



**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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## July 2011 President's Message

The club survey results are in! But as I expected there are too many comments and ideas to print in the paper newsletter. So here are just some of the responses to pique your curiosity. By the way, this is a completely biased sample...

**Q20. What I like best about the newsletter is...**

- It is easy to keep on my desk to pick up and read.
- It is available online
- Ride listing and mileage report
- Gives a bunch of club info, the fact I am not more active is MY problem!

**Q23. What I like best about the VS website is...**

- Ride calendar and ride list
- The webmaster
- It's very high quality
- It's just a really nicely laid out site.

**Q24. I think the VS website could be improved by...**

- Giving webmaster more beer
- Can't think of anything. Curtis is awesome.

**Q28. The quarterly club meetings could be improved by...**

- Free beer
- Loved the speaker last meeting. Great incentive to attend.
- I thought they were monthly?
- A place that has more than pizza.

**Q29. What is your favorite thing about the club?**

- The camaraderie it promotes, its charitable endeavors. When I was doing the training rides I was amazed by the nice people and the excellent support at each ride. If the Cinderella training rides were an ongoing The people & sense of community
- FEATHERPEDALS!!!
- People are very friendly and helpful.

**Q30. What is your main frustration (if any) with the club?**

- Nothing yet... :)
- It's about how rides are conducted, setting the right expectations (for everyone, both leaders and riders) and following through on the ride (keeping to the pace advertised, primarily).

Check out the complete and unbiased (and uncensored) survey results on the website! Your executive board will be reviewing these responses too and will look for your good ideas for improving your club. Thank you so much for taking the time to provide these comments!

Pedal swift and pedal safe.

Mark Dedon



**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.

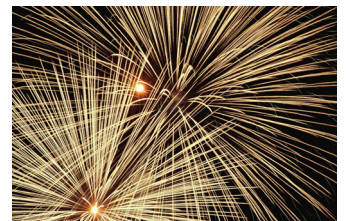
**SAFETY:** Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes.

**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!**

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**JULY 2011****FRI. 7/1/11 1-L/M No Drop 10-30 miles (15-50 km)**

**8:00 a.m.** This Odd FriDay series of rides will occur every Friday that falls on an odd date. All rides will start at Central Park and will be geared toward the riders who show, with multiple distance options available. Central Park is located at the intersection of Bollinger and Alcosta Blvd. ALL riders are welcomed!

**Leader: Gail Blanco, 925-872-1001,**  
[gvblanco@aol.com](mailto:gvblanco@aol.com)

**SAT. 7/2/11 2-L 45 miles (72 km) 9:00 a.m. Starting at Livermore airport we'll head west**

and stop for some refreshment at Peet's Coffee in Danville before returning. Take I-580 to Airway exit and go south; turn right into Terminal Circle and park in the lot or on the street. Bring water and snacks or money to buy.

**Leader: Bill Goodwin, 925-487-0521.**

**SUN. 7/3/11 2-L/M 34 miles (57 km) 9:00 a.m. Ride from San Ramon to Walnut Creek.**

Meet at the San Ramon Central Park on Bollinger Canyon Rd. Take I-680 north or south to Bollinger Canyon Rd. exit and go east; turn left into the park opposite the Market Place shopping center. Bring water and lunch or money to buy.

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

**TUE. 7/5/11 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. 7/5/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.**  
**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. 7/6/11 3-L/M 35 miles (60 km) 10:00 a.m.**  
**Cheese Factory Ride.** Meet at the Paradise Foods parking lot on Ignatio Blvd in Novato. Our route will go out Lucas Valley Road to Nicasio, past the reservoir, and up the hill to the Cheese Factory for lunch before returning to Novato. From 101 north take the Ignatio exit in Novato, cross over the freeway, and turn right into the parking lot by Paradise Foods. Park at the far end of the lot.  
**Leader: Barbara Wood, 707-745-6353, cell 707-980-0426.**

**WED. 7/06/11 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 7, 2011.**

**THUR. 7/7/11 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. 7/9/11 3-L/M 47 miles (75 km) 9:00 a.m. Dublin to Moraga Loop.** Starting at Shannon Center in Dublin we'll ride over to Castro Valley and then continue on scenic Redwood and Pinehurst roads on our way to Moraga Commons. The return will take us past St.Mary's in Moraga, then 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: Alberto Lanzas, 510-825-9581.**

**SUN. 7/10/11 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: Bill Goodwin, 925-487-0521.**

**MON. 7/11/11 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore.**  
**Call Ted Vidnovic, 925-337-2803, for further information.**

**TUE. 7/12/11 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. 7/12/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.**  
**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. 7/13/11 2-L/M 25 miles (40 km) 10:00 a.m.**  
**Edith's ice cream & cookies ride.** Starting at the Martinez Marina, we'll ride around the Carquinez Strait clockwise, along the Carquinez Scenic Drive and across the bridge to Edith's house in Benicia for a decadent lunch of ice cream, lemon cake & cookies. Return to the Martinez Marina via the Benicia bridge. Directions to the Marina: Take the Martinez exit from I-680 and go west on Waterfront Rd.; continue as it becomes Marina Vista to downtown Martinez; turn right on Ferry St. across tracks into park; turn right on Joe DiMaggio Dr. then left and park in first lot on left. Bring water and snacks.  
**Leader: Edith Norby, 707-748-1508(h), 707-771-0483(c).**

**WED. 7/13/11 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.**

**THUR. 7/14/11 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.**

**FRI. 7/15/11 1-L/M 10-30 miles (16-50 km) 8:00 a.m. No Drop.** This Odd FriDay series of rides will occur every Friday that falls on an odd date. All rides will start at Central Park and will be geared toward the riders who show, with multiple distance options available. Central Park is located at the intersection of Bollinger and Alcosta Blvd. ALL riders are welcomed!  
**Leader: Gail Blanco, 925-872-1001,**  
[gvblanco@aol.com](mailto:gvblanco@aol.com)

**SAT. 7/16/11 3-M 40miles (65 km) 9:30 a.m. We'll ride from Lafayette on a loop** out to Pinole via Reliez and 'Pig Farm Hill' and then return via the San Pablo reservoir and Orinda. Take I-680 to Olympic Blvd., head west, right on Pleasant Hill Blvd. Acalanes HS is on the right just after Deer Hill Rd. We will have a lunch stop in Pinole.  
**Leader Gail Blanco, 925-872-1001.**

**SAT. 7/16/11 3-M 51 miles (82 km) 9:00 a.m. Alexander Valley Winery Tour.** Starting in Healdsburg, we'll follow a route that takes us to a number of the vineyards in the area. Meet in Healdsburg at the public parking lot on West Matheson St. Take US 101 north to the central Healdsburg exit; turn left on Matheson St.; parking lot is on right. Bring water and lunch or money to buy. Check the online calendar or with the leader for updates on camping options Friday and Saturday nights and a possible canoe/kayak Russian River trip on Sunday.  
**Leader: Michelle McBee, 925-200-0078.**

**SUN. 7/17/11 3-M 58 miles (93 km) 9:00 a.m. Shannon Center to the Flynns.** Ride from Dublin to Livermore via Collier Canyon with a stop at the Starbucks on Vasco and then continuing up Altamont Pass and over north and south Flynn. The return will take us to Pleasanton on Vineyard Ave. and back to Shannon. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Ave. and right again into the center parking lot. Bring water and snacks.  
**Leader: Dan Carhart, 925-828-8964.**

**TUE. 7/19/11 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. 7/19/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. 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. 7/20/11 4-M 55miles (90 km) 9:00 a.m. This ride will start at the old Nob Hill parking lot at the intersection of S. Livermore and Pacific Aves. in Livermore.** Ride up Mines Road to the Junction Cafe for lunch then return. No services along the way, bring plenty of fluid and food, or \$ to buy.  
**Leader: Dave Leddon, 925-462-0727.**

**THUR. 7/21/11 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. 7/23/11 3-M 72 miles (120 km) 9:00 a.m. Connie will be leading us on this circumnavigation of beautiful Lake Tahoe.** We'll meet in South Lake Tahoe at the northeast corner of the 'Y'- intersection of Hwys. 50 & 89. Park near the street in the parking lot of the shopping center with a 'Mikasa' store. Bring water and food or money to buy. Check with leader about possible overnight camping option.  
**Leader: Connie Brown, 925-681-0649,**  
[ccjbrown@comcast.net](mailto:ccjbrown@comcast.net)

**SAT. 7/23/11 2-L/M 23 – 40 miles (35 – 65 km) 8:30 a.m. Feather Pedals Ride -** We'll meet at Draeger's Market in Blackhawk Plaza. The regular route will be 23 miles with an optional Challenge route of 40 miles. Take I-680 to the Sycamore exit and go east (becomes Camino Tassajara); turn left on Blackhawk Rd. (opp. Crow Canyon) and right into Blackhawk Plaza. Bring water and snacks. Optional social time / lunch after the ride. Arrive early so the ride can leave on time. Details, incl. the route sheet, are on the club's web calendar.  
**Leader: Kathy Burkle, 408-209-8471.**

**SUN. 7/24/11 3-M 52 miles (84 km) 9:00 a.m. Beautiful loop ride through the mountains south of Lake Tahoe including Luther Pass and Kingsbury Grade.** We'll meet in South Lake Tahoe at the northeast corner of the 'Y'- intersection of Hwys. 50 & 89. Park near the street in the parking lot of the shopping center with a 'Mikasa' store. Bring water and food or money to buy. Check with leader about possible overnight camping option.  
**Leader: Connie Brown, 925-681-0649,**  
[ccjbrown@comcast.net](mailto:ccjbrown@comcast.net)

**SUN. 7/24/11 3-M 38 miles (60 km) 9:00 a.m. Start at Starbucks in Orinda;** proceed to WCCR to Skyline to Pinehurst to Redwood around to Moraga to St. Mary's Road into Lafayette and back to the Orinda Starbucks.

Parking available at Orinda BART. Take Hwy 24 to exit 9 toward Orinda. Merge onto Camino Pablo, BART on right.

**Leader: Allen Hardy, 510-333-0504.**

**TUE. 7/26/11 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. 7/26/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.**

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

**WED. 7/27/11 3-M 38 miles (60 km) 9:00 a.m. We'll ride from Lafayette on a loop out to Pinole via Reliez and 'Pig Farm Hill' and then return via the San Pablo reservoir and Orinda. Start at the staging area on Olympic Blvd., just west of Pleasant Hill Road in Lafayette.**

Start at the staging area on Olympic Blvd., just west of Pleasant Hill Road in Lafayette.

**Leader: Gail Blanco, 925-872-1001.**

**THUR. 7/28/11 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.**

**FRI. 7/29/11 1-L/M 10-30 miles (16-50 km) 8:00 a.m.**

**No Drop This Odd FriDay series of rides will occur every Friday that falls on an odd date.** All rides will start at Central Park and will be geared toward the riders who show, with multiple distance options available.

Central Park is located at the intersection of Bollinger and Alcosta Blvd. ALL riders are welcomed!

**Leader: Gail Blanco, 925-872-1001,**

[gvblanco@aol.com](mailto:gvblanco@aol.com)

**SAT. 7/30/11 3-M 47 miles (75 km) 8:30 a.m. Starting at the Danville Park&Ride lot on Sycamore we'll ride up the blvd. to Walnut Creek, continue on the Iron Horse (over both bridges!), over the Bears, refuel in Orinda, then return via St Stephens and Lafayette.**

Start at the Danville Park&Ride lot on Sycamore we'll ride up the blvd. to Walnut Creek, continue on the Iron Horse (over both bridges!), over the Bears, refuel in Orinda, then return via St Stephens and Lafayette.

**Leader: Kevin Thieben, 925.437.5919 (c).**

**SUN. 7/31/11 4-M 55 miles (88 km) 8:30 a.m. We'll climb over Dublin Grade to Castro Valley and then**

continue on scenic Redwood and Pinehurst roads to Moraga and then Orinda. After a coffee stop we'll return through Lafayette, WC, Alamo, and Danville. Meet at Shannon Center in Dublin. Take Alcosta exit from I-680; go west to San Ramon Rd. and left to Shannon; turn right and into parking lot on right. Bring food and drink.

**Leader: Steve Aguirre, 925-556-0124.**



## AUGUST 2011

**TUE. 8/2/11 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. 8/2/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m.**

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

**WED. 8/3/11 3-L 42 miles (68 km) 9:00 a.m. Starting in San Ramon we'll have a leisurely ride up to the Mt. Diablo Junction and then descend to Walnut Creek.**

Return will be through Danville. Meet at San Ramon Central Park. Take I-680 to the Bollinger exit and go east; turn left into Central Park opposite the Market Place and park in the lot to the right side. Bring water and snacks.

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

**WED. 8/03/11 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, September 7, 2011.**

**THUR. 8/4/11 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.**

**FRI. 8/5/11 1-L/M 10-30 miles (16-50 km) 8:00 a.m. No Drop. This Odd FriDay series of rides will occur every Friday that falls on an odd date.** All rides will start at Central Park and will be geared toward the riders who show, with multiple distance options available. Central Park is located at the intersection of Bollinger and Alcosta Blvd. ALL riders are welcomed!  
**Leader: Gail Blanco, 925-872-1001, [gvblanco@aol.com](mailto:gvblanco@aol.com)**

**SAT. 8/6/11 2-L/M 25+ miles (40+ km) 9:30 a.m. Pleasanton to Livermore.** Pre-ride announcements at 9:15a.m. Starting at the Crank-2 cycle shop in south Pleasanton we'll ride on some quiet neighborhood streets on a loop to Livermore and back. There will also be a 'Challenge' option with additional mileage for those so inclined. 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 1<sup>st</sup> (becomes Sunol Blvd.) and left into the shopping center (just before Junipero). Bring water and snacks.  
**Leader: Nena Hunt 510-761-8401.**

**SUN. 8/7/11 3-M 50 miles (80 km) 8:30 a.m. Pleasanton to Calaveras Wall Let's meet at Muirwood Park in Pleasanton.** We'll ride to Sunol and continue on Calaveras Rd. before we start our climb to the top of the "wall" alongside Calaveras Reservoir and possible option to go down the wall to Ed Levin Park if desired. Take I-680 to the Stoneridge exit and go west. Turn left on Springdale Ave. and another left on Muirwood (at 'T') - Muirwood Park will be on the left. Park on the street and we'll meet near the restrooms. Bring plenty of water and food, none available en-route.  
**Leader: Alberto Lanzas, 510-825-9581.**

**TUE. 8/9/11 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. 8/9/11 Mtn-3 8-13 miles (13-21 km) 7:00 p.m. 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. 8/10/11 2-M 42 miles (70 km) 10:00 a.m. Join Bill on his first ride lead with the club.** We'll start at Emerald Glen Park in Dublin and head out north of Livermore along Highland, N. Lvmr., May School, etc.

before climbing to the Altamont Pass summit. Return will be on the same route with a stop at the Vasco Starbucks. Meet at the southeast parking lot of Emerald Glen Park. Take I-580 to the Santa Rita/Tassajara exit and go north on Tassajara; turn left on Central Parkway and right into the park opposite Glynnis Rose Dr. Bring water and snacks.

**Leader: Bill Creekbaum, [w creekba@gmail.com](mailto:w creekba@gmail.com)**

**WED. 8/10/11 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.**

**THUR. 8/11/11 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**



**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@lnl.gov](mailto:hollaway1@lnl.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**

- July 9 [Tour of the California Alps – Death Ride](#)  
**CLOSED** - Markleville
- 9 [Central Coast Century Ride to Defeat ALS](#)
- 10 [Livestrong Challenge](#) – Davis
- 10 [Tour of Loleta](#) – Loleta
- 16 [Windmill Century](#) – Santa Maria
- 16 [Healdsburg Harvest Century](#) – Healdsburg
- 17 [Fall River Century](#) – Fall River Mills
- August 6 [Marin Century](#) – San Rafael
- 6 [Mt. Tam Double](#) – San Rafael
- 7 [Mt. Shasta Summit Century](#) – Mt. Shasta
- 7 [Tour de Peninsula](#) – San Mateo
- 14 [Tour d'Organics](#) – Sebastopol
- 20 [Holstein 100 Bike Ride](#) – Petaluma
- 20 [Cool Breeze Century](#) – Ventura
- 21 [Tour of Napa Valley](#) – Yountville
- 25-28 [Ebbetts Pass Century Cycle Fit Camp](#) – Bear Valley, CA
- 27 [Ebbetts Pass Century](#) – High Sierras
- 27 [Cycle for Life](#) – Santa Cruz



**UPCOMING TOUR**

**October 4-22, 2011 – Arizona here we come!**  
Bob and I have 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 - .....\$65.00
- short sleeve jersey - women's cut - .....\$65.00
- long sleeve jersey - (to be discontinued) .....\$70.00
- sleeveless wind shell vest - .....\$60.00
- long sleeve jacket - (to be discontinued).....\$69.99
- shorts - women / men - .....\$58.00
- bib shorts - (to be discontinued).....\$65.00
- arm warmers - .....\$30.00
- gloves - yellow, blue, black - (changing to blue & black only) - .....\$27.00
- socks - white, yellow, black - (changing to blue & black only) - .....\$7.00

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



**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)



**FOR SALE**

We have a few 35<sup>th</sup> Cinderella jerseys for sale. They may be purchased at a cost of \$50.00 each  
The sizes available are:  
2 - small  
5 - medium  
2 - large  
2 - extra large  
1 - 2 extra large  
1 - 3 extra large  
If interested let Bonnie know and arrangements will be made for mailing or pick up.

**ALSO FOR SALE**

We have a few Cinderella T-shirts for sale for \$5.00 in the following sizes:

- 3 – medium
- 7 – large
- 1 – extra large
- 1 – 3-extra large

If interested give Bonnie a call 925-828-5299 to make pick-up arrangements.

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**Valley Spokesmen “Bicycle” Touring Club  
Business Meeting  
June 1, 2011**

Meeting called to order at 7:08 p.m. by President Mark Dedon.

Minutes from the May 11<sup>th</sup> Executive Board Meeting may be found in the June newsletter.

Treasurer Bill Well reported we are solvent. He will have a detailed report at the Executive Board meeting next week.

**OLD BUSINESS:**

1. Peter and Gail reported there have been lots of rides offered. Generally they have all been well attended. Kudos to Peter for all the great coverage with articles and photos.
2. Curtis reported on our web page mentioning the June newsletter is now online. The T.O.S.R.D. registration form will be up and running soon.
3. Mark reported on the presentation he and Erica made at the Livermore Library prior to the AMGEN. Details on this talk regarding touring in The Valley and Beyond may be found in the President's message in the June newsletter.
4. AMGEN – Several VS members were on hand at the start of this race in Livermore. Then there were more on hand at the finish at the top of Sierra Grade. Kevin mentioned it was awesome to be part of the 2000 cyclists at the finish line. Cycling was the only way to reach the top, no cars were permitted up the hill.
5. Mark reported he will keep the VS survey open for two more weeks. Please complete this form.
6. Bike to Work Day, May 12<sup>th</sup>, was very successful. V.S. donated several items for the “Energizer Stations” at the West and East BART stations.

**NEW BUSINESS:**

1. Ride leaders are needed for the few openings left in the July and August ride schedules.
2. Bike to Work day May 12<sup>th</sup>. VS donated various items to the Dublin BART energizer stations.
3. Long Distant Tours – Yosemite 2012 is already filled. The Arizona tour in October has room for more riders, contact Bonnie.
4. T.O.S.R.D. – September 24-25 – The brochures have been mailed. We already have 26 persons registered, sign up now to do this fabulous flat ride.
5. Wynn Kageyama will be speaking at our September 7<sup>th</sup> club meeting.
6. The next Executive Board Meeting will be at the Powers' place Wednesday, June 8<sup>th</sup>.

There being no further business, the meeting was adjourned at 7:18 p.m. – our fastest meeting ever!

Respectfully submitted, Lynn DeMattei, Secretary

Following the meeting Attorney Gary Brustin gave an excellent presentation – THANKS Gary!

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**Valley Spokesmen “Bicycle” Touring Club  
Business Meeting  
June , , 2011**

Meeting called to order at 7:05 p.m. by President Mark Dedon.

Minutes from the June 1<sup>st</sup> Business Meeting were approved as read.

Treasurer Bill Well reported he has met with our accountant and has been advised to keep our income below \$200,000 without experiencing a very complicated tax return and multiple questions. Additionally the work done by the accountant would be more costly. Simply, the IRS is cracking down on non-profit organizations. Financially this year's Cinderella was the most successful year yet. There is some confusion on the exact amount of the deposits, but Bill and Bonnie will work out the details. The final report on profit/loss will be determined at a later date. The question of Cinderella refunds was discussed and suggested they could be handled through our web site. Jim to check with Curtis. The question was also raised as to categorize Feather Pedal expenses. Solution – out of pocket expensed.

**OLD BUSINESS:**

1. Past month's rides – Nothing much to report from last week. The suggestion was made to have the ride leaders report on their rides if they wish rather than the ride chairmen.
2. V.S. web site – Mark heard from Curtis who reported the T.O.S.R.D. registration form will be online shortly. The June newsletter has been posted as well as the President's message and the mobile ride schedule.
3. V.S. survey – Mark now has 60 responses to this survey. There will be a report at the July board meeting.
4. There was no report on area Bicycle Master Plans.
5. Discussion followed on what a great presentation Gary Brustin made at the June meeting.

**NEW BUSINESS:**

1. The July/August ride schedule was reviewed for corrections and additions. Gail asked how she could better promote her Odd Friday rides, they don't seem to be attracting the less experienced riders. It was suggested she put flyers up in the local bike shops and perhaps indicate the rides as NO-DROP.
2. Bonnie is looking for more riders for the October tour in Arizona.
3. T.O.S.R.D. is coming right along with 29 riders signed up so far. Workers are also volunteering.
4. Wynn Kageyama will be speaking at our September 7<sup>th</sup> business meeting.
5. It was suggested we encourage more presenters at our business meetings. All were asked to put on their thinking caps.
6. The next Executive Board Meeting will be at the Powers'



place, Wednesday, July 13<sup>th</sup>.

There being no further business the meeting was adjourned at 8:15 p.m.

Respectfully submitted, Bonnie Powers, Secretary Pro-tem.

**Valley Spokesmen "Bicycle" Touring Club  
June 2011**

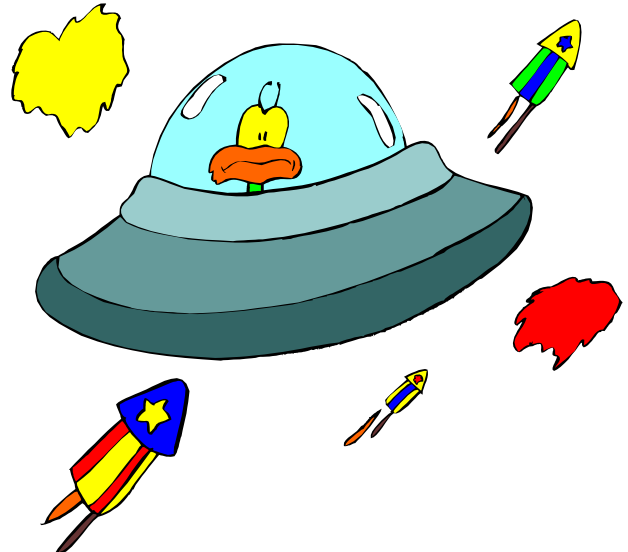
*Correspondence sent:*

1. Checks to Bob Powers for Yosemite 2012 and Paso Robles.
2. Check to Minuteman Press for printing of June newsletter.
3. Check to Dave Dronkers for Cinderella gasoline.
4. Check to Round Table Pizza for June club business meeting.
5. Check to Postmaster for annual post office box fee.
6. Letters of welcome to old/new club members. Membership stands at 423 so far in 2011.

*Correspondence received:*

1. Copies of Sunset magazine for July.
2. Copies for Bicycling magazine for July.
3. Advertisements from various organizations and businesses.
4. Announcements of upcoming events and tours.
5. Membership renewal requests.
6. Newsletters and magazines from various clubs and organizations.

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**AROUND THE ~~C-B~~CAPITOL**

**Senate approves 3-foot passing bill**

California could soon become the nation's 19th state to enact a 3-foot passing law to protect bicyclists. Last week the California Senate approved CBC-sponsored Senate Bill 910 by a 27-9 vote, sending the bill to the Assembly.

SB 910, authored by Long Beach Sen. Alan Lowenthal and cosponsored by the City of Los Angeles, would establish three feet as the minimum clearance when a motorist passes a bicyclist from behind under most conditions. Three feet is the passing distance recommended in the California Driver's Handbook.

SB 910 is CBC's third try at enacting a 3-foot passing law in California. Six years ago the California Highway Patrol, truckers and transit drivers killed a similar CBC-sponsored bill in its first hearing. This year, a [stronger campaign](#) and hundreds of letters and from the state's bicycle clubs and advocacy organizations, including from the state's Republican-represented districts, helped the bill win a strong bipartisan majority.

The CBC's Give Me 3 awareness campaign, launched in Long Beach last month, is [giving voice](#) to hundreds of people who are concerned about the safety of our roadways.

Here's Sen. Anthony Cannella of Ceres testifying in support of SB 910 about the number of times he's nearly been hit while bicycling:



### RIDE REVIEWS

May 21<sup>st</sup>

Karin Ball led today's monthly Feather Pedals ride. We started at Blackhawk Plaza, rode up Mt. Diablo to the junction and back, and then continued through Alamo and Danville back to the start. Beautiful warm and sunny day for the ride. Peter

+ + + + + + + + + +

Hi Everyone, Saturday was the Feather Pedals (FP) first monthly ride in 2011. We had 57 total riders with 7 of them new to the FP group; 25 riders on the Classic route of ~25 miles and 32 riders on the Challenge ride of ~40 mile ; and many riders stayed to enjoy lunch and socializing after the ride at Draeger's Market in Blackhawk. There was only 1 flat and 1 rider sagged reported. The Organizer/Co-Organizers for this ride were Kathy Kane for the Classic route and Karin Ball for the Challenge route. The ride was supported by SAG Dean, and Sweep, Charles. Regarding the actual miles: My computer was not working so if anyone captured the actual miles please let me know. Thanks!

Overview of the routes:

Classic, SAG & Sweep Supported: The Classic route did not include Mt. Diablo. Challenge: Many rode Mt. Diablo for the first time. Most riders went to the Junction; however, a few decided to continue on up the mountain including those who rode Mt. Diablo for the first time...BRAVO! Karin

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May 22<sup>nd</sup>

Richard led today's ride up Mt. Hamilton and his daughter Elise again provided gracious sag service with a delivery of Togo's sandwiches for our lunch stop on the summit. The sag service was also appreciated by another rider who had a broken spoke which knocked his wheel severely out of true. The weather was just about ideal for the climb up the mountain, but could have been a little warmer for our trip down. Peter

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May 25<sup>th</sup>

Half Moon Bay to Carmel – Although planned to be a ride to Paso Robles, we ended up with a shorter tour down to Carmel and then drove the rest of the way down to Nacimiento-Ferguson road and back home. Had a beautiful ride down to Carmel but then a storm front with rainy weather moved in and we mutually decided to end the ride at that point. Peter

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May 28<sup>th</sup>

Kevin led today's ride to Orinda which was a modification of our usual Moraga loop but extending it with a stop at Theater Square instead of Moraga Commons. Felt a few raindrops while climbing Redwood

but that was the extent of the precipitation. If anyone may have dropped a single black Descente armwarmer (size M) on SRVB after I dropped off to go shopping, let me know. Peter

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May 25/27

The ride from Sunol to Paso Robles has a lot of history behind it and has been occurring since 1973. Every ride has been different including routings, weather, and the number of riders - this year was no exception. We had only 14 riders, which was very unusual. We had 20 miles of heavy mist entering Hollister and one accident on the first day, then sunny skies and mild temperatures the next two days. Unfortunately Nancy went down on railroad tracks and suffered a broken thumb, but all is good and she is mending well. The rest of the ride went off without a hitch and everyone enjoyed themselves. The fields were a bit green, the wildlife abundant, and the lack of traffic wonderful. Now as a proud Grandmother I have to report our granddaughter Hailey, age 11 years, did incredibly well climbing three of the major hills (fire station, G-13 into King City and Lone Oak leaving King City). Congrats Hailey Girl! It was fun to see the entire group enter Paso Robles wearing the club colors. Good ride. Thanks to all who joined us.

Bonnie

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May 29<sup>th</sup>

This ride started at Muirwood Park in Pleasanton and rode out to Sunol and then to the 'wall' on Calaveras Rd. No sign of the eagles at their nest, but saw some turkeys. The reservoir level is still low in preparation for the seismic retrofit. Beautiful sunny day for Herman's ride. Peter

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May 28/29

Thanks to everyone that attended the Sonoma County rides this weekend. Saturday's King Ridge ride started in Monte Rio. We found out later that Levi Leipheimer was in the parking lot at the same time, but we missed him. Dang.... We had a great climb up King Ridge, one of the best Nor Cal climbs. At the halfway point, we stopped at the Stewart's Point store for lunch, & it started to rain. So, the last half of the ride was a little wet, but we all finished and had some stories to tell afterwards. We had great weather today for The Geysers ride. I forgot how beautiful and remote the area is - very nice. We stopped at the Jimtown store for lunch. Another place with amazing sandwiches. A great couple of days riding. Rick

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May 30<sup>th</sup>

Mark and Susan led today's ride from the Bollinger Park & Ride out to the Vasco Starbucks and continuing with a climb up the Altamont, Carrol, and the Flynns. We returned through south Livermore on Concannon and then Vineyard to Pleasanton and back through the BART station to Dublin and San Ramon. Got a nice boost from the wind on the way out, but it was less helpful for the return. Peter

+ + + + +

Thanks to Rick for leading a weekend ride in a great riding county. Sonoma is unique. Remote and rugged. Challenging and satisfying to all VSers! The hills have turned brown here, but the green survives northerly. The Russian River, Austin Creek and Big Sulphur Creek still vital. Rob

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June 8<sup>th</sup>

Great day for riding up Diablo, pleasant temperature and lots of sunshine albeit a bit hazy for getting good views. Peter

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June 11<sup>th</sup>

There were nine of us who started the ride last Saturday that I led from Woodside: six from VS and three from the Santa Cruz Cycling Club. It started out sunny but as soon as we got into the mountains it got cold, foggy, and very wet from the heavy mist that felt like rain dropping on us from the trees. It made the descents very tricky with all the moisture, which was disappointing. Alpine was a steep and windy descent normally very fun. Tunitas Creek was long and relentless, about 10 miles of climbing. A couple people decided to turn around and go back, having had enough of the wet weather. Reaching San Gregorio couldn't come soon enough, but coffee and hot chocolate warmed us up and listening to live band playing country music made it all worthwhile. At the bottom of Kings Mountain, the road dried up, the sun came out and we could finally enjoy a sweet descent. Woodside was sunny and warm and we enjoyed a cool beer at Buck's. I am sorry that I didn't take any pictures and nobody else did either. Thank you for joining me, hopefully next ride will be warmer and drier. Heidi

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June 12<sup>th</sup>

Joe led today's ride starting at Monte Vista School and heading to Moraga Commons and then climbing over Pinehurst and Redwood on our way to Castro Valley. The return was over Dublin Canyon and Schaefer Ranch. Beautiful sunny day with moderate temperature and only a gentle breeze. Peter

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June 15<sup>th</sup>

Alaine led us out to the end of Bollinger Canyon Rd. in Las Trampas Park today. No zebras or ostriches this time, but a nice clear, sunny day to enjoy the outdoors. Peter

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June 16

I just wanted to take a moment to thank Jim Duncan and the group I rode with on Thursday night's T'n'T ride. It was my first group ride with any organized group I've been riding seriously for only about a year now, and found that I was not anywhere near the abilities of the group, but kept up most of the way. Of course, I think they kept the pace reasonable, for whatever reason. I heard that Tuesday's ride had a much faster pace. Everyone was very nice, and taught me a few things I needed to know as a new cyclist and as a member of a group. I had a blast and look forward to riding with them all again. Thanks again! Frank, Livermore

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June 17<sup>th</sup>

Gail led today's "Odd Friday" ride from San Ramon's Central Park and even provided some delicious homemade cookies. We split into two groups – a faster one heading south to Sunol and a more leisurely one exploring the country club loop through Blackhawk and Alamo. Peter

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June 18<sup>th</sup>

Beautiful day for the Feather Pedals ride from Blackhawk to the Starbucks on Vasco in north Livermore. Today we had two sag drivers, so both the regular route and the "challenge" route were supported. Peter

+ + + + +

Hope all riders enjoyed today's jaunt through some picturesque country of Western Sonoma County. I believe there 6-7 first-timers. It seemed the goodies at the Wildflower Bakery in Freestone were enjoyed by all. I have ridden Chileno Valley for 20+ years and do not recall as much water and wildlife. Tall grasses/crops of many shades of green flowing the breeze, new mown hay drying and a lot of happy cattle, sheep, and cows...and riders. Nice relaxing after ride at Dempsey's before an easy drive home. As to the overcast, it dawned on me on the way home why: The Belle of Benicia was not with us on her favorite ride but is bestowing her charms on Colorado. Maybe next time! Jim

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June 19<sup>th</sup>

A sunny and beautiful day for Dan's ride from Shannon Center to the Altamont Pass and the Flynns east of Livermore. We split into several groups with a few route modifications. Peter

**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<br>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<br>Zafer Demir                              |              |

## 2011 PRESIDENTIAL APPOINTMENTS

|                     |                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------|
| Cinderella Chairmen | Jim Duncan<br>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 Neer      |
| 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.

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