

VALLEY SPOKESMEN

Group Ride Schedule and Newsletter

*Come ride
with us!*

Valley Spokesmen Bicycle Touring Club P.O. Box 2630 • Dublin, CA 94568 • www.valleyspokesmen.org

President's Message

Marcus Van Raalte

Here is a quick checklist of items that you should have with you and your bike when you are out on a ride. There are probably many reading this piece who will know of many further things to have, and maintenance to be done, but hopefully these fundamentals will get you started.

What do we need to do to look after our bike?

- Cleaning – clean the frame etc., this will help to notice anything that is wrong,
- Tires – pressure and condition – make sure the pressure is at your desired level between 90-120psi, and
- Chain – clean and oiled – if kept clean and oiled it will make your ride smoother, changing gears easier and the chain will last longer.

What do we need to carry to be prepared during a bike ride?

- Spare tire inner tube (maybe 2),
- Kit for changing the tube, including the tools for taking your tire off when you get a flat. Also, an inner tube repair kit,
- Air pump (or CO2 cartridge etc.), and
- Allen wrench set for your bike and a chain tool.

What do you need to have to ride out on the roads?

- Helmet – this is required for all group rides, but a good idea for all rides,
- Water – 1 or 2 bottles, it is important that you drink enough to stay hydrated,
- Snacks – 1 or 2 snacks, this is also important to keep fueling your body with enough energy,
- Identity – RideID or your license in the event of a crash,
- Money and phone – so you can buy something and/or call for help, and
- Route – always good so you know how long it will take you. Make sure someone knows your plans and when you expect to be home (if possible).

What do you need to be aware of/be thinking about for your safety on the roads?

- Road conditions – make sure you ride more cautiously if the roads are slick due to rain or debris,
- Road choice – choose roads that have room for bicycles, preferably with a bike lane,
- Road position – stay to the right, ride single file, keep your distance to other riders,
- Riding behavior – always follow the traffic laws and ride predictably for the safety of yourself, other riders, and cars, so we all anticipate the next move, and
- Riding visibility – ride so others can see you with bright, reflective clothing and accessories and use lights as needed.

STANDING RIDE OVERVIEW:

MONDAY and WEDNESDAY morning ride in Walnut Creek area starting at 9:00 a.m.
 TUESDAY night Mountain Bike rides from Lake Chabot
 TUESDAY and THURSDAY conditioning rides from Dublin leave at 9:30 a.m.
 TUESDAY and THURSDAY evening T 'n T rides will resume in March
 ODD FRIDAY morning ride from Central Park at 9:00 a.m. Beginner Friendly.

APRIL 2015

WED. 4/1/15 2-L/M 25-50 miles 9:00 a.m. Dick Skow will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at: <http://ridewithgps.com/users/74695/routes> at least 48 hours before the ride. Be sure to check for the ride listed with the correct date. Ride Host: Richard Skow, 925-939-6964, rskow@astound.net for ride details.

WED. 4/1/15 2-L/M 35 miles 10:00 a.m. We'll ride south from Shannon Center in Dublin to Sunol and continue on Calaveras to Sunol Regional Park. Take I-680 to the Alcosta exit; go west to San Ramon Rd. and south to Shannon Rd.; turn right and right again into the parking lot. Bring water and snacks.
 Ride Host: Peter Rathmann, 925-336-0973.

WED. 4/1/15 3-B ~ 20 miles & 2-L ~ 15 miles 6:30 p.m. WAW (Wednesday After Work) is a Wed. evening training ride series leaving from Les Knott Park in Livermore. Most weeks we will have two options available. Doug will lead a B paced ride intended to get the heart rate up quickly and keep it there for an hour and Janet will lead an L paced ride for anyone looking for something a bit more tame. Routes will vary and are generally posted on the calendar prior to the ride. Meet at the park at 655 N. Mines Rd. Ride Hosts: Doug Ondricek, (925) 980-2490, and Janet Ondricek, (925) 579-4573.

THURS. 4/2/15 2-M 20-25 miles 9:30 a.m. Tuesday and Thursday morning rides starting at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route will be determined by the participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18 mph pace. This is a social ride involving a Peet's Coffee stop.
 Ride Host: Bob Heady, 925-980-7989.

THURS. 4/2/15 2-M/B 25-35 miles 6:00 p.m. Tuesday and Thursday training rides starting at Shannon Center in Dublin and using assorted routes. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon and right again into the parking lot. Ride Host: Dan Carhart, 925-828-8964.

FRI. 4/3/15 2-L/M No Drop 25-35 miles 9:00 a.m. (Note earlier start.) This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly)
 Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 4/4/15 2-L 60-67 miles 8:30 a.m. 12th in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. The ride will start at the Park&Ride lot on Sycamore Ave. in Danville and will have a choice of two distances. The Park&Ride lot is located at the NE corner of the Sycamore Ave. and I-680 interchange. Both women and men welcomed. Be ready at least 15 minutes early for announcements. Beginner friendly. See the online calendar for route details. Ride Host: Mary Elemen, 925-759-6555.

SAT. 4/4/15 3 L-M 46 miles 10:00 a.m. Pescadero Ride. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Many of us will likely have lunch in the area after the ride. Check the online calendar or with the Ride Hosts for more details. Fourth in a series of hill climb rides by the Strains. Ride Hosts: Kathy Strain, 925-785-4355, and Bob Strain, 925-997-5160.

SUN. 4/5/15 3-L/M, M, M/B 45-55 miles 9:30 a.m. STANDING VS 1st Sunday of the Month Ride. We will be riding a 45-55 mile loop from San Ramon Central Park and out to Livermore. There will be a group adding on the Flynn's to the route that is listed. We have a rest stop at the Starbucks in N. Vasco and Scenic, as well as the Starbucks on Vineyard in Livermore, before returning to San Ramon. Please feel free to join us and ride at your own pace. The route can be shortened after the 1st rest stop by returning on Greenville to Tesla and continuing on the route. See online calendar for route sheet.
 Ride Host: Kevin Thieben, 925-437-5919.

MON. 4/6/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

MON. 4/6/15 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! **Call Ted Vidnovic, 925-337-2803 or vidnovic@yahoo.com, for further information.**

TUES. 4/7/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

TUES. 4/7/15 See 6:00 p.m. T'nT Evening Ride details on THURS. 4/2/15.

TUE. 4/7/15 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.
 Ride Host: Jane Moorhead, 925-980-9889.

WED. 4/8/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 4/8/15 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jcnctn. – WC. Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into Walnut Creek with "re-hydration" after the ride at the San Ramon Hopyard (470 Market Place, S.R.) one block south of Central Park. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right into the parking lot. <http://ridewithgps.com/routes/2267409> Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 4/8/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.

WED. 4/8/15 7:00 p.m. Executive Board Meeting at the home of Bob and Bonnie Powers, 6640 Spruce Lane, Dublin. Take San Ramon Road to Amador Valley Blvd; go east; turn right onto York Drive; turn right onto Spruce Lane.

THURS. 4/9/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

THURS. 4/9/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

SAT. 4/11/15 2-L/M 24 miles (both Classic and Plus) 10:00 a.m. 13th and final ride in a weekly series of Feather Pedals conditioning rides leading up to the Cinderella Classic. Today's ride starts at the Sycamore Park&Ride lot at the NE corner of the intersection with I-680 in Danville. Beginner Friendly, SAG-supported ride. Be ready at least 15 minutes early for announcements. No host lunch and graduation celebration after the ride at the Tower Grill in Danville (301 Hartz Avenue, 925-820-6996). See online calendar for route map. Ride Host: Karin Ball, 408-406-2286.

SAT. 4/11/15 3-L/M 41 miles 10:00 a.m. Mt. Tamalpais Ride. This is a drop ride but assume multiple groups will be formed during the ride. Bring plenty of fluids and nourishment. Many of us will likely have lunch in the area after the ride. Fifth in a series of hill climbs by the Strains. For details check the online calendar or with the Ride Hosts. Ride Hosts: Kathy Strain, 925-785-4355, and Bob Strain, 925-997-5160.

SUN. 4/12/15 2-L/M 35 miles 10:00 a.m. Wildflower ride! Starting from Shannon Center, we'll ride down to Sunol Regional Park and identify some of the wildflowers along the way and in the park. Optional brief walk in the park. Meet at Shannon Center. Take I-680 to the Alcosta exit and go south on San Ramon Rd.; turn right on Shannon Rd. and immediately right again into the parking lot. Bring water and snacks. Ride Host: Erica Dedon, 925-828-9183.

MON. 4/13/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

TUES. 4/14/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

TUES. 4/14/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 4/14/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 4/15/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 4/15/15 2-M 35 miles 9:30 a.m. Starting at San Ramon Central Park we'll first head south to Dublin and then double back through assorted neighborhoods in Windemere, Blackhawk, and Alamo with a stop at Livorna Park. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and quick right into the southern park entrance. Ride Host: Dave Pereira 925-640-3491

WED. 4/15/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.

THURS. 4/16/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

THURS. 4/16/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

FRI. 4/17/15 2-L/M No Drop 25-35 miles 9:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 4/18/15 THIRTY-NINTH ANNUAL CINDERELLA CLASSIC AND CHALLENGE Registration 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. For information call: Jim Duncan at 925-209-1369 or Bob Powers at 925-828-5299.

SUN. 4/19/15 2/3-M 25/35 miles 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. Please check the online calendar for the correct starting location in Dublin. The annual post-Cinderella Swap Meet will follow the ride. Ride Host: Peter Rathmann, 925-336-0973.

MON. 4/20/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

TUES. 4/21/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

TUES. 4/21/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 4/21/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 4/22/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 4/22/15 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jcnctn. – WC. Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into Walnut Creek with "re-hydration" after the ride at the San Ramon Hopyard (470 Market Place, S.R.) one block south of Central Park. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right into the parking lot. <http://ridewithgps.com/routes/2267409> Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 4/22/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.

THURS. 4/23/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

THURS. 4/23/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

SAT. 4/25/15 3-M 34 miles 9:00 a.m. Shannon Center to Palomares Hills and Cull Canyon. We will start at the Shannon Center, San Ramon Road & Shannon Avenue in Dublin. We will ride to Castro Valley via Dublin Canyon Road, climb into Palomares Hills via Sunnyslope Avenue, then continue to the end of Cull Canyon Road. We will return via Dublin Canyon Road and Schaefer Ranch Road with a stop at Bod's Java for coffee. For those inclined to less climbing the Sunnyslope Avenue climb into Palomares Hills can be omitted. Ride Host: Steve Kowalewski 510-246-2815, skowalewsk@aol.com

SUN. 4/26/15 2-M 45 miles 9:00 a.m. Peter will lead a ride from Central Park in San Ramon. We will head toward Danville then out to Livermore, before returning through Dublin to Central Park. Note that this ride goes near the course of the Wente Road Race put on by the Valley Spokesmen Race Team. There will be an option to stop by and see the race. Take I-680 to the Bollinger Canyon exit and go east to Alcosta; make a U-turn and immediate right into the Central Park parking lot. Ride Host: Peter Rathmann 925-336-0973

MON. 4/27/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

TUES. 4/28/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

TUES. 4/28/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 4/28/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 4/29/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 4/29/15 3-L/M ~50 miles 9:00 a.m. Ride from San Ramon to the Bay Bridge. We'll head north through Danville and Alamo, then west to Moraga, up Pinehurst to Skyline before dropping down to the path on the new part of the Bay Bridge. After checking out how the deconstruction of the old bridge is going we'll return to Emeryville for a lunch stop and then return via BART. Meet at San Ramon Central Park on Bollinger Canyon Rd. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right turn into the park. Ride Host: David Pereira, 925-640-3491.

WED. 4/29/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.

THURS. 4/30/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

THURS. 4/30/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

FRI. 5/1/15 2-L/M No Drop 25-35 miles 9:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 5/2/15 2-L/M 44 miles 9:00 a.m. Starting from the Bollinger Canyon Park & Ride Lot, we'll head north to Moraga Common Park as our first rest stop and then continue on Moraga Way to Orinda Theater as our second rest stop. We'll then return through Moraga and Danville to the start point. Take I-680 to the Bollinger Canyon exit. The Bollinger Canyon Park & Ride lot is located at the SW corner of the intersection behind the Chevron station. Please bring food and liquids, and/or money to buy. <http://ridewithgps.com/routes/7124683> Ride Host: Joe Cheng, joetcheng@yahoo.com, 925-683-9689.

SUN. 5/3/15 3-L/M, M, M/B 45-55 miles 9:30 a.m. STANDING VS 1st Sunday of the Month Ride. We will be riding a 45-55 mile loop from San Ramon Central Park and out to Livermore. There will be a group adding on the Flynn's to the route that is listed. We have a rest stop at the Starbucks in N. Vasco and Scenic, as well as the Starbucks on Vineyard in Livermore, before returning to San Ramon. Please feel free to join us and ride at your own pace. The route can be shortened after the 1st rest stop by returning on Greenville to Tesla and continuing on the route. See online calendar for route sheet. Ride Host: Peter Rathmann, 925-336-0973.

MON. 5/4/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

MON. 5/4/15 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at Livermore Cyclery, 2752 First Street, Livermore. Everyone welcome! Call Ted Vidnovic, 925-337-2803 or vidnovic@yahoo.com for further information.

TUES. 5/5/15 See 9:30 a.m. Tues./Thurs. Morning Standing Ride details on THURS. 4/2/15.

TUES. 5/5/15 See 6:00 p.m. T'n'T Evening Ride details on THURS. 4/2/15.

TUES. 5/5/15 See 7:00 p.m. Lake Chabot MTB Ride details on TUES. 4/7/15.

WED. 5/6/15 See 9:00 a.m. Heather Farm Standing Ride details on WED. 4/1/15.

WED. 5/6/15 3-M 40 miles 9:30 a.m. San Ramon Central Park - Diablo Jcnctn. – WC. Leave from San Ramon Central Park. Ride will be to the Diablo Junction and down into Walnut Creek with "re-hydration" after the ride at the San Ramon Hopyard (470 Market Place, S.R.) one block south of Central Park. Take I-680 to the Bollinger Canyon exit and go east; make a U-turn at Alcosta and a right into the parking lot. <http://ridewithgps.com/routes/2267409> Ride Host: Jim Conger, 925 876 4949, james.conger@gmail.com

WED. 5/6/15 See 6:30 p.m. Wednesday After Work (WAW) Ride details on WED. 4/1/15.

riders; 47 riders on the Classic route of 46.8 miles ; 34 riders on the Classic+ ride of 53 miles. Of the total riders there were 56 VS members and 25 non-VS members. The Host for this ride was Rebecca Wood. The New Comers Group was supported by Jim Duncan and other FP volunteers. The ride support team was SAG Dean and Sweep, Charles. Many thanks to Meredith Nielsen for her training "How to Safely Slow & Stop," to Dave and Kathy Anderson for the Crystal Geyser water for the SAG car. And, to Jim and the VS Club for the free bento boxes, socks, and license plate frames saying "Share the Road" / Valley Spokesmen Club and thanks to all the riders who shared their positive comments about how much they enjoyed the group and rides. Rebecca

 March 15th
 Excellent day for Kathy's ride from Shannon down to Sunol and continuing past the Calaveras Reservoir to Ed Levin Park with a return through Milpitas and Fremont to Niles Canyon and then over Palomares, Dublin grade, and Schaefer Ranch. Warm but with enough cloud cover to keep us comfortable on the climbs. Peter

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 Thanks, Peter, for taking photos during our rides! They're always a special treat to look at once we get home! Kathy

 March 16th
 A little cooler and cloudier today for Dick's ride from Heather Farm down to Danville and then winding through various neighborhoods in the Blackhawk, Diablo, and Alamo areas on our way to Cherubini's for our refreshment stop. Peter

 March 18th
 Beautiful sunny day for Dave's ride from the San Leandro Marina around Alameda and Bay Farm islands. We enjoyed a number of the waterfront trails in the area, albeit with a few bumps on some of them, clear views across the bay, and some lovely Victorian architecture homes on Alameda. Peter

 March 21st
 The Valley Spokesmen (VS) Feather Pedals (FP) Cinderella Conditioning Series ride #10 of 13. What a beautiful day it was! We had 80 total riders; 48 riders on the Classic route; 32 riders on the Classic+. Of the total riders there were 62 VS members and 18 non-VS members. On behalf of all the FP Volunteer Organizers, SAG, & Sweep...thank you for joining us, Recumbent Kathy

 March 22nd
 One down and five to go of the Dunning brothers' six metric centuries in six days 'Boot Camp' series. We started in a light drizzle from Diablo Vista Park and finished with some dark clouds forming again but had just about ideal riding conditions in between. Cool enough for the climbs up 'Pig Farm' and the 'Three Bears' hills but enough sunshine to enjoy the views of the green hills while they last. Peter

UPCOMING EVENTS

- April 4** Pardee Party, Lone, CA
- 11 Tierra Bella Century, Morgan Hill, CA
- 11 Mulholland Challenge & Double, Santa Monica, CA
- 11 Hemet Century & Double, Hemet, CA
- 16-19 Sea Otter Classic, Monterey, CA
- 18 Cinderella Classic & Challenge, Pleasanton, CA
- 18 Mr. Frog's Wild Ride, Murphys, CA
- 18 Bike Around the Buttes, Yuba, CA
- 19 Giant Bay Area Swap Meet, Dublin, CA

- 19/25 Big Sur Coast, Big Sur, CA
- 25 SLO Wildflower, San Luis Obispo, CA
- 25 Cycle East Lake, Chula Vista, CA
- 25 Alpine Challenge, San Diego, CA
- 25 Devil Mountain Double, San Ramon, CA
- 25 Folsom Powerhouse Century, Folsom, CA
- 26 Primavera Century, Fremont, CA
- 26 Chico Wildflower, Chico, CA
- 26 Tour de Cure, Long Beach, CA

- May** 2 Wine Country Century, Santa Rosa, CA
- 3 Delta Century, Lodi, CA
- 3 Grizzly Peak Century, Moraga
- 3 Tour de Cure, Yountville, CA
- 8 Ride 2 Recovery, Lake Tahoe, CA
- 9 Carquinez Century Ride, Martinez, CA
- 9 Gold Country Challenge, Grass Valley, CA
- 9 Motherlode Century, Lotus, CA
- 9 Central Coast Double, Paso Robles, CA

UPCOMING DATES TO MARK ON YOUR CALENDAR

April 18, 2015 – Cinderella Classic and Challenge

April 19, 2015 – Bicycle Swap Meet

April 26, 2015 –Wente Race – VS Race Team

**PASO ROBLES – 2015
 HAVE YOU HEARD THE NEWS?**

When taking everything into consideration, the decision has been made – **There will NOT be a ride to Paso Robles this year.** It's been an annual tradition since 1973.

There are just too many variables:

- Lack of interest is the biggie. I have heard from a very few number of persons who wish to ride.
- The large number of members touring in Provence during the Paso week end is a factor
- Scheduling, if we were to leave the end of April/first of May to accommodate those leaving for Europe early, it's a push so soon after Cinderella
- Then there is the planning, ordering, preparing, I do not feel it is in my best interest to make the effort.

Sorry to the few of you who expressed interest, next year for sure! I PROMISE!

Bonnie

VALLEY SPOKESMEN AFFILIATIONS

- Adventure Cycling – www.adventurecycling.org
- Bay Area Ridge Trail Council – www.ridgetrail.org
- Bike East Bay – www.bikeeastbay.org (formerly EBBC)
- Bicycle Trail Council of the East Bay - www.btceb.org
- C.B.C. - California Bicycle Coalition - www.calbike.org
- California State Parks Foundation - www.parks.ca.gov
- East Bay Regional Parks - www.ebparks.org
- Greenbelt Alliance – www.greenbelt.org
- L.A.B. - League of American Bicyclists -www.bikeleague.org
- Nature Conservancy – www.nature.org
- Planning and Conservation League - www.pcl.org
- Rails to Trails – www.railstotrails.org

**Valley Spokesmen Bicycle Touring Club
 General Membership Meeting Minutes**

Wednesday, March 4, 2015

Meeting called to order at 7:00 p.m. by Marcus Van Raalte.

Old Business

Treasurer's Report - Dan Carhart announced there are close to 2,100 participants signed up for Cinderella. We currently are on budget for the event and are financially solvent.

Ride Report – Peter reported the Feather Pedal rides are going smoothly and are well attended. He also made mention of Brahim's recent ambitious rides which included a century ride out to Patterson, returning via Del Puerto Canyon.

We are in need of ride hosts for a few dates. Please see calendar.

Community Liaisons: Peter Culshaw provided an update of Walnut Creek's plans to connect the Iron Horse Trail to the Lamorinda Trail and to provide better cycling and pedestrian access to downtown.

Correspondence – None to report at this date. Bonnie will present an update on correspondence at the Executive Meeting next week.

Cinderella: Jim mentioned that Dan is the soup chef for Cinderella and is in need of at least six volunteers to assist in the transport, set-up, and service at the event.

Bonnie noted that we are providing free Volunteer T-shirts at Cinderella to all those that volunteer.

Clay affirmed that Doug will be transporting the Cinderella carriage to the lunch stop so participants can take photos. There will also be a professional photographer ready to photograph participants in the carriage.

Good of the Order: Jane would like to write an article regarding cycling safety for the next newsletter and will be soliciting stories from members on issues they have come across while cycling.

Entertainment: Janet Ondricek provided a lovely slide show on the planning and preparation for the Cinderella Carriage that participated in the Livermore Holiday parade. She expressed special thanks to those builders and visionaries that helped bring her ideas to a reality: Gail, Alberto, Christy, Jim, Dianne, Julie, Will, Kevin, Theresa, Steve, Dick and Julie. They worked over a two day period to bring the carriage from a concept on paper to a physical reality. Participants in the parade included: Bonnie, Halley, Anthony, Will, Julie, Kevin, Steve, Emma and Dianne (not to forget the many cyclists who also participated).

Meeting adjourned at 7:45 p.m. to the Executive Board meeting March 11, 2015 at 6640 Spruce Lane, Dublin, CA

Valley Spokesmen Bicycle Touring Club**Executive Board Meeting Minutes****Wednesday, March 11, 2015**

Meeting called to order at 7:00 p.m. by President, Marcus Van Raalte

Present: Bonnie Powers, Marcus Van Raalte, Jim Duncan, Emma Olenberger, Joe Cheng, Julie Hampton, Jane Moorhead, Peter Rathmann, Clay Dunning, Dan Carhart, Mark Dedon, Ken Hernandez, and Kathy Koos. A quorum was present.

The February E-Board minutes can be found in the March newsletter.

APPROVE FEBRUARY MINUTES and MARCH GENERAL MEMBERSHIP MEETING MINUTES-approved by Marcus
Treasurer's Report: Finances are solvent and capture most expenses from the winter party with few exceptions. Any outstanding expenses and receipts for the winter party should be submitted to Bonnie.

OLD BUSINESS

Ride Report: Nothing new to report since the General

Meeting last week. Peter noted the schedule is set for the next newsletter with the exception of waiting to hear from one ride host. There is still a need for a May 10 ride host.

V.S. Website: Ken reported that there have been 11 additional individual memberships and 5 family memberships since the last meeting. We have a total of 23 new members which gives us a total of 687 members. This number includes family members (please note family memberships can have more than two members). Total voting eligibility is 631.

Cinderella - Ken reported that we currently have 25 vendors (4 of which are non-profit).

Report from Organizational Task Force on Amendment of Articles and Bylaws: Clay provided a written summary and list of recommendations from counsel (available upon request).

Club name: Currently, the club uses "Valley Spokesmen Touring Club" in its Articles of Incorporation and Bylaws. In order to change the club name to "Valley Spokesmen Bicycle Club," it will be necessary for a membership vote.

Membership Voting Quorum – Bylaws, Article I, Section Three: Counsel recommends that every membership gets one vote, regardless of the number of parties in the membership.

Currently, our voting procedure includes one vote per member and two votes per family. However, according to California Corp. Code, all memberships include one vote, regardless of the class of membership. Clay recommended that each "membership" be given one vote in order to be in accordance with California Corporations Code (Corp. C. Sec 7610 and Corp. C. Sec 7612). Marcus made the motion to make it clear family memberships will get one vote. The motion was seconded by Dan and approved by all. Clay made a motion to amend the Bylaws to establish a quorum of 10% of the members in good standing for all matters requiring a vote of the membership. The motion was seconded by Dan and voted on unanimously. The motion was carried.

Time and Place of Membership Meetings – Bylaws, Article I, Section Five: The Bylaws currently specify monthly meetings at Shannon Community Center at 7:30, however, meetings are no longer held monthly or at the center. Clay made a motion to amend the Bylaws to change the frequency, time, and place of membership meetings to be held no less frequently than semi-annually with the frequency, time, and place to be determined by the board from time to time with timely notice given to members. If an alternative location is selected, notice will be posted on the website and noted in the calendar. Bonnie seconded the motion, the motion was voted on unanimously. The motion carried.

Correction of language Bylaws, Article II, Section One: Clay made a motion to delete a typo, "the members" in the language of line 4 to be restated as follows: "members or a majority of members, the activities and" The motion was second by Jim and all approved.

Consent for Electronic Communication and Electronic Voting: Clay made a motion to revise the club's new/renewal membership application to add a provision for consenting to electronic communication and voting methods to comply with legal requirements to be provided by the club's attorney. The motion was seconded by Jim and Jane, and approved by all.

Preparation of Bylaw amendments: Clay made a motion that the club's attorney prepare the Bylaw amendments adopted this date including legally sufficient language to effect the purpose of the amendments. The motion was seconded by Jane and approved. James requested that the Board include, in the June and September agenda, a time-line or summary of the changes to the Articles of Incorporation and Bylaws. Clay indicated there will be other items that the task force will address and all changes will be summarized to the members

in the June or September meeting.

Election Procedures: Jane prepared a written summary of her proposed nomination and election procedure. Jane suggests a nominating committee of 3-5 participants to include: the President, Vice-President, and three disinterested Valley Spokesmen members. Interested Valley Spokesmen members can submit their names for consideration for the committee in September (September general meeting, September newsletter, and the VS email list). The committee will then meet to determine the positions up for election. Current club members in good standing may self-nominate for open positions or be nominated. Jane will continue to work on the procedures so they may be finalized and approved by the Board. The Task Force for amending the Articles of Incorporation and Bylaws will also present the recommended voting procedures to counsel for review and approval.

Use of Cinderella Carriage: It was confirmed that we will have the Cinderella Carriage available at the lunch stop during the Cinderella ride along with an opportunity to have photos taken by a professional photographer.

Bike Master Plans: Nothing to report.

Correspondence: Bonnie reported that all Club Affiliation and Memberships have been paid.

NEW BUSINESS

Ride Leader Credit Program: Ken prepared a "Valley Spokesmen Ride Leader Credit Program" to provide incentives for ride hosts. The new program will reward hosts with one credit for each ride led. Ride hosts must be in good standing. Rides must be listed in the VS Newsletter or at least 72 hours in advance of the ride on the on-line Ride Calendar. Ride sign-up sheets must be received by the VS office within 30 days of the ride. Credits can be accumulated from January 1st to December 31st. Credits will not carry over to the next year. One credit is also given for volunteering at the Cinderella Classic and VS Race Team races. The reward system follows: 3 credits = socks, 5 credits = VS Club Membership, 6 credits = VS Club Arm Warmers or Gloves, 12 credits = VS Club Vest, 15 credits = VS Club Jersey or Shorts, 20 credits = \$100.00 gift card at your Local Bike Shop. A maximum of 30 Ride Leader Credits may be redeemed per calendar year. Ken made a motion to pass the modified ride leader credit program, Clay seconded the motion and was approved by all.

Bike to Work Day: No concrete plans yet. Julie will follow up with Adele to see if Bike East Bay has something planned. The club will donate 1200 bento boxes.

Discounted Tickets for Club Members: Julie will be looking into securing discounted tickets for club members to attractions and/or events. She currently has an idea for an A's game and will look into it further.

New location for quarterly meetings: Jane inquired about the possibility of hosting the General Meeting at a new location. Bonnie gave a brief history of the club's search for facilities. Round Table was chosen because of the size of its conference room and the overall cost of hosting there. Bonnie mentioned that anyone is welcome to check for a free, cheap and/or reasonable alternative.

Trademark: Jim noted we have a trademark for the Cinderella Classic which should be used on any correspondence that references the Cinderella Classic. It was recommended by counsel the trademark be renewed beginning January 23, 2016.

Cinderella Update: Jim reported 2,151 registrations for Cinderella, which is a greater number than last year. He will send out another email blast seeking more participants. Jim reported we are in need of more volunteers for sorting,

storages, and sags. There remain eight spots to be filled.

Swap Meet: Not confirmed, Bonnie will follow up.

Wente Race: Jim confirmed The Wente Race will be April 26. He will send out appropriate forms and volunteer requests.

Paso Robles Update: Bonnie reported there are a few interested members in riding to Paso Robles in early May in lieu of the customary ride over Memorial Day weekend. Please let Bonnie know if you're interested.

Updating the VS Membership List: Marcus inquired about updating the current VS list. Ken has updated the on-line directory and has suspended members who haven't renewed their membership.

Management of all VS Lists: Marcus expressed concern regarding accessibility to all the VS lists. Ken suggested using Google Groups as a central location for all administrative information.

GOOD OF THE ORDER

-James Paulos inquired about getting a splitter if we will be hosting the General Meeting at Round Table. Bonnie felt it wasn't necessary at this point.

-Clay will follow up with entertainment for the June General Meeting.

-Julie made a motion for a donation to the Mc Cloud Fire Department in memory of George Ondricek for \$200.00. The motion was seconded by Emma and approved by all.

-Jim D. reported that Julie is in good spirits and currently has bright green casts. In the meantime, Will has added shopping and cooking to his line of skills set. Bob Heady is doing well and has a Giant's stencil on his cast.

The meeting adjourned at 9:11 p.m. to the Executive Board meeting on April 8, 2015 at 6640 Spruce Lane, Dublin, Ca. Respectfully submitted,

Kathy Koos, Recording Secretary

Valley Spokesmen "Bicycle" Touring Club Correspondence March 2015

Sent:

1. Check to Business Cards (B of A) for charge account.
2. Check to Jane Moorhead for Cinderella kick-off expenses.
3. Check to Kathy Strain for Mid-winter party expenses.
4. Check to Valeshka Sackville for 2015 Cinderella patch design.
5. Check to Minuteman Press for printing of March newsletter.
6. Check to League of American Bicyclists for annual membership dues.
7. Check to National Park Foundation for annual membership dues.
8. Check to The Nature Conservancy for annual membership dues.
9. Check to Rails-to-Trails for annual membership dues.
10. Check to San Ramon Valley Unified School District for use of Greenbrook School on Cinderella day.
11. Check to Dublin Security Storage for use of truck unloading storage locker of Cinderella supplies.
12. Check to McCloud Fireman's Association in memory of George Ondricek.
13. Check to Bruce Ingrassio for Cinderella worker T-shirts.
14. Check to Julie Hampton for Mid-winter expenses.
15. Check to Amos Productions for balance due on Mid-winter party DJ fee.
16. Check to Purchase Powers for postage on meter.
17. Check to Business Cards (B of A) for charge account.
18. Check to Donahue Fitzgerald Attorneys for By-laws/Incorporation consultation.
19. Check to National Parks Conservation Association for annual membership dues.

20. Signed contract with Concannon Vineyard for use of grounds for first Cinderella check point.

Received:

1. Information on upcoming events and tours.
2. Newsletters and magazines from various clubs, organizations and businesses.

☪ ☪ ☪ **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.net or

925-209-1369

☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪
 MILEAGE REPORT EXCLUDES NINE FEATHER PEDAL
 SIGN-IN SHEETS THAT HAVE NOT YET BEEN RECEIVED

Newsletter Mileage as of 3/21/15			
Name	Total of Miles	Rides Led	Total Rides
Allen, Joe	218	1	5
Barbier, Larry	448	0	14
Barnett, Bob	749	0	21
Bezdek, Larry	780	0	15
Blanco, Gail	902	12	20
Carhart, Dan	577	0	12
Carpenter, Don	248	0	6
Cheng, Joe	604	1	15
Conger, Jim	382	3	13
Culshaw, Pete	691	10	17
Cushman, Francie	1042	3	29
Daly, Deb	200	0	4
Dedon, Mark	284	1	6
Delfosse, Rob	514	2	11
Deornelas, Vic	567	0	10
Duncan, Jim	876	3	27
Dunning, Clay	364	0	8
Duran, Veronica	439	0	16
Enriquez, Gilbert	466	0	10
Fujii, Bob	265	0	5
Fusco, Bob	215	0	4
Garcia, Dave	272	0	5
Goroff, Marc	273	0	5
Hansen, Renata	392	0	8

Newsletter Mileage as of 3/21/15			
Name	Total of Miles	Rides Led	Total Rides
Haupt, Chuck	386	0	12
Heady, Bob	422	15	20
Healy, Theresa	278	0	6
Hernandez, Ken	1046	1	24
Hernandez, Mary	558	0	13
Koos, Gary	307	0	6
Koos, Kathy	768	3	14
Kyong, Peter	550	0	17
Lagodzinski, Andrew	236	0	5
Lanzas, Alberto	740	7	15
Leddon, Dave	555	0	14
Lisy, Norm	254	0	7
Moorhead, Jane	512	16	26
Nadeau, Alaine	300	0	10
Norek, Al	213	0	7
Ondricek, Doug	232	2	6
Parrish, Charles	483	0	13
Pereira, David	204	1	5
Po, Ismael	605	0	19
Powers, Dick	289	0	6
Rathmann, Peter	1529	6	41
Rossiter, Jaynette	433	0	14
Satoutah, Brahim	791	3	15
Settle, Andy	376	0	9
Shannon, Geoff	749	6	19
Simpson, Christy	1272	2	34
Skow, Dick	364	1	9
Slagle, Pete	212	0	6
Stewart, Mike	328	0	9
Strain, Kathy	662	2	14
Strain, Robert	634	2	13
Thieben, Kevin	429	0	9
Thompson, Dianne	611	1	14
Uher, Julie	357	0	10
Uher, Will	329	0	8
Van De Vreugde, Jim	697	0	14
van Raalte, Marcus	619	0	12
Ward, Dick	273	0	10
Whelan, Steve	813	0	18
Wood, Rebecca	273	0	7

This report represents club members who have ridden more than 200 miles in 2015. There have been 40,779 miles ridden by club members already in 2015!

THE VALLEY SPOKESMEN TOURING CLUB

proudly presents

THE THIRTY-NINTH ANNUAL 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 18, 2015

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 your emailed confirmation letter **AND** a **photo ID**

Cost: ADVANCE REGISTRATION ONLY - \$55.00 - 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 from a vendor.

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

For Additional Information Call: Jim Duncan (925) 209-1369 or
e-mail: cinderellaclassic@valleyspokesmen.org
Bob Powers (925) 828-5299 or
e-mail: b-bpowers@att.net
webpage: <http://www.valleyspokesmen.org>

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

2015 CLUB OFFICERS

President:	Marcus van Raalte	925-437-3253
Vice-President:	Clay Dunning	818-266-2660
Treasurer:	Dan Carhart	925-828-8964
Recording Secretary:	Kathy Koos	925-963-8506
Corresponding Secretary:	Bonnie Powers	925-828-5299
Ride Chairmen:	Joe Cheng	925-683-9689
	Peter Rathmann	925-838-1973
Newsletter Editor/Typist	Julie Hampton	510-685-7103
Electronic Newsletter Editor	Jane Moorhead	925-980-9889
Newsletter Publisher:	Emma Olenberger	707-479-2549
Past President	Mark Dedon	925-828-9183
V.S. Racing Team contacts:	Jim Duncan	925-209-1369
	Ted Vidnovic	925-337-2803

2015 PRESIDENTIAL APPOINTMENTS

Cinderella Chairmen:	Jim Duncan	925-209-1369
	Bob Powers	925-828-5299
Swap Meet:	Bob/Bonnie Powers	925-828-5299
T.O.S.R.D. Chairman:	Francie Cushman	925-719-2256
E.B.B.C. Rep.:	Adele Madelo	510-773-0693
Mileage Keeper:	Jim Paulos	510-200-8125
Webmasters:	Ken Hernandez	510-329-9481
	Steve Whelan	925-831-8258
Feather Pedals liaisons:	Karin Ball	408-406-2286
	Rebecca Wood	925-577-3842

Community Liaisons:

Alamo	Ralph Speck	925-837-2932
Castro Valley	Open	
Concord:	Jean Watts	925-676-6164
Danville	Alan Kalin	
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-886-7470
Lafayette	Open	
Livermore:	Open	
Oakland	Adele Madelo	510-773-0693
Pleasanton:	Bill Rose	925-846-3867
Pleasant Hill:	Open	
San Ramon:	Peter Rathmann	925-828-1973
Walnut Creek:	Peter Culshaw	925-932-0790

We appreciate receiving articles and photos to be printed in the newsletter. 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>

2015 current club members may subscribe to the VS mailing list by following the directions at:

<http://www.valleyspokesmen.org/Sys/vs-list>