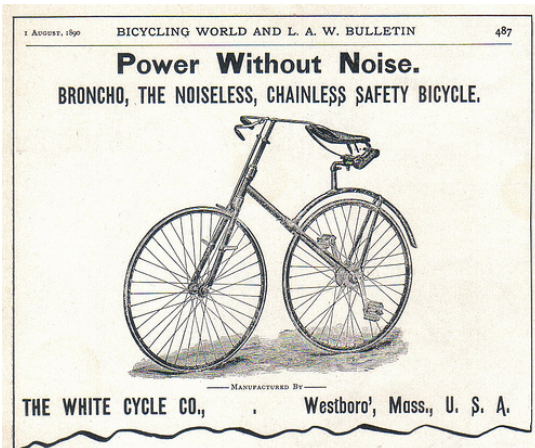
|                            | <b>Sum of Miles</b> | <b>Rides Led</b> | <b>Total Rides</b> |
|----------------------------|---------------------|------------------|--------------------|
| <b>Campbell, Rick</b>      | <b>578</b>          | <b>2</b>         | <b>11</b>          |
| <b>Carhart, Dan</b>        | <b>466</b>          |                  | <b>9</b>           |
| <b>Carpenter, Don</b>      | <b>303</b>          |                  | <b>6</b>           |
| <b>Cushman, Francie</b>    | <b>621</b>          |                  | <b>12</b>          |
| <b>Delfosse, Rob</b>       | <b>416</b>          | <b>1</b>         | <b>7</b>           |
| <b>Duncan, Jim</b>         | <b>658</b>          | <b>1</b>         | <b>13</b>          |
| <b>Fujii, Bob</b>          | <b>357</b>          |                  | <b>6</b>           |
| <b>Goodwin, Bill</b>       | <b>204</b>          | <b>1</b>         | <b>5</b>           |
| <b>Neer, Mark</b>          | <b>520</b>          | <b>5</b>         | <b>9</b>           |
| <b>Neer, Susan</b>         | <b>520</b>          | <b>5</b>         | <b>9</b>           |
| <b>Rathmann, Peter</b>     | <b>514</b>          | <b>4</b>         | <b>14</b>          |
| <b>Satoutah, Brahim</b>    | <b>324</b>          |                  | <b>6</b>           |
| <b>Simpson, Christy</b>    | <b>488</b>          | <b>1</b>         | <b>10</b>          |
| <b>Strain, Bob</b>         | <b>436</b>          | <b>1</b>         | <b>8</b>           |
| <b>Strain, Kathy</b>       | <b>509</b>          |                  | <b>10</b>          |
| <b>Thieben, Kevin</b>      | <b>315</b>          |                  | <b>6</b>           |
| <b>Van De Vreugde, Jim</b> | <b>320</b>          |                  | <b>7</b>           |
| <b>van Raalte, Marcus</b>  | <b>393</b>          |                  | <b>7</b>           |
| <b>Whelan, Steve</b>       | <b>617</b>          |                  | <b>12</b>          |
| <b>Woodworth, John</b>     | <b>273</b>          | <b>2</b>         | <b>6</b>           |

**These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2010.**

**Total miles ridden by club members so far this year – 17,382.**

**Remember: If you have NOT rejoined the club for 2010 and do NOT have a current membership card, you are NOT receiving mileage!**

**PLEASE NOTE: Leaders of club rides earn points toward FREE club clothing. The more rides you lead, the more club clothing you receive – FREE!!!**





RIDE REVIEWS

January 27th Today's club ride started in Martinez and crossed the two Carquinez bridges. First we crossed over the new Benicia bridge path, then headed west through Benicia to Vallejo and crossed the path on the Zampa bridge. The return was through Crockett and along the Carquinez Scenic Drive. The day started out in pretty dense fog, but cleared up once we got back on the south side. Peter

\*\*\*\*\*

January 30th/31st Thanks Rick for two great rides this weekend, the best riding weather days of the year, to date. Riding out of the gloom in Sunol into the brilliant warm sun on Kilkare was great and then sun all the way back making Palomares gorgeous! A great turnout both days. A good number after today's ride enjoyed a bite & brew. Jim

\*\*\*\*\*

February 7th Today's ride was from San Ramon to Walnut Creek by way of several country clubs: Blackhawk, Diablo, and Roundhill. The return was more direct - along Danville Blvd. and then the Iron Horse trail. Nice sunny day for a change. Peter

\*\*\*\*\*

February 6th Hey everyone - we had a GREAT ride today. We got in our 30-mile ride with about 21 riders. No rain and a few showers as we pulled up to our cars. Thank you Charles for sweeping the ride today. If you didn't sign in today, please send me your name and I will add it for mileage credit. If weather is good tomorrow, I suggest you print the route sheet and go ride it - it's a great route and a fast ride.

And a big Happy Birthday to Ted Fisher today, who rode from San Ramon to the start and then rode home to Walnut Creek - he must be feeling very young today!! Bekki

+++++

Bekki, Thanks so much for all you do to put on these rides to help us prepare for Cinderella.

\*\*\*\*\*

February 7th There were two pre-Super Bowl club rides today and I went on a combination of them. Riding from home I headed to Livermore Airport for the start of Bill's ride to Sunol via Hwy. 84 (Vallecitos) and then continued north on Foothill. There I met up with the group led by Bob and Jane from Dublin and continued with them back to Sunol and then up Kilkare Rd. We then returned on Pleasanton-Sunol Rd. and John W. and I split off to return to Livermore. I rode to Bill's house to watch the game and then headed back home. Peter

\*\*\*\*\*

February 10th Today's club ride started at the Raley's shopping center in Newark, crossed the Dumbarton Bridge, and began winding through Palo Alto

neighborhoods before touring the Stanford campus and returning. Peter

\*\*\*\*\*

February 13th A great turnout for today's Feather Pedals ride from Osage Park. Started out foggy but we quickly got sunnier skies as we headed out towards Livermore. After a stop at the Wendy's north of the airport the group split up with a few route options on the return. I rode with a group that continued south to Vineyard and then returned via Pleasanton and the Iron Horse trail. Peter

+++++

Hi Everyone, Yesterday, 78 riders gathered for the Feather Pedals (FP) ride #6 of 13. We welcomed about half a dozen new riders to the FP group. Most rode the published route of 34-35 miles with some riding an additional 15-mile optional extension. We had a bit of a late start due to staging location confusion. We didn't know there were multiple parking lots at Osage Park. Oops...our apologies. We hope the donuts and Valentine's Day candy made up for it. :) We'll be sure to be specific about which parking lot for any future rides that stage from Osage. Many had the color red or pink on along with some big hearts displayed to celebrate Valentine's Day and our love of cycling together. Although the day started out a bit foggy, it ended with sun shining on the beautiful green hills and our group. SAG assistance was needed for 1 flat, 1 broken brake, and 1 knee problem. Some commented this ride was more challenging; however, congrats to everyone for doing their best at their own pace. Many are making transitions from heavier hybrids to lighter road bikes and finding the rides easier and more enjoyable. Special thanks to....Rebecca Wood for leading the extension....to Bekki Livingston for modifying the route to make it a safer ride....Charles for sweeping...and Dean for SAGging.

\*\*\*\*\*

February 13th Hey Rob, Great ride today, very nice route, and a big turnout. The weather was some of the warmest this year as we rolled up Altamont Pass and enjoyed the green hills. A little cloud cover as we descended into the San Joaquin Valley and out to Bethany Reservoir, with blue skies showing through every now and then. Nice job hanging out at the back of the ride making sure everyone was OK and then pulling us back in to the finish. A new route for some of us and a very enjoyable day. Rick

+++++

Could not agree more! Excellent new route. Dan

\*\*\*\*\*

February 14th After a foggy start, we had great weather for our ride from San Ramon to the first summit on Calaveras. Steve was adorned with finery provided by Christy and Susan in celebration of his birthday. Peter

+++++

Happy Birthday Steve! Denise

\*\*\*\*\*

**February 15<sup>th</sup>** Thanks to all the sturdy riders that came out today to San Jose and joined us on our ride! After the fog lifted, the clear blue skies magnified the emerald green of the hills. We rode to the Evergreen District of San Jose, climbed San Felipe Road to Metcalf. The return descent was sweet under the arbor of eucalyptus trees and minimal traffic. Our route continued up Clayton Road (and yes, there were a few grumbles from tired legs) but as with all climbs we were rewarded with a swift descent surrounded by more green hillsides and the beginnings of wildflowers. There was even a race with a herd of deer that challenged us at the summit. A good time was had by all! Susan and Mark

+ + + + + + + + + +

Hey Mark, thanks for today's ride in new areas of San Jose. A fine route and a lot of new roads for many. Having the option for those not wishing to clamber up Clayton was great and appreciated. Clayton was wonderful! (in my opinion) Great views over SJ and the South Bay, interesting and spacious homesteads, vibrant green hills, trees starting to flower. Kept falling off the group whilst looking. The descent of Mt. Hamilton Road was a great reward and made it a true pleasure. A great day on the bike. And who had the brilliant idea of refreshments after! Jim

\*\*\*\*\*

**February 15<sup>th</sup>** Bill led today's ride from Berkeley to Pt. Richmond by way of the Emeryville and Berkeley marinas, Caesar Chavez park, Golden Gate Fields, Rosie the Riveter, and the renovated Ford assembly plant. After lunch at Little Louie's we continued on to Ferry Pt. and also took a detour to see the Red Oak Victory ship undergoing restoration. Peter

+ + + + + + + + + +

Looks like the ride was an interesting WWII history tour covering the old Kaiser shipyards and the Ford assembly / tank plant. Steve

+ + + + + + + + + +

Yes, I didn't know you could ride around those waterfronts. I've taken a liking to East Bay waterfronts lately and would like to check those out, maybe next time Bill does the tour.

About Mark and Susan's ride today, Clayton Road was easily the prettiest road I've ridden in 2010. The blossoming orchards and green hillsides were a serene backdrop to a quite challenging narrow, twisting 1,000' climb towards Mt Hamilton. Also spotted the first Cal poppies of 2010 near Calaveras Road. San Felipe Rd was a very scenic ancient oak forest environment, solid green only during this season - for a very limited time. Very worthwhile ride! Rob

\*\*\*\*\*

**February 17<sup>th</sup>** Summer-like weather for Gail's ride today from Lafayette to Pinole. Actually felt good to get into some shady sections of the road. Very scenic loop going up over Reliez Valley and Pig Farm Hill on our way to Pinole and then up Castro Ranch and San Pablo Dam roads on the return. Peter

+ + + + + + + + + +

What else can one say - What a day to be on the bike!!!! Thanks Gail and all the riders. Jim

+ + + + + + + + + +

I second Jim's comments. Gail led a great ride and it was a great group. Lots of fun had by all and some good hills. I think we are all lying in front of the TV tonite and watching the Olympics, at least I know I am.

Dick

\*\*\*\*\*

**February 20<sup>th</sup>** Another well-organized and well-attended ride today by the Feather Pedals group. Starting at San Ramon Central Park we rode through Blackhawk and then out Tassajara, Highland, and Collier Canyon to the Livermore Airport. After regrouping and some snacks the ride continued into Pleasanton via Stanley and then north through the BART station back to Dublin and San Ramon. The weather stayed dry, but very overcast throughout the ride. Peter

+ + + + + + + + + +

The Feather Pedals ride #7 sported 73 riders (including 6 newbies!) as we embarked from San Ramon Central Park on a 25/30/35+ route; we had some options. The weather cooperated for the most part - although some of us did experience a few sprinkles in the Pleasanton area. Only 1 flat tire .. that may be a record!

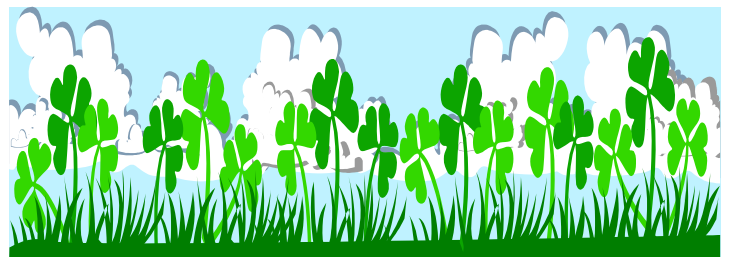
We were fortunate to have Peter Rathmann join us. A special 'thank you' to Charles - our sweep extraordinaire - and, of course, Dean ... the best SAG in the world! And my own personal 'thank you' to Karin Ball for helping me with the organization of the route. Kathy

\*\*\*\*\*

**February 20<sup>th</sup>** Susan and Mark, thanks for leading the ride today. It was the first time this year that I have been on Pig Farm and the Bears and I felt it. Once we got to "The Boulevard", my legs reminded me what a "drop" ride is.

I really enjoyed seeing my old cycling friends and meeting my new cycling friends. As I mentioned to Susan, I was focused on an In-N-Out burger on the way back, so I decided to skip Jack's and have a #3. Yummy! I hope you enjoyed Jack's as much. Bob

\*\*\*\*\*





The Valley Spokesmen Touring Club Presents

A CYCLING-FOCUSED  
**CPR/First Aid Training**  
BY ICE SAFETY SOLUTIONS

**\$10**  
\$55 for Non-Members

**Saturday, March 27, 2010**  
**8:30am - 2:00pm**  
**Dublin/San Ramon Services District**  
**7051 Dublin Blvd.**  
**Dublin, CA 94568**



**ICE SAFETY SOLUTIONS**  
IN CASE OF EMERGENCY

The presentation will be sponsored by ICE Safety Solutions, regarded as an interactive and effective safety organization, delivering products and services nationally for employees working in dangerous or high-risk environments in which they or someone around them could become ill or injured.

ICE Safety Solutions has the distinct pleasure of serving clients such as eBay/Paypal, the Department of Homeland Security, Ghirardelli, KB Homes, Genentech, and more!

*Two year certification will be issued through  
Medic First Aid International upon completion of course!*

**Training will include:**

- Stabilizing a potential cervical spinal injury
- Conducting a head-to-toe assessment following a bicycle accident
- Treating a fracture, sprain and other road injuries
- Recognizing the warning signs of heart attack, diabetic emergency, stroke and seizure
- CPR Training



**CPR/First Aid Training** BY ICE SAFETY SOLUTIONS

**SIGN-UP FORM**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

# of club members attending (\$10 Each)

# of non-members attending (\$55 Each)

Amount Enclosed

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Make checks payable to Valley Spokesmen

Please send completed form and fees to Valley Spokesmen at P.O. Box 2630, Dublin, CA 94568-0784  
For more information, please contact Dan at dcarhart@minutemanpress.com or go to [www.valleyspokesmen.org](http://www.valleyspokesmen.org)

## THE VALLEY SPOKESMEN TOURING CLUB

Proudly Presents

### THE THIRTY-THIRD CINDERELLA CLASSIC and CHALLENGE

**EXCLUSIVELY for Women and Girls!**



This unique bicycle tour for women of all ages and abilities winds through the Amador, Livermore, Diablo and San Ramon Valleys.

This metric-century (100k/65 miles) is mostly flat with a few moderate hills. The Challenge route of almost 100 miles is for fit experienced riders only. The course has an additional 2,000 feet of elevation gain with significant ascents/descents. From the start in Pleasanton, the ride circles south to Pleasanton, through the vineyards of Livermore, then north and along the base of beautiful Mt. Diablo to finish in Pleasanton. Charming Princes will be at three rest/food stops along the way with a cold lunch at the second. Our SAG service patrols the route to provide rider assistance if required. A Cinderella Ride Patch is awarded to every rider. So leave your Prince Charming at home and enjoy a special day!

#### **WOMEN AND GIRLS ONLY! No male riders**

**When:** Saturday, April 10, 2009

**Where:** Alameda County Fairgrounds, Pleasanton, CA

- From I-680 traveling north or south take Bernal Ave. exit, go east on Bernal Ave., turn left on Valley Ave., turn right into Fairgrounds at Gate #12
- From BART (approximately 5 miles) Turn right upon exiting the station, bear right into parking lot at the end of the walkway and exit onto Willow Rd., cross Stoneridge, turn right on We. Las Positas, turn left on Hopyard, turn right on Valley Ave., left into Fairgrounds, Gate #12.

**Bring:** Bright green confirmation card

**Cost:** ADVANCE REGISTRATION ONLY - \$40.00 - Includes registration, Cinderella patch, Food, SAG support and insurance.

NO "DAY OF" REGISTRATION!!! LIMITED TO 2500 RIDERS!!! Registration closes when the rider limit is reached.

**Time:** Gates open at 6:30 a.m. Check-in between 7:00 to 9:00 a.m. Cinderella is NOT a Race. Course closes at 5:00 p.m.

**Helmets:** A bicycle helmet is required on this ride!

**Prepare Your Bike:** Please check your bike, or have it checked, before you arrive to make certain the condition of all components (brakes, tire, wheels, derailleur) are ready for this ride. The Valley Spokesmen will not inspect your bicycle. Two local bike shops will be on hand to assist with minor mechanical problems

**Route:** A route sheet will be provided.

**Support:** There will be SAG support patrolling the route if you need assistance. Rest stops will have fruit, drinks and snacks, plus a cold lunch will be served at mid-point. Soup and food is served at the end of the ride.

**Rain:** The ride is on rain or shine, there is NO make-up day!

**T-shirts/Sweatshirts:** Special Cinderella Classic shirts will be available for purchase for \$20.00.

**Family/Friends/Expo:** Your spouse, family and friends are welcome to meet you at the finish and all are invited to The Cinderella Expo where bicycle manufacturers, clothing suppliers and women's organizations will have booths.

**For Additional Information Call:** Jim Duncan (925) 209-1369 or

e-mail: [cinderellaclassic@valleyspokesmen.org](mailto:cinderellaclassic@valleyspokesmen.org)

Bob Powers (925) 828-5299 or

e-mail: [B-BPOWERS@worldnet.att.net](mailto:B-BPOWERS@worldnet.att.net)

webpage: [http://www.valleyspokesmen.org/cinderella\\_classic.php](http://www.valleyspokesmen.org/cinderella_classic.php)



## 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](mailto: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](mailto:prathmann@yahoo.com)