

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

There are a number of really fun club rides/events coming up that will require advanced planning in order to participate. Please check out the rides and sign up if you would like to participate.

August 28th -- VS 45th Anniversary Ride and BBQ -- there will be two ride options (20-mile leisurely ride or a 40-mile brisk ride) in the morning. A BBQ will follow the ride with food, cake and ice cream for anyone who attends. This is a free lunch but the catch is that you must register in advance in order to get past the guard gate. You can register at: [Valley Spokesmen 2016 Picnic](#). Just click the Register button. Thanks Gary and Kathy Koos for hosting this event again this year.

September 4th – Angel Island Ride – This is an all day trip starting at BART to San Francisco and then travel by ferry to Angle Island. Some roads are gravel fire trails so hybrids or mountain bikes are preferred. There will be hiking and a picnic afterward's. Please RSVP with Jane if you would like to attend. More information can be found at: [Valley Spokesmen 2016 Angel Island Ride or Hike](#)

October 8 & 9th – Tour of the Sacramento Delta (TOSRD) – Registration for this ride closes on September 6th. This is an overnight ride that includes a hotel stay Saturday evening in Sacramento next to Old Town. The ride is limited to 200 participants and is always well attended. The ride starts in Rio Vista and we travel levee roads through some of the historic delta towns on our way to Sacramento. we get to the hotel you can relax around the pool and enjoy a beverage and ice cream. On Sunday we return to Rio Vista via a different route. The registration fee includes lunch on Saturday and Sunday, your hotel room in Sacramento and ride support. Everyone is on their own for dinner on Saturday with groups generally walking about 10 minutes to Old Town from the hotel. You can register for this ride on the club web page.

Last month I told you to keep an eye out for a ride to be held on August 6th to dedicate the bike and vehicle safety improvements on Mount Diablo. The dedication ceremony has been postponed to October due to delays in initiating work. When information about the new date becomes available I will send out an email note via the VS list.

Steve

TOURING RIDE RATINGS

All rides are rated according to predicted difficulty.

TERRAIN:

- 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:

- ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is 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 regroup.
- M) Moderate, occasional regroup.
- B) Brisk, few stops.
- S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:

On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:

L=12 mph M=16 mph B=19 mph S=22 mph-plus.

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroup and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

Rides listed as "Beginner Friendly" will often be ridden by our most experienced riders, who just prefer to ride at a more leisurely pace. They will assist newer riders if requested. There will be slower-paced riders on these rides and will sometimes be listed as ND. Rides may be listed as Beginner Friendly if the route is an out-and-back and can be done at your own pace with your own turn-around point. Calaveras would be a good example of this. If in doubt, contact the ride host to get detailed information about a specific ride.

Rides listed as "Advanced Rides" are at a fast pace where riders will work together in a pace-line with minimal / no regroup. Not recommended for new riders.

All riders are welcome to show up for any ride scheduled, as long as you are prepared for possibly riding the route alone if it is above your level. Route slips are distributed at the start of a ride unless it is listed as a Show-n-Go, in which case the group will decide the route and no route slips are used.

It is our goal to provide as many varied rides as possible and to help guide our members and guests to the rides best suited to their riding preference / experience.

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 VALLEY SPOKESMEN RIDES!!

No headphones or ear buds (except hearing aids) of any type are permitted on Valley Spokesmen rides. No cell phone use while actively riding.

ATTENTION: All riders must sign a liability waiver form, which is on the ride sign-in sheet, from the ride leader.
WEATHER: If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an update. 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 listed - including rest stops, lunch stops, sightseeing, etc., - please e-mail or call the ride host.

CAR POOLING: Carpooling is strongly encouraged, particularly on the out-of-town rides. Carpools are often posted to the VS e-mail list or post one yourself.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes. Bicycle rider courtesy to motorists results in motorist courtesy to bicycle riders.

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 stop to take a cell phone call the group is not obligated to wait.

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



Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar www.valleyspokesmen.org/ridecalendar

Be informed: current VS members can register for the VS e-mail list:

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

STANDING RIDE OVERVIEW:

MONDAY and WEDNESDAY morning ride from Heather Farms leave at 8:30 a.m.

MONDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:30 a.m.

WEDNESDAY evening WAW ride from Les Knott Park (Livermore) at 6:30 p.m.

ODD FRIDAY morning ride from Central Park (San Ramon) at 9:00 a.m. Beginner Friendly.

AUGUST 2016

MON. 8/1/16 8:30 a.m. 2-L/M 25-50 miles 8:30 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.

MON. 8/1/16 9:00 a.m. 2-M 20-25 miles 9:30 a.m. Monday and Thursday morning conditioning ride 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. July is a show & go due to host being unavailable.

MON. 8/1/16 6:30 p.m. Monthly Valley Spokesmen Racing Team meeting (1st Monday of the month). Everyone is welcome! Call Ted Vidnovic at 925-337-2803 or vidnovic@yahoo.com for further information.

WED. 8/3/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

WED. 8/3/16 3-B ~20 & 2L/M ~15 miles 6:30 p.m. WAW (Wednesday After Work) weekly evening training ride series leaving from Les Knott Park, 655 N. Mines Rd., Livermore. Doug will lead a B paced ride intended to get the heart rate up quickly and keep it there for an hour. These rides are a good mid-week workout and are generally pretty brisk paced. Routes will vary and are usually posted on the calendar prior to the ride. For those looking for something a bit tamer, Janet will lead a Feather Pedaler friendly ride most weeks. Please check the ride calendar to confirm that a route is posted for the week as work sometimes interferes with Janet's ride hosting. Ride Hosts: Doug Ondricek (925) 980-2490 & Janet Ondricek (925) 579-4573

THURS. 8/4/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

FRI. 8/5/16 2 L/M 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) If you are not on the vlist, please contact the ride host to confirm start time in case of "beat the heat" or other changes. Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 8/6/16 4M 37 miles 8:00 a.m. Mt. Hamilton ride. 4,000 feet of elevation gain. The link to the route sheet and map for the start location are below. Please print your own copy as they will not be provided onsite. Starting at SavMart at 3851 McKee Road, San Jose CA

[Ride 12- 37 mile - Mt. Hamilton route sheet.pdf](#)

Ride Host: Renata Hansen 925-915-1529

MON. 8/8/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

MON. 8/8/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

WED. 8/10/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

WED. 8/10/16 6:30 p.m. See WAW ride details on WED. 8/1/16.

THURS. 8/11/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

MON. 8/15/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

MON. 8/15/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

WED. 8/17/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

WED. 8/17/16 6:30 p.m. See WAW ride details on WED. 8/3/16.

THURS. 8/18/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

FRI. 8/19/16 9:00 a.m. See Odd FriDay Ride details on FRI. 8/5/16.

SAT 8/20/16 2-L/M 24/30 miles 8:30 a.m. August - Birthday ride out Calaveras. Please arrive at least 15 minutes early for pre-ride announcements.

Classic (to Geary Road):

<https://ridewithgps.com/routes/4341130> - 23.8 miles

Plus (to 1st Summit):

<https://ridewithgps.com/routes/4341203> - 30.5 miles

Ride Host: Rebecca Wood 925-577-3842

MON. 8/22/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

MON. 8/22/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

WED. 8/24/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

WED. 8/24/16 6:30 p.m. See WAW ride details on WED. 8/3/16.

THURS. 8/25/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

SUN. 8/28/16 9:30 a.m. 2L 20 miles (32km) and 3-B 40+ miles (64+km) Happy Birthday, Valley Spokesmen! VS 45th Birthday Ride and BBQ. We'll have two separate V.S. Birthday rides and then get together for the annual BBQ. We'll have a longer ride and one that cuts off some distance and especially hills. The shorter option is a perfect ride for novices or those just returning to cycling! Meet at Gary and Kathy Koos home (1864 Sannita Ct., Pleasanton). You MUST sign-up by clicking on the Register button on the left, so your name can be added to the list at the entrance gate. The BBQ will be organized by Bonnie Powers so sign-up early for a feast with food, drinks, cake and ice cream. Ride Hosts: Gary and Kathy Koos, 925-417-0387

MON. 8/29/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

MON. 8/29/16 9:00 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

WED. 8/31/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

WED. 8/31/16 6:30 p.m. See WAW ride details on WED. 8/3/16.

SEPTEMBER 2016

THURS. 9/1/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

MON. 9/5/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

MON. 9/5/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

MON. 9/5/16 6:30 p.m. Valley Spokesmen Racing Team meeting (1st Monday of the month). Everyone is welcome! Call Ted Vidnovic at 925-337-2803 or vidnovic@yahoo.com for further information.

TUES. 9/6/16 7:00 p.m. See MTB Lake Chabot Loop details on TUES 8/1/16.

WED. 9/7/16 8:30 a.m. See Heather Farm Standing Ride details on MON. 8/1/16.

WED. 9/7/16 6:30 p.m. See WAW ride details on WED. 8/3/16.

THURS. 9/8/16 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on MON. 8/1/16.

FRI. 9/9/16 9:00 a.m. See Odd FriDay Ride details on FRI. 8/5/16.

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

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

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

EVERY 1st SATURDAY MORNING each month. 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neal Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a "no-drop" ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

RIDE REVIEWS

July 2: Good to get an early start for today's ride up Mines Rd. as it started to feel warm quickly as soon as we got to the climb. One group opted to extend the ride and make a loop by going up to the Mt. Hamilton summit and then returning via San Jose while those of us who were less ambitious just went to the county line. Peter

July 3: It was a beautiful day for a 27 mile ride with a great group of 11 cyclists! Our route took us out Highland to a windy North Livermore! After a nice coffee break at Starbucks we headed back up Portola to Collier Canyon to Highland and Camino Tassajara! Then a few of us finished with lunch at Draeger's! Rebecca

July 3: Thanks Rebecca for hosting a nice 27 mile ride today! Karin

July 3: Rob, Thanks for the sweet ride from Livermore to Tracy this morning. I have never been able to be in the big chain ring to Tracy for such an extended time. However, the ride back was the usual "tough" return, even if the headwinds were more gentle than we often have. It is always what degree of "tough" do we need to be. Francie

July 3: Beautiful day for Rob's ride from Livermore to Tracy, the farmlands of the Delta, and Mountain House. A little cooler today and a slightly gentler breeze over the Altamont than we've had in the past. Peter

July 4: Jim and Francie hosted this morning's ride from the Dublin location of Livermore Cyclery and we enjoyed the cooler weather on our ride through Windemere to Tassajara and Highland and the Carneal/Collier loop before returning through south Danville (carefully avoiding the parade area). Peter

July 9: Girls just wanna have fun, ride, and drink coffee ;) . Thanks to Julie for a great 35 miler today! Karin

July 9: The weather looked pretty questionable on my way over to the ride start as the view from the BART windows was increasingly foggy and there was even some light rain on the Balboa Park transfer station platform. But once we started riding the sun came out and we had a beautiful ride past the reservoirs and along Canada Rd. into Woodside. After refreshments in Menlo Park we continued across the Dumbarton bridge to the Union City BART station to return to our respective starting points. Peter

July 15: A 9am start let us complete Gail's 'Odd Friday' ride of a figure-8 route before the temperature got too high. We experienced some familiar roads in an unfamiliar direction. Peter

July 17: Yesterday was a perfect day for our monthly ride. The weather was much cooler than earlier in the week. We had a total of 32 riders; 30 VS members. All took advantage of the classic plus route. Please join us for the next Feather Pedals ride on August 20th @ 8:30a "Beat the Heat" start time @ old Crank2 in Pleasanton. Chris P.

July 18: Welcome back to Kathy who joined us on her first club ride after her accident! Nice ride starting out over the Westside Dr. hills and then continuing along the Blvd. to our refreshment stop at Peet's in Alamo Plaza. Peter

July 19: Beautiful cooler day for our ride from San Ramon Central Park to Macedo Ranch and Livorna Park. We returned along the Blvd. with a stop at Peet's Coffee in Danville. Peter

July 27: Another very warm day. But the early start and a route that kept us fairly close to the cooling influence of the Carquinez Strait helped keep the ride comfortable. Peter

July 28: Welcome back to Bob & Jane from their African vacation. Today we opted for the short and flat route - up the trail to the Peet's in Danville and back along the Blvd. Peter

July 29: Another warm day, but Gail thoughtfully chose a pretty flat route for today's Odd Friday ride. From San Ramon's Central Park we headed south to either Verona Bridge or Sunol before returning through Pleasanton with a stop at Peet's Coffee at Hopyard & Valley. Peter

July 30: An early start let us enjoy cooling breezes as we climbed the hills along the Calaveras reservoir. Peter

July 31: Beautiful (and cooler) day for Rebecca's ride from south Pleasanton down to Sunol and Niles Canyon for about

our last opportunity to climb Palomares Rd. until November when it's scheduled to reopen. Peter

UPCOMING CYCLING EVENTS

August

- 6 Marin Century & Double Century, Marin County, CA
14 Tour d'Organics, Sebastopol, CA
20 Tour de Menlo, Menlo Park, CA
21 Tour of Napa Valley, Yountville, CA

September

- 10 Siskiyou Century, Yreka, CA
10 Tour de Fuzz, Santa Rosa, CA
11 Tour de Tahoe-Bike Big Blue, Lake Tahoe, NV
11 Ride the Parkway (formerly Rex Ride), Sacramento, CA
11 Ride to Defeat Diabetes, Vacaville, CA
17 Tour de Fresno, Fresno, CA
17 Tahoe Sierra Century, Squaw Valley, CA
17 V3 Hopfest-Veteran's Victory Velo Bike Ride San Ramon, CA
17 Santa Clarita Century Ride, Santa Clarita, CA

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
National Parks Conservation Association - www.npca.org
Nature Conservancy - www.nature.org/
Planning and Conservation League - www.pcl.org
Rails to Trails - www.railstotrails.org
Yosemite Conservancy

Valley Spokesmen Bicycle Touring Club Executive Board Meeting July 13, 2016 7:00 p.m.

CALL TO ORDER by Steve W. at 6:59 p.m.

PRESENT: Steve Whelan, Rob Delfosse, Bonnie Powers, Rebecca Wood, Don Carpenter, Kathy Koos
ABSENT: Ken Hernandez, Jim Duncan, Dianne Thompson

Motion made by Bonnie, seconded by Rebecca, and passed to approve the June 8, 2016 Executive Board Minutes.
TREASURER'S REPORT—Don reported we are solvent and most of the expenses for Cinderella have been accounted for. We can begin to explore charities we would like to donate to.

OLD BUSINESS

Ride Report—Rob mentioned a ride out to the Central Valley and also mentioned the success of the coordinated rides with 6Fifteen Cycle Shop. The rides were well organized and well attended. 6Fifteen offers several options on their rides (A, B1, B2, C, C2 levels). He mentioned they have a sweep and that no cyclist gets dropped

V.S. Website—Ken was absent. No report.

Master Plans—No report.

Correspondence—Bonnie mentioned receipt of a donation request from a Valley Spokesmen member. In the past, members were allowed to use the email list to solicit donations directly from other members. Members were asked to limit those requests to two per year. The Board explored writing policy about members seeking donations directly from the Club. Rebecca will write policy regarding Club donations.

NEW BUSINESS

Annual BBQ—The date for the Valley Spokesmen Annual BBQ is August 28, 2016. Kathy will send out an email regarding the details. Also, members can look on the website for more information.

Mt. Diablo Dedication—Steve mentioned the dedication has been postponed until possibly October. Valley Spokesmen will be providing a cake, drinks, and snacks to thank the coordinators and public officials who brought the safety features to fruition.

Need For Ride Hosts and Rider Feedback—Bonnie mentioned a need for ride hosts and suggested contacting members directly to recruit for hosts. Rob will follow up directly with members. Bonnie also mentioned that the schedule for rides should be completed prior to the Board Meeting. Steve provided feedback from riders which included: ensuring that ride ratings are relative to the ride, welcoming newer riders on the more challenging rides, and including more challenging rides for the Feather Pedal rides.

GPS/Ride Host Training—Kathy reported on interest in the proposed tutorial. The next step includes creating and distributing a survey to ascertain the skill levels of participants in order to tailor the tutorials.

Feather Pedal SAG Flags—Rebecca provided a summary on the progress of the SAG flags. Bonnie made a motion to proceed with the purchase of the flag. Steve seconded the motion and all voted in favor.

Ponjo! Update—Dianne sent an email with a summary of the progress in developing the Valley Spokesmen market website through Ponjo!.

GOOD OF THE ORDER

TOSRD—Bonnie mentioned that 61 people have signed up for TOSRD.

Rob mentioned exploring changing the color of the Valley Spokesmen jerseys and shorts. He will follow up with Jim Duncan.

Meeting adjourned at 8:15 p.m. to the Executive Meeting on August 10, 2016 at 6640 Spruce Ln., Dublin, CA.

Respectfully submitted, Kathy Koos, Recording Secretary.

Valley Spokesmen Bicycle Club Correspondence

Correspondence sent:

1. Checks to Minuteman Press to cover printing of July newsletter and 3rd Quarter Newsbrief.
2. Check to Julie Hampton for postage on 3rd Quarter Newsbrief.

3. Final check to Alameda County Fairgrounds for Cinderella.
4. Check to Kathy Koos for out-of-pocket expenses on Cinderella.
5. Check to Julie Hampton for newsletter postage.
6. Check to Business Card (B of A) for credit card bill.
7. Check to Pitney Bowes Global Financial Services LLC for postal meter lease.
8. Check to James G. Parker Insurance Association for annual liability insurance,
9. Application for use of Delta High School on Tour of the Sacramento River Delta ride,
10. Letters of welcome to old/new members. Membership for 2016 stands at 591.

Correspondence received:

1. Request from Rails-to-Trails to become a member of the Trailblazer Society.
2. Deposit check in the amount of \$250.00 returned from the City of Livermore for Cinderella.
3. Checks for Cinderella jersey/TOSRD/membership.
4. Request for donations and membership renewals.
5. Advertisements for upcoming events and touring companies.
6. June copy of Sunset magazine.
7. Newsletters and magazines from various clubs, organizations and businesses.

☪ ☪ ☪ VALLEY SPOKESMEN CLUB GEAR ☪ ☪ ☪

Contact Jim Duncan for club gear:

hey-you@comcast.net or 925-209-1369

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

☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪

Mileage Report as of July 24, 2016			
Newsletter mileage Query			
Name	Total of Miles	Rides Led	Total Rides
Allen, Cason	463	0	4
Allen, Joe	630	0	9
Ball, Karin	434	2	11
Barbier, Larry	433	0	14
Barnett, Bob	765	0	18
Bartlett, Christine	207	0	4
Blanco, Gail	2056	36	45
Carey, Liz	233	0	5
Carpenter, Don	563	0	17
Castagnini, Janice	323	0	7
Cheng, Joe	1403	0	26
Choy, Serena	849	0	33

Due to changes or cancellation of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.

**Mileage Report as of
July 24, 2016****Newsletter mileage Query**

Name	Total of Miles	Rides Led	Total Rides
Cosin, Wendy	1917	14	44
Coyle, Sarah	226	0	1
Crawford, Erin	257	0	5
Crawford, Marlowe	295	0	6
Crawford, Matt	228	0	6
Culshaw, Pete	1821	18	42
Culshaw, Sharon	577	0	19
Cushman, Francie	1749	15	49
Dahlgard, Jackie	360	0	4
Daly, Deb	550	0	9
Davis, Patti	1398	0	30
Dedon, Erica	624	2	13
Dedon, Mark	671	2	13
Delfosse, Rob	621	4	17
Deornelas, Vic	699	0	10
DePasquale, Tammy	305	0	6
Donovan, Deb	1150	0	32
Duncan, Jim	1598	14	44
Dunn, Kathleen	291	1	10
Dunning, Clay	436	0	5
Duvoisin, Marc	262	0	6
Eacret, Wes	720	0	20
Enriquez, Gilbert	369	0	12
Faires, Debbie	244	0	5
Feigenbaum, Larry	401	0	13
Fong-Jean, Lorril	212	0	4
Foster, Danielle	573	1	14
Frasier, Debbie	655	0	17
Fredricks, Larry	227	0	6
Fusco, Bob	631	0	18
Gabe, Jan	333	0	7
Gomez, Lynnette	292	0	6
Goroff, Marc	327	0	7
Groves, Susan	255	0	7
Guarienti, Faye	364	0	8
Hagelin, Craig	523	0	16
Hampton, Julie	377	2	10
Hansen, Renata	676	16	23
Haupt, Chuck	350	0	12
Heady, Bob	1218	25	39
Heggelund, Merel	250	0	4
Hermann, Mark	654	0	16
Hernandez, Ken	953	0	22
Hernandez, Mary	919	0	24
Herrera, Gloria	391	0	9
Hsueh, Gary	251	1	7
Jakubowski, Diane	208	0	5
Johnson, Robin	304	0	6

**Mileage Report as of
July 24, 2016****Newsletter mileage Query**

Name	Total of Miles	Rides Led	Total Rides
Kane, Kathy	341	2	9
Kita, Emily	220	0	6
Kita, Jim	299	0	8
Koos, Gary	380	0	8
Koos, Kathy	405	6	7
Kowalewski, Steve	667	0	19
Kriebel, Olivia	339	0	7
Kwong, Linda	244	0	5
Kyong, Peter	887	0	29
Lagodzinski, Andrew	318	0	5
Lanzas, Alberto	835	7	14
Lark, Mary	346	0	8
Lisy, Norm	416	0	13
Loofbourrow, Peggy	226	0	6
Low, Ellen	298	0	7
Lowe, Diana	296	0	7
Madelo, Adele	245	0	6
Makkink, Marjon	232	0	6
Martinelli, Craig	882	0	26
Mayfield, Milinda	329	0	8
McGinnis, Steve	250	0	6
Meidberg, Larry	226	0	9
Mertz, Jacqueline	1870	0	40
Michenfelder, Jake	357	0	1
Montevago, Marsha	209	0	5
Moorhead, Jane	732	9	26
Morson, Kathy	347	0	9
Nadeau, Alaine	598	2	22
Nasstrom, John	355	0	7
Norek, Al	497	0	16
O'Boyle, Maureen	226	0	5
O'Hare, Cindy	269	0	6
Olenberger, Emma	788	5	21
Ondricek, Doug	393	14	16
Ondricek, Janet	215	10	11
Osborn, Sandra	311	0	7
Page, Janie	298	0	7
Pereira, David	931	5	22
Perry, Marta	262	0	5
Pham, Chris	368	3	10
Polley, Ed	752	0	18
Pollock, Terese	293	0	7
Powers, Bob	226	1	1
Powers, Dick	415	0	9
Putnam, Ned	355	0	10
Rafanelli, Pam	310	0	6
Rasmussen, Ron	886	0	28
Rathmann, Peter	3250	11	88

**Mileage Report as of
July 24, 2016****Newsletter mileage Query**

Name	Total of Miles	Rides Led	Total Rides
Reilly, T.J.	1085	0	35
Rodriguez, Vicki	276	0	6
Rossiter, Jaynette	1059	0	35
Rutherford, Nicole	223	0	4
Satoutah, Brahim	618	1	8
Seda, Marta	247	0	6
Serriere, Vianney	835	1	22
Settle, Andy	1569	0	34
Shannon, Geoff	2088	16	49
Shigemoto, Lisa	338	0	8
Shum, Bart	362	0	7
Simpson, Christy	2371	17	68
Skow, Dick	1890	7	44
Soby, Tony	319	0	7
Sovulewski, Larry	236	0	6
Spiegel, Joan	324	0	8
Stevens, Jan	461	0	15
Strain, Bob	452	0	9
Strain, Kathy	1109	0	29
Streit, Ron	723	0	20
Thieben, Kevin	673	0	20
Thomas, Walt	242	0	6
Thompson, Dianne	863	3	22
Trotman, Traci	269	0	7
Uher, Julie	733	0	25
Uher, Will	490	0	15
Van De Vreugde, Jim	1233	1	24
van Raalte, Marcus	467	0	10
Vergino, Eileen	226	0	1
Weiny, Lorrie	306	0	7
Whelan, Steve	2318	0	59
Wong, Marlene	278	0	7
Wood, Rebecca	721	4	19
Woods, Colleen	316	0	7
Yantis, Marcheale	312	0	8
Zucker, Pam	275	0	7

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2016.

Total miles ridden by club members so far this year is 98,146.

DON'T FORGET – Ride Hosts of club rides earn points towards FREE club clothing, plus other benefits. The more rides you lead, the more clothing you receive.

Ride Hosts please note, there are 19 sign-up sheets outstanding from May 7th forward.

Thanks to July's Ride Hosts:

Gail Blanco
 Rob DeFosse
 Francie Cushman
 Jim Duncan
 Julie Hampton
 Renata Hansen
 Bob Heady
 Kathy Koos
 Alberto Lanza
 Doug Ondricek
 Janet Ondricek
 Chris Pham
 Peter Rathmann
 Dick Skow
 Dianne Thompson
 Rebecca Wood

TOUR OF THE SACRAMENTO RIVER DELTA
October 8-9, 2016

The Valley Spokesmen Touring Club invites you to venture with us onto the levee back roads of the Sacramento River Delta during the 33rd Tour of the Sacramento River Delta (TOSRD), an overnight bicycle tour from Brannan Island State Park to the state capital and back.

All you have to do is check your gear in at the starting point and it will be waiting for you in Sacramento when you arrive.

Enjoy the Sights! Delta Levees, Ferry and More!

TOSRD is proud to provide our riders with a modification of a favorite route. Starting between 8:30-9:00 a.m., you meander on levee roads from Brannan Island through Isleton; then, further down the road encounter the Howard Landing ferry for a short river crossing. Continue at treetop level along Steamboat Slough, and on to Delta High School for lunch. After lunch your path takes you along the picturesque Sacramento River and into the Old Sacramento Historical District near the state capitol and on to the motel. After you are settled into the motel, you can return to wander through the many shops, enjoying the "old town" atmosphere. The motel provides a shuttle. Don't forget to visit the renowned California Railroad Museum, too!

At the motel you may stretch out those muscles in the swimming pool. Dinner can be purchased at local restaurants.

The next day the sun rises early on riders eager for the return trip. After a breakfast provided by the motel, you head out of town and tour the river path. Along the levee route you go through the historic Chinese community of Locke, on to Walnut Grove and Isleton, and finally to Brannan Island for a barbecue feast. At Brannan Island, you will find your gear awaiting you.

The route is flat both days with probable headwinds Sunday. There will be 13 hours of daylight. All stragglers will be picked up by 4:30 p.m. each day. Each day is a little more than 60 miles.

Riders bring themselves, a bicycle and water bottles. Bring extra clothing, swimsuit, and personal toiletries in a SMALL duffel bag.

NOTE: At Brannan Island there will be a two-day fee for entering the park and leaving your car overnight (\$10.00 in the past).

VALLEY SPOKESMEN will provide:

Food – Motel – SAG support – Gear transportation – Commemorative gift

COST: \$110.00 Individual (double occupancy); \$170.00 single occupancy
\$230.00 Family (2 adults & minor children sharing a room)
\$60.00 for Riders not staying at motel
\$60.00 for persons not riding but joining rider at motel

REGISTRATION IS LIMITED to 200 entries. Due to new management at the motel, all entries **MUST** be received by September 6, 2016, no exceptions.

REGISTRATION form available on club web site: <http://www.valleyspokesmen.org>

CONTACTS for registration forms and additional information:

Francie Cushman, 925-719-2256 for general questions

Bonnie Powers, 925-828-5299 for registration questions

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

2016 CLUB OFFICERS

President:	Steve Whelan	925-964-7209
Vice-President:	Dianne Thompson	925-765-8805
Treasurer:	Don Carpenter	510-406-3205
Secretary:	Kathy Koos	925-963-8506

Admin Services Director:	Bonnie Powers	925-828-5299
Cycling Director:	Rob Delfosse	925-522-6270
Events Director:	Jim Duncan	925-209-1369
Communications Director:	Rebecca Wood	925-577-3842
Past President:	Marcus vanRaalte	925-437-3253

Non Elected Positions:

Bike East Bay Rep.:	Adele Madelo	510-773-0693
Webmasters:	Ken Hernandez	510-329-9481
	Steve Whelan	925-964-7209

Community Liaisons:

Alamo	Linda Kwong	925-891-4600
Castro Valley	Maureen O'Boyle	510-582-2704
Concord:	Jean Watts	925-676-6164
Danville/Diablo/MDSP:	Al Kallin	alkalin@yahoo
Dublin	Francie Cushman	925-719-2256
Hayward	James Paulos	510-200-8125
Lafayette	Open	
Livermore:	Richard Fryar	925-872-4466
Oakland	Adele Madelo	510-773-0693
Pleasanton:	Kathleen Koos	925-963-8506
Pleasant Hill:	Joan Spiegel	925-705-7183
San Ramon:	Peter Rathmann	925-828-1973
Walnut Creek:	Peter Culshaw	925-932-0790

VALLEY SPOKESMEN

<http://www.valleyspokesmen.org>

2016 current club members may subscribe to the VS mailing list by following the directions at:

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

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.