



Valley Spokesmen Bicycle Touring Club • Since 1971  
P.O. Box 2630 • Dublin, CA 94568 • [www.valleyspokesmen.org](http://www.valleyspokesmen.org)

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## March 2011 President's Message

In last month's message I mentioned that your feedback is appreciated, and I referred to a survey we conducted just before I left for Lancaster in 2009 and promised you an updated survey. But first things first- I want to share with you the results of that 2009 survey this month and then ask for your updated feedback in April. I think the information you provided then is very interesting and helpful to us now. Here is a quick summary of the highlights. For the complete results, please visit our VS Website and look for the link to the 2009 survey results. It is a 30 page PDF file that is a little too long for the paper newsletter. For the most part you told us that our club is doing a good job pleasing a wide variety of members. The number one theme that I am seeing is that our members really appreciate the opportunity the club provides to meet other people with similar interests. They/we like the camaraderie and friends. Our membership has a variety of preferences and the club seems to be doing a good job providing alternative ways to keep our members happy. Many enjoy the weekly rides as well as the longer distance rides. Many enjoy the paper version of the newsletter, many enjoy the on-line version and many enjoy both. I do see a common theme for the weekly rides in particular which is that people do not enjoy being left behind on rides when their expectation is that they would ride with a group. I know this varies depending on how the rides are conducted, and I think we are already doing better with that but certainly have room for improvement there. There is a lot more in the PDF file on the website. It is an interesting read! Next, look for an updated survey in April and we'll keep you apprised of the results and any Board actions to make improvements to your club as needed. Since I am not planning to return to Lancaster anytime soon, I think you won't have to wait two more years this time to see that.

Run the presses!! We hope to get this newsletter in your hands before Saturday, 2/26, to remind you to **come to the mid-winter party!**

**News Flash!!** Renowned bicycle attorney Gary Brustin (<http://bicycledlawyer.com>) has confirmed that he will be speaking with us at our March 2 VS Club Meeting. Gary has won a number of cases for VS members and hundreds of others throughout the state.

If you ride alone, ride with a group, ride in a paid event, compete in races and have signed a release of liability or sponsor an event or a race or if you do other things (not to be mentioned here) on a bicycle, where are you legally? Come and listen to Gary, ask questions, and know where you stand legally if injured while riding your bicycle. That's March 2nd, 7 p.m. at Round Table Pizza in Dublin, north of Amador Valley at Regional, just one block East of San Ramon Road. See you there!!

Pedal swift and pedal safe! Mark



## 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 following ratings are approximately:  
 P=8-10 mph; 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.

## MOUNTAIN BIKE RIDE RATINGS

All rides graded according to predicted difficulty as follows:

- 1) EASY: Mostly flat with few hills.
- 2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
- 3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
- 4) STRENUOUS: Long, steep ascents and descents & very rough terrain.
- 5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles.

Always bring adequate water and food.

### 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!!

**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 interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board.

If you 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.

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

## MEMBERSHIP DUES ARE NOW DUE! JOIN TODAY!



### MARCH 2011

**TUE. 3/1/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m.**  
**ALL FUTURE TUESDAY EVENING RIDES AT LAKE CHABOT**

**NOTE:** Check with the ride leader or website calendar to verify since this ride will be intermittent during the winter depending on conditions. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobbridge Avenue exit; turn right on Strobbridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

**Leader: Bob Heady, 925-980-7989.**

**WED. 3/2/11 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.**

**WED. 3/2/11 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.

**Entertainment for the evening will be provided by bicycle attorney Gary Brustin who specializes in bicycle law and advocacy.**

YOU WON'T WANT TO MISS THIS GREAT OFFPORTUNITY to hear Gary speak! 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](http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903) for a map.

**SAT. 3/5/11 2-L/M 44-64 miles (70 – 100 km) 9:30 a.m. sharp!** (Pre-ride announcements at 9:15) Ninth in a weekly series of training rides leading up to Cinderella Classic. This ride will start at the Dublin/Pleasanton BART station on the Pleasanton side in the permit parking lot. Route sheet at: <http://sports.groups.yahoo.com/group/featherpedals/files/>  
**Leader: Karin Ball ([khball2@yahoo.com](mailto:khball2@yahoo.com))**

**SUN. 3/6/11 3-M 50 miles (80 km) 9:00 a.m. Starting in Danville we'll head north to do the '3 Bears' loop.** Meet at the Park&Ride lot at the northeast corner of the I-680 and Sycamore Ave. intersection. Bring water and snacks.  
**Leader: Kevin Thieben, 925-437-5919.**

**MON. 3/07/11 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. 3/8/11 Mtn.-3 8-13 miles (13-21 km) 7:00 p.m. REFER TO 3/1/11 FOR DETAILS.**  
**NOTE:** Check with the ride leader or website calendar to verify since this ride will be intermittent during the winter depending on conditions.

**WED. 3/9/11 2-L/M 38 miles (60 km) 10:00 a.m. Let's hope for dry/warm weather and ride to Livermore.** We'll borrow a Cinderella Training Ride and head out via Crow Canyon and return via Stanley. A Starbucks stop along the way or bring your own fuel. Meet at San Ramon Central Park. Take I-680 to the Bollinger Canyon exit and go east; turn left into the park opposite the Market Place.  
**Leader Gail Blanco, 925-872-1001.**

**WED 3/9/11 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. 3/12/11 2-L/M 45-53 miles (74 – 85 km) 9:30 a.m. sharp!** Tenth in a weekly series of training rides leading up to the annual Cinderella Classic ride. The ride today will start at the Dublin/Pleasanton BART station on the Dublin side. Parking lot is on Owens Drive, west side. A choice of two distances: 45 miles for the 'classic' ride and 53 miles for the challenge ride. Route sheet is at: <http://sports.groups.yahoo.com/group/featherpedals/files/>  
**Leader: Alma Schiefer ([afschiefer@gmail.com](mailto:afschiefer@gmail.com))**

**SUN. 3/13/11 4-L/S 25 miles (40 km) 10:00 a.m. Ride to the summit (or as far as you want to go) of Mt Diablo.** Meet in the Danville Railroad Museum parking lot for this ride. Take I-680 to the Diablo Rd exit; go west to Hartz and turn left; turn right on Prospect and left on Railroad Ave. Parking lot will be on the right. Bring water and snacks.  
**Leader: Richard Hedges, 925-447-6197 (home), 925-784-5763 (cell on the day of ride).**

**TUE. 3/15/11 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 6 pm 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.**

**TUE. 3/15/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. REFER TO 3-1-11 FOR DETAILS.** Mtn. bike ride.  
**NOTE:** Check with the ride leader or website calendar to verify since this ride will be intermittent during the winter depending on conditions.  
**Leader: Janie Page, 408-598-0247.**

**WED. 3/16/11 3-L 38 miles (61 km) 10:00 a.m. Enjoy a great climb up Mount Tamalpais with panoramic views of the entire Bay Area.** The ride begins at Commons Park in Ross. Take I-580 across the Richmond-San Rafael Bridge and exit onto East Sir Francis Drake Blvd. Take Sir Francis Drake to Ross. In Ross, turn left onto Lagunitas Rd, and then turn left onto Ross Common into the parking lot. Bring water and lunch. Allow an hour for the drive to Ross.  
**Leader: Richard Hedges, 925-447-6197 (home), 925-784-5763 (cell on the day of ride).**

**THUR. 3/17/11 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. 3/19/11 3-L/M 50-82 miles (80 – 130 km) 9:30 a.m. sharp. Eleventh in a weekly series of training rides** leading up to the annual Cinderella Classic ride. We're starting at Crank-2 Tandem Bicycles, in Pleasanton on Sunol Blvd in the Raley's parking lot (just north of Junipero). A choice of two distances: 50 miles for the classic ride and 82 miles for the challenge ride. Route sheet is available at <http://sports.groups.yahoo.com/group/featherpedals/files/>  
**Leaders: Kathy Burkle ([kburkle1@yahoo.com](mailto:kburkle1@yahoo.com)) / Rebecca Wood ([rcwood1@sbcglobal.net](mailto:rcwood1@sbcglobal.net))**

**SUN. 3/20/11 4-L 39 miles (65 km) 10:00 a.m. Ride to the summit of Mt. Hamilton** and visit the Lick Observatory. A long climb but not too steep. Meet at the corner of Alum Rock Ave. and Mt. Hamilton Rd. Take I-680 to the Alum Rock exit and go east; park by the side of the road at the Mt. Hamilton Rd. intersection.  
**Leader: Richard Hedges, 925-447-6197 (home), 925-784-5763 (cell on the day of ride).**

**TUE. 3/22/11 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.**

**TUE. 3/22/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Check with the ride leader or website since this ride will be intermittent depending on conditions. Lake Chabot Loop - Mountain bike trails.** Refer to 3-1-11 for details..  
**Leader: Janie Page, 408-598-0247.**

**WED. 3/23/11 3-M 30 miles (50 km) 10:00 a.m. Meet at the Livermore Airport and pedal with us to Lake Del Valle.** 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.**

**THUR. 3/24/11 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. 3/26/11 2-M 45 – 57 miles (72 – 90 km) 9:30 sharp! Last ride in a weekly series of training rides leading up to the annual Cinderella Classic ride.** The ride today will start at Dublin High School; meet near the school parking lot on Brighton Drive just east of Village Pkwy. Route sheet is available at: <http://sports.groups.yahoo.com/group/featherpedals/files/>

**Leader: Karin Ball ([khball2@yahoo.com](mailto:khball2@yahoo.com))**

**SUN. 3/27/11 2-M/B ~45 miles (74 km) 9:30 a.m. Join Jim on his birthday ride!** The destination for the ride was unspecified at the time of printing, but route sheets will be supplied for this jaunt around the local area. Meet at the Bollinger Canyon Park&Ride lot at the southwest corner of the intersection with I-680 (behind the Chevron station on San Ramon Valley Blvd. and Bollinger Canyon). Bring water and snacks.  
**Leader: Jim Duncan, [hey-you@comcast.net](mailto:hey-you@comcast.net), 925-209-1369.**

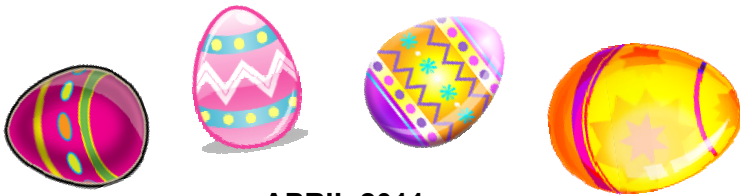
**TUE. 3/29/11 2-M/B 25 miles (40 km) 5:30 p.m. Regular T n' T rides from Shannon Center in Dublin.** Shannon Center is on San Ramon Rd. between Alcosta Blvd. and Amador Valley Blvd. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right.  
**Leader: Jim Duncan, 925-209-1369.**

**TUE. 3/29/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. Check with the ride leader or website since this ride will be intermittent depending on conditions. Lake Chabot Loop - Mountain bike trails.** Refer to 3-1-11 for details.  
**Leader: Janie Page, 408-598-0247.**

**WED. 3/30/11 2-L/M 25 miles (40 km) 10:00 a.m. Edith's scenic tour of the Carquinez Strait.** Starting at the Martinez Marina, we'll head through town and then cross the Benicia Bridge. From there we pass the Military Cemetery and ride through the Benicia yacht club before continuing on to Vallejo. We'll stop at the California Maritime Academy campus for a snack (BYO) before crossing the Zampa Bridge to Crockett. Then onto Carquinez Scenic Drive to return to Martinez. 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: Edith Norby, 707-748-1508.**

**THUR. 3/31/11 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.**





APRIL 2011

**SAT. 4/2/11 THIRTY-FIFTH ANNUAL CINDERELLA CLASSIC AND CHALLENGE** Check-in between 7:00-9:00 a.m. at the Alameda County Fairgrounds 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. 4/3/11 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. 4/3/11 GIANT BAY AREA VALLEY SPOKESMEN SWAP MEET** at Dublin High School, 8151 Village Parkway, Dublin, from 1:00 a.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.**

**MON. 4/04/11 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. 4/5/10 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.**

**TUE. 4/5/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.** Check with the ride leader or website since this ride will be intermittent depending on conditions. Lake Chabot Loop - Mountain bike trails. Refer to 3-1-11 for details.  
**Leader: Janie Page, 408-598-0247.**

**WED. 4/6/11 3-M 30 miles (50 km) 10:00 a.m.** Meet at Shannon center in Dublin. Take I-680 and exit Alcosta heading west; turn left onto San Ramon Rd., then right onto Shannon and right again into Shannon Center. Bring food and fluids.  
**Leader: Alaine Nadeau, 925-577-6586,**  
[l8trees@aol.com](mailto:l8trees@aol.com).

**WED. 4/06/11 NO CLUB MEETING THIS MONTH.** The next club meeting is scheduled for Wednesday, June 1, 2011.

**THUR. 4/7/11 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. 4/9/11 3-M 47 miles (75 km) 9:30 a.m. Join Ken on his birthday ride on the Dublin to Moraga loop.** First we'll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we'll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.  
**Leader: Ken Hernandez, 510-278-3636.**

**SUN. 4/10/11 4-M 62 miles (100 km) 9:30 a.m.** Starting at the San Ramon P&R lot on Bollinger we'll head up Mt. Diablo to the junction and then continue through Walnut Creek and Clayton to Morgan Territory. After the summit we'll drop down to Manning and ride back via Highland and Tassajara. Meet at the Park and Ride lot on the southwest corner of the Bollinger and I-680 intersection (behind the gas station). Bring water and food.  
**Leader: Heidi Fraser, 905-451-1430.**

**TUE. 4/12/11 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.**

**TUE. 4/12/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.** Check with the ride leader or website since this ride will

be intermittent depending on conditions. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

**Leader: Janie Page, 408-598-0247.**

**WED. 4/13/11 3-M 35 miles (60 km) 9:30 a.m. Meet at the Livermore airport terminal,** roll at 9:30. Route: Robertson Park, Cross Rd., Flynn's, May School, Collier Canyon. From I-580 go south on Airway Blvd. Turn right onto Terminal Circle and right into the parking lot.

**Leader: Pete Slagle, 925-819-6600.**

**WED. 4/13/11 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.**

**THUR. 4/14/11 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. 4/16/11 2-M 42 miles (68 km) 10:00 a.m. Starting at the north parking lot of Osage Park we'll head east to Livermore** and then return via Pleasanton and San Ramon. Take I-680 to the Sycamore Ave. exit and go east; turn right on Brookside and follow it to the entrance of Osage Park. Bring water and snacks.

**Leader: Patric Durant, 925-813-1035(c).**

**SUN. 4/17/11 3-M 47 miles (75 km) 9:30 a.m. Dublin to Moraga loop.** First we'll climb over Dublin Grade to Castro Valley and then continue on scenic Redwood and Pinehurst roads to Moraga. After a short break we'll return through Lafayette, Alamo, and Danville. Meet at Shannon Center in Dublin. From I-680 take the Alcosta exit and go west to San Ramon Road south. Turn right onto Shannon Avenue and right again into the parking lot. Bring food and fluids.

**Leader: Mark Dedon, 925-828-9183.**

**TUE. 4/19/11 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.**

**TUE. 4/19/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.**

Check with the ride leader or website since this ride will be intermittent depending on conditions. Lake Chabot Loop - Mountain bike trails. All levels are welcome. From I-580 westbound in Castro Valley take the Strobridge Avenue exit; turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Road., then make a right turn on the road immediately after Arcadian Dr. and follow it up the hill to a free parking lot on the left. Since cell reception in the park is sketchy, please leave a message if you plan to ride. Bring lights.

**Leader: Janie Page, 408-598-0247.**

*See the VS website ride schedule calendar for possible additional rides not listed here.*



### **PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE**

**DAILY LUNCHTIME TRAINING RIDES:** Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, **contact Rocco Hollaway at 925-422-9701; hollaway1@llnl.gov**

**EVERY SUNDAY MORNING 3-B** (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less hilly). We'll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, Manning, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. **Contact Don Williams at 925-580-9395.**

**EVERY 1<sup>st</sup> 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**

- March 5 [Kings River Blossom Bike Ride](#) – Reedley
- 12 [Solvang Century](#) – Solvang
- 12 [Covered Bridge Bike Classic](#) – Turlock
- 26 [Hell's Gate 100](#) – Death Valley
- 27 [Tour of the Unknown Valley](#) – Glen County
  
- April 2 [Cinderella Classic – Valley Spokesmen](#)
- 2 [Party Pardee](#) – Sacramento Bike Hikers
- 3 [Valley Spokesmen Giant Bay Area](#)  
Swap Meet
- 14–17 [Sea Otter Classic Gran Fondo](#) – Laguna Seca
- 16 [Tierra Bella](#) – San Jose
- 16 [Bike around the Buttes](#) – Sutter
- 16 [4<sup>th</sup> Annual Mr. Frog's Wild Ride](#) – Murphy's
- 16 [Cycle for Sight](#) – Napa
- 16 [Gold Coast Ride for Literacy](#) – Ventura
- 17 [Diablo Century](#) – Walnut Creek
- 23 [Mt. Charlie Challenge](#) – Scotts Valley
- 23 Menlo Park Grand Prix



**UPCOMING TOURS**

**Sun. April 24 – Thu. April 28, 2011**

**Yosemite is FILLED!**

Currently there is a waiting list IF YOU ARE SIGNED UP BUT FIND YOU ARE UNABLE TO JOIN US ON THE RIDE, PLEASE LET ME KNOW IMMEDIATELY, so those on the waiting list may have the opportunity to ride. For further information, call - - - -

**Organizer: Bonnie Powers, 925=828-5299 or [b-bpowers@att.net](mailto:b-bpowers@att.net)**

**Wed. May 25 – Fri. May 27, 2011 – 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**

**October 4-22, 2011 – Arizona here we come!** Bob and I have recently mapped out a tour of Arizona. The tour would cover approximately 675 miles beginning in Phoenix and going to Apache Junction, Globe, Payson, Camp Verde, Sedona, Flagstaff, Cameron, Grand Canyon, Williams, Prescott, Wickenburg before retuning to Phoenix. Arizona's not flat, at one point we were at

7,000 ft. The cost is \$1,400.00 per person (double occupancy) and \$2,400.00 per person (single occupancy). A deposit of \$100.00 is due now for those interested in going on this tour. For further information you may contact - - - - -

**Bonnie Powers, 925-828-5299.**

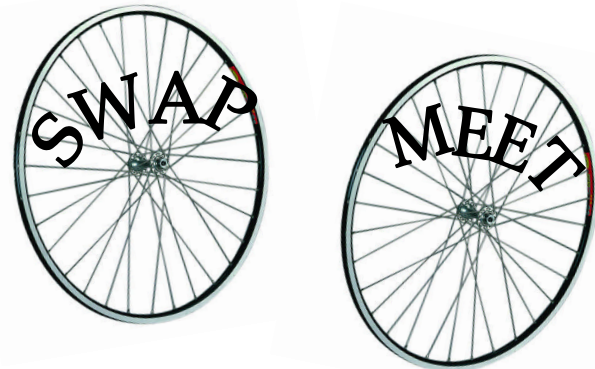


**VALLEY SPOKESMEN CLUB GEAR**

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 - *(to be discontinued)* .....\$70.00
- sleeveless wind shell vest - .....\$58.00
- long sleeve jacket - *(to be discontinued)*.....\$69.99
- shorts – women's / men's - .....\$58.00
- bib shorts - *(to be discontinued)*.....\$65.00
- arm warmers - .....\$30.00
- gloves - yellow, blue, black - *(changing to blue & black only)*  
- .....\$27.00
- socks - white, yellow, black - *(changing to blue & black only)*  
- .....\$7.00

**Contact Jim Duncan: [hey-you@comcast.com](mailto:hey-you@comcast.com) or 925-209-1369**



**VALLEY SPOKESMEN BICYCLE SWAP MEET**

Sunday April 3, 2011

1:00 p.m. – 4:00 p.m.

Dublin High School Cafeteria

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 AFFILIATIONS**

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



**CINDERELLA UPDATE**

The Cinderella for 2011 is coming together with many of the original jobs completed. Registration forms are coming in as well as the worker forms. Don't forget to mail in your WORKER FORM today. We need to fill almost all of the slots – Registration, food servers at the fairgrounds, check point workers, and sag drivers. **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 groceries. These will be used for the resale of left-over food at the Swap Meet. Any questions, please call **Bonnie Powers at 925-828-5299.**



**Valley Spokesmen “Bicycle” Touring Club  
Executive Board Meeting  
February 9, 2011**

Meeting called to order by President Mark Dedon at 7:05 p.m. Minutes from the January 12, 2011 executive board meeting were accepted as read. Treasurer Bill Well reported on our checking and savings accounts. He would like to continue using Varenchik as our accountant doing our taxes. Motion made, seconded and passed to do so.

**OLD BUSINESS:**

1. Past month's rides – January and February rides are going well. The attendance of the Feather Pedal rides continues to be very high. They have experienced some unusual mechanical problems.
2. V.S. web site – no report, Curtis is out of town.
3. Area Bicycle Master Plans – Jim P. mentioned the plan for a “Mini Loop” in Hayward. He also reported on the

- proposal to have a bike lane under the BART tracks from Fruitvale in Oakland to Hayward. There is an Iron Horse Workshop meeting in Pleasanton on February 10<sup>th</sup>, all cyclists encouraged to attend.
- 4. A letter to the East Bay Regional Parks regarding the use of the Iron Horse Trail was reviewed. It was decided not to send this letter.
- 5. The Diablo Weather Station is up and running.

**NEW BUSINESS:**

1. March/April ride schedule – Gail and Peter reported on the updates to this schedule. If anyone notices any problems, please let Bonnie know.
2. Upcoming Tours – Yosemite – final payment is due, please get it to Bonnie ASAP. An informational meeting is scheduled for the October Arizona tour on February 17<sup>th</sup> at the Powers' place.
3. AMGEN – Livermore is looking for assistance on the leg of the tour that is going through town on May 18<sup>th</sup>. If interested contact the AMGEN website.
4. The V.S. survey is under consideration for a redo.
5. City of Pleasanton looking for assistance with the Earth Festival on April 16<sup>th</sup> from 10-2. This would include safety checks and maintenance hints. Mark has been in touch with Laura Ryan.
6. There are 128 persons signed up for the Mid-winter party February 26<sup>th</sup> so far. Call Bonnie and sign up for this fabulous annual event.
7. Cinderella 2011 update – We have 2263 riders registered to date. All use permits have been approved. Things are moving right along.
8. First Aid Kits – Motion made, seconded and passed to purchase two more very inclusive kits for Cinderella check points. This would add to the two we already have.
9. Former club member Mike Maquire passed away last December. His widow is looking to sell his very extensive collection of tools that are both standard and metric. Anyone interested?
10. Livermore Library – Joyce (373-550 ext 373) would like members of our club to come make a presentation on local bike rides. Mark has volunteered to contact Joyce.
11. Bicycle attorney Gary Brustin will be our guest speaker at the March 2<sup>nd</sup> club business meeting.
12. The next Executive Board Meeting will be March 9<sup>th</sup> at the Powers' place.

**GOOD OF THE ORDER:**

1. Bonnie shared the Certificate of Recognition from the City of Dublin for our \$1,500.00 donation to the bicycle program in town.
2. Bob shared a letter from the California Bicycle Coalition requesting a donation. Motion made, seconded and passed to make this donation and invite David Hoffman to speak at a future meeting.

There being no further business, the meeting was adjourned at 8:35 p.m.  
Respectfully submitted, Lynn DeMattei, Secretary



**Valley Spokesmen “Bicycle” Touring Club  
February 2011**

**Correspondence sent:**

1. Check to Minuteman Press for printing of February newsletter.



- 2. Check to Amos Productions for final payment of DJ at Mid-winter party.
- 3. Check to James Duncan for deposit on Cinderella jerseys.
- 4. Checks for Cinderella refunds due to bicycling accidents.
- 5. Check to City of Dublin for parade permit for Cinderella.
- 6. Check to Purchase Powers for postage on postal meter.
- 7. Check to Armstrong Nursery for plants for Mid-winter party.
- 8. Letters of welcome to old/new members. Membership stands at 363 so far in 2011.

*Correspondence received:*

- 1. Thank you letters for Cinderella donations from: Cancer Support Community and Women's Cancer Resource Center.
- 2. Thank you letter for Cinderella donation including a large booklet with pictures and letters from the young people at the Koinonia Group Homes. Their Christmas was very special thanks to donations.
- 3. Thank you letter from City of Pleasanton police chief for donation to city bicycle program.
- 4. Certificate of Recognition from City of Dublin complete with key to city.
- 5. Copies of *Sunset* magazine for March.
- 6. Advertisements from various organizations and businesses.
- 7. Membership renewal requests.
- 8. Newsletters and magazines from various clubs and organizations.












**RIDE REVIEWS**

January 29<sup>th</sup>

Another great turnout for the 4th ride in the Feather Pedals series this year. Today we started at the Crank-2 bike shop in south Pleasanton and headed south to Sunol and on to Calaveras. Peter

+++++

Today was the Feather Pedals \* (FP) Cinderella Series #4 of 12 ride. We had a !WOW! 143 total riders that came from near and far; 77 on the Classic route of 25 miles and 66 on the Challenge ride of 35-45 miles. Many stayed to shop before and after the ride at Crank-2. A great BIG thank you to Bryon and Peggy for a great sale, donuts, bathrooms, parking, bike set-ups, etc.!!! After shopping, many enjoyed lunch and socializing at Jim's Cafe. Thanks to Jim's Cafe for keeping on extra staff to ensure our hungry group was seated and promptly fed. What a nice way to complete a great ride...how lucky are we?!?!?!?

The Organizer/Co-Organizers for this ride were Carol Coronado "CC" for the Classic route and Karin Ball for the Challenge route. The ride was supported by SAG, Dean Ball, and Sweep, Sir Charles. A GREAT BIG thank you for the week-to-week support by all the VS experienced riders especially the VS Racing Team for kindly coaching our group on safe riding skills and for our dear Prince Charming, Jim, for the love and care of our new riders.

Congratulations to those Classic riders who took on an extra challenge today and rode Calaveras for the first time (you know who you are...wink, wink!!!) And, to

those who shared their love of riding Calavaras to the "wall" but not the "wall"...thank you!...may the "wall" continue to stand on its own. ha ha

Overview of the routes: Many thanks to Peter for always providing details of the route along with pictures. Karin













February 2<sup>nd</sup>

Beautiful clear day for Henry's ride from Heather Farm to the Junction Ranger Station on Mt. Diablo. The official ride was an out-and-back but several of us made a loop of it by riding from San Ramon or Danville to the start and then coming down the south side - and that's the route that appears at the site linked below. Pretty strong winds were reported at the summit, but there was just a light breeze out of the north at the junction. Peter













February 5<sup>th</sup>

A little breezy for the fifth ride in the Feather Pedals series in preparation for the Cinderella but a beautiful warm and sunny day. The route took us from Danville through parts of San Ramon, Blackhawk, Alamo, and Walnut Creek while the Challenge option added a jaunt to/from the junction ranger station on Mt. Diablo. Peter













February 6<sup>th</sup>

Strange to be complaining about it being too hot in early February, but it really could have been a little cooler today. Heidi's pre-Super Bowl ride took us south to Sunol and then out to Calaveras Reservoir. Most of the group turned around at the first summit, but Heidi and the rest of us continued on to the eagle nest. Still unoccupied as far as we could tell but hopefully they'll be back this spring to raise more eaglets. On the way back we encountered an unusual mechanical problem – a free hub that started spinning freely in both directions. Didn't see

any way to repair this on the road and there wasn't any cell phone coverage along that part of the reservoir. So the rest of us continued back to the first summit and used the 'call a friend' option from there. Later got a call back that our rider/walker had been located. The return route today was on Pleasanton-Sunol road to Castlewood and then back on Foothill. Peter













February 9<sup>th</sup>

Gail led today's ride from Pleasanton Ridge Park to the top of the wall on Calaveras. Still no eagles visible at their nest, but we did have a flock of turkeys cross the street in front of us and we startled a couple of deer while rounding a turn on Calaveras. Peter



A beautiful warm and sunny day for the sixth ride in the Feather Pedals series of training rides prior to the Cinderella. This one started at the Park & Ride lot in Danville on Sycamore Ave. and headed out to Collier Canyon. The 'classic' route continued down Collier to the Wendy's on Airway while the 'challenge' route went east on Carneal and Manning to end up at the Starbucks on N. Vasco Rd. The official Feather Pedals route was to return along almost the same route, but a few of us made more of a loop route by heading up Altamont Pass to Carrol and the Flynns and then returning via Patterson Pass, Vasco, Tesla, Concannon, and Vineyard to Pleasanton before heading through the BART station to Dublin and San Ramon. Peter

+++++++  
 Yesterday's ride was the Feather Pedals (FP) Cinderella Series ride #6 of 12. We had 144 total riders; 78 riders on the Classic route of 34 miles and 66 riders on the Challenge route of 40 miles; and one sunny day! The ride organizers were Carol DaShiell and Alma Schiefer. The ride was supported by SAG Dean Ball and Sweep Charles. Once again a big thanks to Jim Duncan from Valley Spokesmen and the VS Race Team for their guidance, coaching, advice, and so on. Alma

February 20<sup>th</sup>

After yesterday's cancellation due to rain, the Feather Pedals rescheduled their 7th ride in the training series and got much better weather today. Started out looking a little questionable with lots of fog at the start, but it quickly burned off and we had a mix of sun and a few clouds for the rest of the ride. Beautiful views of the snow-covered hills with Diablo to our north and the mountains along Mines Rd. to the south.

+++++++  
 Today was the Feather Pedals (FP) Cinderella Series #7 ride. Kudos to those who showed up to continue their weekly training rides. We had 45 total riders; 16 on the Classic route of 38 miles and 29 on the Challenge ride of 43 miles. It started out foggy in San Ramon but we had crystal blue skies by the time we reached Camino Tassajara! We did not have our SAG support today but I do not know of any flats or mishaps. There was one wrong turn but, all in all, it was a good ride.

We will be changing the first restroom stop for this ride from Wendy's/Gas Station to the Starbucks after the left-hand turn on Kitty Hawk (eliminating the u-turn on North Canyon Parkway).

The ride was supported by Sweep, Charles. Many thanks to Dan, Peter and the other Valley Spokesmen members who helped out on the ride.

Our Next Ride is Saturday, February 26, departing promptly at 9:30 and staging at Las Positas College in Livermore, CA and is organized by Janet Moore.

February 21<sup>st</sup>.

Francie led today's ride from the Bollinger Park & Ride to the Starbucks on Vasco Rd. in Livermore. Still quite a bit of snow visible on Diablo and the hills along Mines Rd. to the south. Peter



MILEAGE REPORT AS OF February 13, 2011

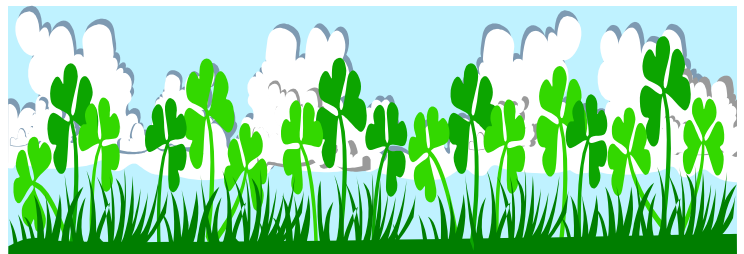
	Sum of Miles	Rides Led	Total Rides
Campbell, Rick	320	1	7
Carpenter, Don	205		4
Cushman, Francie	425		11
Daly, Deb	215		6
Duncan, Jim	407		10
Durant, Patric	246		8
Granahan, Dan	215		6
Hernandez, Mary	212		6
Hirt, Janice	212		6
Hirt, Joe	212		6
Leddon, Dave	452		11
Neer, Mark	303		8
Neer, Susan	303		8
Rathmann, Peter	596		16
Satoutah, Brahim	202		4
Schiefer, Alma	202	2	6
Strain, Kathy	215		6
Thieben, Kevin	367		10
Van De Vreugde, Jim	207		4
van Raalte, Marcus	357		8
Whelan, Steve	402		9

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2011.

REMEMBER IF YOU HAVE NOT REJOINED THE CLUB FOR 2011, YOU DO NOT RECEIVE CLUB MILEAGE UNTIL YOU DO!

Total miles ridden by club members so far this year - 17,568!

DON'T FORGET - Leaders of club rides earn points toward FREE club clothing. The more rides you lead, the more club clothing you receive - FREE!!!



**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 2, 2011**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 ore-mail: [cinderellaclassic@valleyspokesmen.org](mailto:cinderellaclassic@valleyspokesmen.org)

Bob Powers (925) 828-5299 or

e-mail: [B-BPOWERS@att.net](mailto:B-BPOWERS@att.net)webpage: <http://www.valleyspokesmen.org/cinClass.php>

**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 2011 individual membership** (\$11.00 after June 30th) OR **\$30.00 per year for a 2011 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: \_\_\_\_\_

## 2011 CLUB OFFICERS

President	Mark Dedon	
Vice-President	Karin Ball	
Treasurer	Bill Well	
Recording Secretary	Lynn DeMattei	
Corresponding Secretary	Bonnie Powers	925-828-5299
Ride Chairmen	Gail Blanco Peter Rathmann	
Newsletter Editor/Typist	Marcia Seeger	
E-mail	<a href="mailto:VSnews02@aol.com">VSnews02@aol.com</a>	
Newsletter Publisher	Mary Murphy	
Past President	Dan Carhart	
V.S. Racing Team contacts	Jim Duncan Zafer Demir	

## 2010 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen	Jim Duncan Bob Powers
Email	<a href="mailto:CinderellaClassic@valleyspokesmen.org">CinderellaClassic@valleyspokesmen.org</a>
Swap Meet	Bob/Bonnie Powers
T.O.S.R.D. Chairman	Francie Cushman
E.B.B.C. Rep.	Open
Mileage Keeper	James Paulos
Webmaster	Curtis Stallins

## 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>

2011 club members may subscribe to the VS mailing list by sending an email with their names to <http://www.valleyspokesmen.org/maillinglist.php> and following the directions there.

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