



# VALLEY SPOKESMEN

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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DECEMBER 2009



## President's Message

2009 - A Vintage Cycling Year

I can't believe that 2009 is already coming to a close. I would like to personally thank the Valley Spokesmen executive committee members, ride leaders and volunteers who helped make 2009 a truly memorable year for hundreds of riders spinning thousands of miles. It is truly unbelievable the number of hours that goes into making the "Classics" like Cinderella, Paso Robles, Yosemite and TOSRD the classic cycling events they are. In addition to these beloved events there have been hundreds of smaller but, in many ways, equally memorable rides over the last 12 months. The lifeblood of any cycling club is its membership and the key to ours is the wide variety of rides available on a weekly basis. Rides made possible by the dedication of a relatively small and under- appreciated group of cyclists willing to share their passion and commit their time. Ride Leaders, on behalf of the members and non-members who took advantage of this veritable smorgasbord of ride opportunities, I salute you.

As we head into a new year I would like to extend a challenge to all our experienced members. Help build on our reputation as ambassadors of cycling and promote and lead at least one Novice ride and help spread the passion we know and love. Join the Revolution and be a Leader.

I would like to wish everybody a very Happy Holidays and a most prosperous New Year. Don't forget to include your cycling goals for 2010 in those pesky New Year's resolutions and may you be better disciplined than I seem to be in keeping them. It seems like just yesterday that I was putting together my cycling goals for what I hoped would be a breakthrough year in 2009. I guess that I will just have to adopt a "Bay Area" sports mentality and proclaim "*there is always next year*"!

Don't miss the general membership meeting on December 2<sup>nd</sup> at the Dublin Round Table Pizza for election/announcement of new officers for 2010.

Have Happy and Safe Holidays!

Dan Carhart



## Happy Holidays!

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**TOURING RIDE RATINGS**

All rides graded according to predicted difficulty as follows:

- 1) Generally flat with a few easy grades, suitable for beginners and casual riders.
- 2) Mostly easy grades with a few rolling hills, a challenge for beginners.
- 3) Moderate grades, some challenge for the average rider.
- 4) Steep grades with some relief.
- 5) Mostly steep grades, for strong riders.

Pace is:

ND) No Drop - this means that the group will not lose any rider. Most rides are No Drop, but it's at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.

L) Leisurely, many rest stops.

M) Moderate, occasional rest stops.

B) Brisk, few stops.

S) Steady, strenuous, rapid pace.

The speeds of the above ratings are approximately:

L=8-13 mph;

M=11-16 mph, or may be further broken down to:

L/M=11-13 mph and M/B=14-16 mph;

B=14-19 mph;

S=17 mph-plus.

**HELMETS ARE REQUIRED ON ALL RIDES!!**

**ATTENTION:** All non-members must sign waiver form, obtainable from ride leader. **SIGN UP FOR RIDES OR CALL LEADER IF YOU PLAN TO RIDE!!** If you sign up and decide NOT to ride, please contact the leader of your change in plans. **REMEMBER**, if you don't sign up and the leader cancels the ride, you cannot be contacted of the cancellation.

**WEATHER:** If there is a 10% chance of rain, snow, sleet or hail on the day of the ride, contact the leader the night before the ride or arrive at the meeting place on the day of the ride for final decision of cancellation. For Mountain Bike Rides, rain 48 hours prior to the ride cancels.

**DURATION OF RIDES:** If you wish to know the approximate length of time for any of the following rides - including rest stops, lunch stops, sight seeing etc., - please call the ride leader.

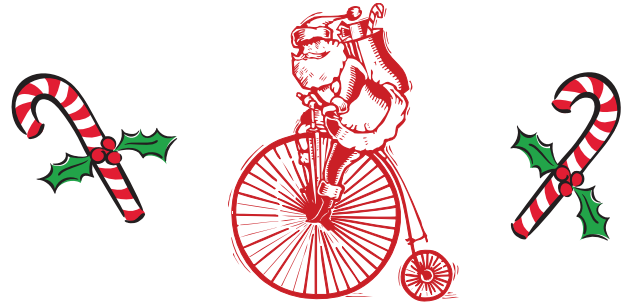
**CAR POOLING:** Car pooling is strongly encouraged, particularly on the out-of-town rides. Call the leader to see who is signed up for the ride so car pooling arrangements may be made.

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

**CODE OF CONDUCT:** All Valley Spokesmen members are expected to hold each other in compassionate regard and to interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board.

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

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**DECEMBER 2009**

**WED. 12/2/09 2-L 38 miles (60 km) 10:00 a.m.** Starting at the **Livermore airport we'll ride to Pleasanton**, stop in Blackhawk to eat, and then return to Livermore via Collier Canyon. Take I-580 to Airway Blvd. exit and go south; turn right on Terminal Circle and park either on street or parking lot on right. Bring water and food or money to buy.

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

**WED. 12/2/09 7:00 p.m. CLUB MEETING THIS EVENING --- SEE YOU THERE!**  
**ELECTION OF OFFICERS FOR 2010. Round Table Pizza in Dublin**, located in the shopping center on the north side of Amador Valley Blvd, just east of San Ramon Road. Pizza, salad and sodas are complimentary to all attendees. Pizza served at 6:30 p.m. Non-members - come see what our club is all about! Enjoy a pizza party on us and meet lots of people who share your interests. Find answers to all your club questions, and see if we're the club for you! Check our online ride calendar for a map at: [http://www.valleyspokesmen.org/vsCalendar/view\\_entry.php?id=599&date=20080903](http://www.valleyspokesmen.org/vsCalendar/view_entry.php?id=599&date=20080903)

**SAT. 12/5/09 1-L 56 miles (90 km) 10:00 a.m.** Join Randy for an **easy ride along the scenic American River trail from Old Town Sacramento**, past the fish hatchery to Folsom for lunch and return. This is a great ride for new cyclists. Bring water and lunch or money to buy at Folsom. The ride will start at Discovery Park by Old Town Sacramento. Take I-680 north and get on Hwy 242 to Hwy 4 through Antioch and over the Antioch Bridge to Rio Vista. Then take Hwy 12 east to I-5; continue on I-5 north to Sacramento. Exit I-5 at Richards Blvd., turn left onto Richards Blvd, turn right onto Jibboom St, and park in Discovery Park lot near the American River trail head (just over the bridge into Discovery Park). Parking is \$5. Allow 1 ¾ hours for the drive to Sacramento. Call if in doubt about the weather.  
**Leader: Randy Huey 925-518-8439.**

**SUN 12/6/09 3-M 21 miles (33 km) 9:00 a.m.** Meet at Livermore Cyclery, 7214 San Ramon Blvd., Dublin. We will take the recently opened **Dublin Blvd. (west) to Dublin Canyon Blvd.** and end up at Bode's Coffee Shop in East Castro Valley. After re-fueling we will backtrack. Check URL below for route. This is a no drop ride and all levels are welcome...however there are HILLS in this one so be prepared.

**Leader: Bob Heady, 925-980-7989.** URL: <http://www.gmap-pedometer.com/?r=2804379>

**MON. 12/07/09 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore. Call Zafer Demir at 925-443-4124 for further information.**

**WED. 12/9/09 2-L/M 35 miles (60 km) 10:00 a.m. Outskirts of Livermore.** Meet at Livermore Airport. From I-580 take Airway Blvd. (84) south. Turn right onto Terminal Circle and park on the street or in the lot. Bring fuel and hydration, or cash for a snack. Call if in doubt about the weather.

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

**WED 12/09/09 Executive Board Meeting of the OLD and NEW officers for 2009 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.**

**FRI 12/11/09 2-L 35 miles (60 km) 10:00 a.m. Let's ride to Las Trampas** to enjoy the last part of Fall. There are a few hills. We may stop at Peet's on the return trip. Meet at Heather Farm, 301 N San Carlos Dr., Walnut Creek. Head north on I-680, exit Ygnacio Valley Blvd., turn right. Turn left at N San Carlos Dr. into Heather Farm. Bring snack, etc.

**Ride Leader: Dan Granahan, 925-323-9798,** [tntbike2007@gmail.com](mailto:tntbike2007@gmail.com)

**SAT 12/12/09 2-L 25 miles (40) 10:00 a.m. Monthly Feather Pedals holiday ride.** Wear your Santa cap or whatever makes your winter holiday special. Start location will be in the San Ramon area. Details will be posted by 12/1. No drop ride. Santa SAG Dean available with a little ho ho ho. Call leader if in doubt about the weather.

**Leader: Karin Ball; cell 408-406-2286.**

**SAT 12/12/09 2-L 20 miles (32 km) 10:00 a.m. Join Randy for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate Bridge, through Fort Baker and back for lunch at Fisherman's Wharf.**

Bring water and money to buy lunch. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Call leader if in doubt about the weather.

**Leader: Randy Huey, 925-518-8439.**

**SUN 12/13/09 3-M 30 miles (48 km) 10:00 a.m. Dublin/Sunol/Palomares** Start at Livermore Cyclery, 7214 San Ramon Valley Blvd, Dublin.  
**Ride Leader: Bob Heady, 925-833-8214.**

**WED 12/16/09 2.5-L/M 35-40 miles (64) 10:00 a.m.** Let's do some off-season base training, keeping our heart-rates low, and burn off some calories as we head up Foothill and over to the first summit on Calaveras. Hammerheads can lead the way. Meet at Shannon Center at 9:45, roll promptly at 10:00. Directions: Take the Alcosta West exit off I-680; left onto San Ramon Valley Blvd.; right onto Shannon Drive; right into park. Bring snacks and drinks. Rain will cancel; call leader if in doubt about the weather.

**Leader: Barb Hailey, [jb\\_alaman@yahoo.com](mailto:jb_alaman@yahoo.com), 925-820-8006, or 925-899-8676.**

**FRI. 12/18/09 2-L/M 25 miles (40 km) 10:00 a.m. Osage Park Ride.** Let's do a nice little fun ride with a few short hills to Osage Park Ride and a stop at Peet's Coffee in Danville for a cup and check out all the cool bikes. Meet at Heather Farm Park, 301 N San Carlos Dr, Walnut Creek.

**Ride Leader: Dan Granahan, 925-323-9798;** [tntbike2007@gmail.com](mailto:tntbike2007@gmail.com)

**SAT 12/19/09 2-M 40 miles (64 km) 9:00 a.m.** This is the **Second Occasional (as opposed to 2nd Annual) Tour De Peet's.** Start and end at the Peet's Coffee in Pleasanton, on Valley Ave. just east of Hopyard (parking abundant all around that intersection). North we go to Rudgear Road in Walnut Creek. Popular vote on whether we stop at the Peet's on Locust in Walnut Creek (adds 3.5 miles, round trip. N up San Miguel, S on Iron Horse Trail). South along Danville Blvd. and/or Iron Horse Trail to the Danville Peet's. Then back to the Peet's of Origin. Brian your ride leader stands menacing, intimidating, big fat guard over the bikes at all Peet's stops, as long as someone brings him his soy mochas. Rain shortens, but doesn't cancel (unless it's "Build an Ark" kind of rain). Special prize for Brian if he manages to lead the entire route without crashing. Probably a caffeinated special prize.

**Ride Leader: Brian Boerman, 510-381-4442.**

**SUNDAY 12/20/09 2L/M 40 miles (64 km) 9:00 a.m. Winter Solstice Ride** Let's do a nice little fun ride with a few short hills to Peet's Coffee in Danville for a cup and check out all the cool bikes. Meet at Heather Farm Park, 301 N San Carlos Dr., Walnut Creek.

**Ride Leader: Dan Granahan, 925-323-9798;** [tntbike2007@gmail.com](mailto:tntbike2007@gmail.com)

**WED 12/23/09 1.5-L 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 east end of the University 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.**

**SAT 12/26/09 3-M 49 miles (78 km) 10:00 a.m.** We'll ride north from **Livermore to Byron**, then return via Mountain House, Midway, and Patterson Pass. Meet at the shopping center at the northeast corner of S. Livermore Ave. and Pacific. Take I-680 to N. Livermore exit and go south through town; turn left on Pacific and left into the shopping center. Bring water and snacks.

**Leader: Marcus van Raalte, 925-875-1017.**

**SUN 12/27/09 2-L/M 35mi (56 km) 10:00 a.m.** Meet at Livermore Airport. From I-580 take Airway Blvd. (84) south. Turn right onto Terminal Circle and park on the street or in the lot. Bring fuel and hydration, or cash for a snack. Rain or threat of rain cancels. Call leader if in doubt about the weather.

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

**WED 12/30/09 2-M 38 miles (61 km) 9:30 a.m.** We'll ride from **Lafayette on a loop out to Pinole** and then return via the San Pablo reservoir and Orinda. Start at the staging area on Olympic just west of Pleasant Hill Road in Lafayette.

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



## JANUARY 2010

**FRI 1/1/10 2-LM 20-35 miles (32-56 km) 7:40 a.m.** Let's ride from Heather Farm, 301 N San Carlos Dr., Walnut Creek, and hook up with the Mt. Diablo ride at the Danville Railroad Museum. Riders can do the Diablo ride or head back to Heather Farm.

**Ride Leader: Dan Granahan, 925-323-9798;**  
[tntbike2007@gmail.com](mailto:tntbike2007@gmail.com)

**FRI 1/1/10 4-L/S 25 miles (40 km) 9:00 a.m. Time for the traditional Valley Spokesmen New Year's Day ride to the summit** (or as far as you want to go) of Mt Diablo. Meet in the Danville Railroad Museum parking lot for this social ride. Take I-680 to Diablo Rd. exit; go west to Hartz and turn left; turn right on Prospect and left on Railroad Ave. Parking lot will be on the right. Bring water and snacks.

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

**SAT 1/2/10 2-L 35 miles (56 km) 10:00 a.m.** Join Lydia for a relaxing cruise from **Orinda BART to a coffee break in Benicia**. Meet at Orinda BART. Take I-680

north then 24 west. Exit Orinda and take the second ramp (south). First driveway on your right is the west BART station lot.

**Ride Leader: Lydia Zane, 510-558-3454.**

**SUN 1/3/10 2M 20 miles (32 km) 10:00 a.m. Dublin to Bollinger Canyon**

This is a NO-DROP ride and all levels are welcome. Meet at Livermore Cyclery, 7214 San Ramon Valley Blvd. in Dublin. We plan to have lunch after the ride at a place to be determined by popular acclaim.

**Ride Leader: Bob Heady 925-833-8214 or 925-980-7989.**

**MON. 1/04/09 Monthly meeting of Valley Spokesmen Racing Team at 6:30 p.m. at the Livermore Cyclery, 2752 First Street, Livermore.**  
**Call Zafer Demir at 925-443-4124 for further information.**

**WED 1/6/10 3L/M 30 miles (48 km) 10:00 a.m.** Yes, we have hills in Benicia! Join Barbara for a ride, followed by lunch (chili) at her house. Take I-680 north, cross Benicia Bridge, exit I-780. Exit at E. 2nd St., turn left (toward the water), turn right at Military and left at First St. Follow First St. to almost the end and turn left at E. B St., and right into parking lot. Bring snack and water.

**Ride Leader: Barbara Wood, 707.745.6353.**

**WED.1/6/09 NO CLUB MEETING THIS MONTH. The next club meeting is scheduled for Wednesday, March 3, 2010.**

\*\*\*See the website calendar for possible additional rides:  
[www.valleyspokesmen.org](http://www.valleyspokesmen.org)

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

**DAILY LUNCHTIME TRAINING RIDES:** Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, **contact Art Wong at (925) 422-9368.**

**EVERY SUNDAY MORNING 3-B** (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less

hilly). We'll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, Manning, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. **Contact Don Williams at 925-580-9395.**

**EVERY 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.**

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**UPCOMING EVENTS**

- December 6 [Aid to Children Without Parents](#) - Morgan Hill
  - 20 [Critical Christmas Bike Ride](#) - Monterey
  - 27 [Borrego Springs Century](#)
- More Detail click on the Hyperlink

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**FLASH – VERY IMPORTANT – FLASH**

Have you obtained V.S. clothing recently and failed to pay for it? There are several items that have not been reconciled and we are attempting to catch up with those of you that have not paid for your clothing items. PLEASE pay up at your earliest convenience. Thanks

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**VALLEY SPOKESMEN CLUB GEAR**

*The following Valley Spokesmen clothing is available:*

- short sleeve jersey - club cut - \$60.00
- short sleeve jersey - women's cut - \$60.00
- long sleeve jersey - \$70.00 (to be discontinued)
- sleeveless wind shell vest - \$58.00
- long sleeve jacket - \$69.99 (to be discontinued)
- shorts - women / men - \$58.00
- bib shorts - \$65.00 (to be discontinued)
- arm warmers - \$30.00
- gloves - yellow, blue, black - (changing to blue & black only) - \$27.00
- socks - white, yellow, black - (changing to blue & black only) - \$7.00

**Call Jim Duncan 925-209-1369**

**VALLEY SPOKESMEN AFFILIATIONS**

- Adventure Cycling – [www.adventurecycling.org](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)

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**CINDERELLA PATCH DESIGN FOR 2010**

It's time to think about a Cinderella Classic/Challenge patch design for 2010!

Send an e-mail of your design to [cinderellaclassic@valleyspokesmen.org](mailto:cinderellaclassic@valleyspokesmen.org) or a sketch/printout to Cinderella Patch, Valley Spokesmen, P.O. Box 2630, Dublin CA 94568.

The design competition is open to all, not just VS members. The winning designer will receive a check for \$100.00. A decision will be made by January 13, 2010. Thanks for your input. Jim

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**Valley Spokesmen "Bicycle" Touring Club Executive Board Meeting November 11, 2009**

Meeting called to order at 7:00 p.m. by Bonnie Powers.

Minutes from the October 14, 2009 Executive Board Meeting were approved as written.

Treasurer Bill Well presented a report on our monies. He distributed an accounting on the T.O.S.R.D. We have taken a loss due to the artist's jersey design fee. Discussion followed.

**OLD BUSINESS:**

1. Past month's rides – Bonnie reported on the Pumpkin ride, which was a fantastic success with many munchkins. The Progressive Dinner ride in Escalon (thanks, Giffords!) was wonderful.
2. T.O.S.R.D. jersey order – Francie reported we have four jerseys left. The sizes include XL and XXL. If you are interested, call Francie. An order will be placed again in 2010.
3. V.S. web site – Curtis reported our site has been updated regarding pre-Cinderella rides and he has finished the online bulletin board. He is interested in creating forums on topics that would be pertinent to our needs as a bicycling community.

Discussion followed.

- 4. Update on area Bicycle Master Plans – The City of Dublin will be holding a Bikeways Projects Workshop on November 18<sup>th</sup> from 7-9 p.m. at the Dublin Library. Francie, Jim and Curtis to attend.
- 5. First Aid classes – Due to Dan’s illness and absence, there was no report.
- 6. Awning bag – We have a new carrying bag for our pop-up awning.
- 7. Nominating Committee – Bob reported our board will remain the same with the exception of Vice-President, Kathy Strain has agreed to fill this position.

**NEW BUSINESS:**

- 1. Ride schedule – December/January schedule was perused. Peter suggested we put “Check with leader if weather is in question.” Discussion followed.
- 2. Bonnie reported there is a Celebration of Volunteers sponsored by Save Mount Diablo at their office in Walnut Creek on November 12<sup>th</sup> from 5:30-7:30 p.m. for all those who helped with the Mountain Challenge and other events. All volunteers encouraged to attend.
- 3. BE-Pro is coming up on January 8/9, 2010 in San Jose. We are looking for volunteers to attend, who would then be asked to report back to the board. Lodging and registration will be provided.  
Curtis has volunteered, Kathy Strain will be contacted.
- 4. Wynn Kageyama of Newark Junior High School requests assistance in building his Cycling Club’s program and educating the students at the school. Motion made, seconded and passed to contribute \$100.00 to the program.
- 5. Bonnie reported on correspondence sent and received. All contributions have been sent to the “women’s” groups, most of whom have already sent thank-you notes. Discussion followed on Dan’s request to send a news release regarding these donations.
- 6. Jim P. reported the “History of Bicycles Museum” has found a new home in Davis, CA.
- 7. Peter requested he be updated on new members who wish to be part of the VSlist.
- 8. Jim D. reported the City of San Ramon has torn up San Ramon Valley Blvd. between Crow Canyon and Morgan Dr. and this will continue until January 31<sup>st</sup>.

There being no further business the meeting was adjourned at 7:55 p.m.  
Respectfully submitted, Lynn DeMattei, Secretary.

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**Valley Spokesmen “Bicycle” Touring Club  
November 2009**

*Correspondence sent:*

- 1. Check to Minuteman Press for printing of November newsletter.
- 2. Refund checks for T.O.S.R.D. jerseys.
- 3. Check to Office Depot for new electric stapler and copier ink.
- 4. Membership renewals: California State Parks Foundation; The Nature Conservancy, Pacific Crest Trail Association; and Planning and Conservation League.

*Correspondence received:*

- 1. Thank-you letters from Child Abuse Prevention, Community Violence Solutions, Community Overcoming Relationship Abuse; Dream Catcher Youth Shelter, Emergency Shelter Program, Girl Ventures, Planned Parenthood Shasta – Diablo, SAEHC – Sacramento Area Emergency Housing Center, SAVE – Shelter Against Violent Environments, Sexual Assault & Domestic Violence of Yolo County, STAND! Against Domestic Violence, Sunday Friends, The Wellness Community; Tri-Valley Haven for Women, Women’s Cancer Resource Center, WomenCARE, Women’s Community Clinic, Women’s Daytime Drop-In Center, Women’s Health Specialists, for donations made from profits from the Cinderella Classic/Challenge.
- 3. Thank you letters from the police departments in the City of Livermore and the City of Pleasanton for donations made from the Cinderella Classic/Challenge.
- 4. Winter copy of Cyclosource from Adventure Cycling Association.
- 5. Advertisements from various organizations and businesses.
- 6. Newsletters from various clubs and organizations.

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MILEAGE REPORT AS OF November 21, 2009

|                    | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |                      | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |
|--------------------|-----------------|--------------|----------------|----------------------|-----------------|--------------|----------------|
| Arrambide, Juan    | 584             |              | 15             | Hailey, Barb         | 852             | 8            | 20             |
| Aufdenkamp, Jan    | 452             |              | 12             | Hammond, Chuck       | 211             |              | 5              |
| Baker, Larry       | 212             |              | 4              | Heady, Bob           | 680             | 35           | 39             |
| Ball, Karin        | 686             | 8            | 18             | Hedges, Richard      | 1060            |              | 17             |
| Berckmoes, Russ    | 714             | 1            | 18             | Henderson, Jamie     | 303             |              | 7              |
| Blanco, Gail       | 1006            | 5            | 21             | Hernandez, Mary      | 423             |              | 9              |
| Bonilla, Herman    | 767             |              | 17             | Herrera, Gloria      | 566             |              | 11             |
| Bousfield, Sarah   | 316             |              | 2              | Hislop, Bob          | 552             | 1            | 18             |
| Bowen, Maria       | 255             |              | 5              | Ho, William          | 914             |              | 30             |
| Brennen, Andrea    | 266             |              | 2              | Hunt, Nena           | 762             | 1            | 19             |
| Brennen, Don       | 200             |              | 1              | Johnson, Dan         | 292             |              | 8              |
| Bricca, Elmer      | 214             |              | 2              | Johnson, Joan        | 292             |              | 8              |
| Brooks, Roberta    | 398             |              | 10             | Kita, Jim            | 641             | 1            | 17             |
| Brown, Ron         | 326             |              | 7              | Kohnen, Jim          | 547             | 1            | 17             |
| Burger, Barbara    | 314             |              | 7              | Kunz, Mike           | 200             |              | 1              |
| Burkle, Kathy      | 668             | 5            | 16             | Lam, Henry           | 304             | 5            | 9              |
| Burton, Jennifer   | 243             |              | 6              | Leaver, Kent         | 1651            |              | 48             |
| Butler, Sher       | 254             |              | 7              | Lin, Linda           | 447             |              | 11             |
| Campbell, Rick     | 1778            | 1            | 50             | Livingston, Bekki    | 725             | 5            | 15             |
| Canter, Kim        | 205             |              | 4              | Lusso, Gary          | 1261            |              | 27             |
| Carhart, Dan       | 2663            | 16           | 75             | Lynn, Bob            | 446             |              | 7              |
| Carpenter, Don     | 1755            | 3            | 35             | Marchetti, Francesco | 305             |              | 6              |
| Castaneda, Ana     | 387             |              | 9              | Marchetti, Karen     | 451             |              | 10             |
| Cerri, Donna       | 244             |              | 6              | Matic, Mike          | 846             |              | 28             |
| Colby, Cheryl      | 275             |              | 5              | McBee, Michelle      | 956             |              | 25             |
| Coleman, Phil      | 734             |              | 1              | McNeill, Ernie       | 1270            |              | 4              |
| Coronado, Carol    | 263             |              | 5              | Metz, Leonor         | 281             |              | 8              |
| Culshaw, Peter     | 985             | 3            | 23             | Montes, Frank        | 465             |              | 8              |
| Culshaw, Sharon    | 599             | 3            | 11             | Moorhead, Jane       | 435             | 4            | 23             |
| Cushman, Francie   | 1688            |              | 33             | Moyer, Greg          | 384             |              | 15             |
| Daly, Deborah      | 356             |              | 8              | Murphy, Michele      | 444             |              | 10             |
| Dedon, Erica       | 245             |              | 4              | Nadeau, Alaine       | 422             | 8            | 12             |
| Dedon, Mark        | 362             | 1            | 7              | Neer, Mark           | 2531            | 6            | 63             |
| Delfosse, Rob      | 787             | 1            | 25             | Neer, Susan          | 2720            | 6            | 61             |
| DeMicco, Mike      | 824             | 5            | 12             | Niemeyer, Barbara    | 280             |              | 6              |
| Deornelas, Vic     | 675             |              | 18             | Norby, Edith         | 378             | 3            | 10             |
| DiBasilio, Pat     | 850             |              | 2              | Nowell, Keith        | 618             |              | 19             |
| Diler, Andre       | 373             |              | 15             | Nowell, Linda        | 359             |              | 10             |
| Duncan, Jim        | 3459            | 39           | 81             | Olsen, Elinor        | 734             |              | 1              |
| Duncan, Tom        | 205             |              | 8              | Ornelas, Joe         | 383             |              | 15             |
| Durant, Patric     | 301             |              | 7              | Orr, Chuck           | 251             |              | 3              |
| Eckelmann, Claudia | 238             |              | 5              | Owens, Jim           | 200             |              | 1              |
| Engleton, Mary     | 1148            |              | 8              | Owens, Punam         | 242             | 4            | 7              |
| Erickson, Kae      | 734             |              | 1              | Page, Janie          | 590             |              | 27             |
| Fisher, Ted        | 330             |              | 10             | Palmer, Sarah        | 332             |              | 6              |
| Fraser, Heidi      | 1195            | 10           | 36             | Parrish, Charles     | 1647            |              | 37             |
| Fujii, Bob         | 1335            |              | 30             | Payne, Pat           | 440             |              | 11             |
| Fujii, Vivian      | 434             |              | 10             | Pendery, Carol       | 994             |              | 6              |
| Fusco, Bob         | 433             | 1            | 8              | Pendery, Tom         | 1095            |              | 10             |
| Gaunt, Ross        | 329             |              | 5              | Poe, Karin           | 289             |              | 6              |
| Goodwin, Bill      | 1479            | 28           | 42             | Powers, Bob          | 1298            | 8            | 9              |
| Graham, Catherine  | 283             |              | 6              | Powers, Bonnie       | 944             | 7            | 9              |
| Granahan, Dan      | 1204            | 13           | 34             | Price, Kathy         | 413             |              | 13             |
| Gustafson, Jeff    | 226             |              | 10             | Primrose, Denise     | 717             |              | 18             |

Mileage Report as of November 21, 2009 -  
cont.

|                     | Sum of<br>Miles | Rides<br>Led | Total<br>Rides |
|---------------------|-----------------|--------------|----------------|
| Quist, Jonathan     | 345             |              | 15             |
| Raeburn, Marty      | 200             |              | 1              |
| Rathmann, Peter     | 6109            | 24           | 159            |
| Rawlings, George    | 340             |              | 10             |
| Reinke, Glenn       | 273             |              | 3              |
| Repulles, Diane     | 519             |              | 16             |
| Rodriguez, John     | 249             |              | 9              |
| Roe, Joan           | 429             |              | 6              |
| Roe, Larry          | 383             |              | 5              |
| Rossiter, Jaynette  | 462             |              | 12             |
| Satoutah, Brahim    | 1842            | 1            | 44             |
| Shannon, Geoff      | 1348            |              | 19             |
| Shannon, Joan       | 1042            |              | 8              |
| Shum, Bart          | 667             |              | 13             |
| Simpson, Christy    | 3708            | 14           | 84             |
| Skow, Richard       | 1479            | 1            | 17             |
| Slagle, Linda       | 200             |              | 3              |
| Slagle, Pete        | 757             |              | 17             |
| Smith, Harriet      | 207             |              | 5              |
| Smith, Mike         | 691             | 9            | 17             |
| Spahr, Patricia     | 223             |              | 7              |
| Speck, Ralph        | 754             |              | 2              |
| St. Clair, Kimberly | 770             |              | 18             |
| Steinbeck, Sandra   | 1030            |              | 5              |
| Strain, Kathy       | 1520            |              | 29             |
| Strain, Robert      | 2167            |              | 50             |
| Swingley, Pam       | 367             |              | 10             |
| Tate, Kathy         | 569             |              | 14             |
| Thieben, Kevin      | 2525            | 2            | 56             |
| Thieben, Teresa     | 430             |              | 9              |
| Thomas, Walt        | 952             |              | 31             |
| Till, Gary          | 220             |              | 7              |
| Trotman, Traci      | 434             |              | 10             |
| Tyler, Chuck        | 200             |              | 1              |
| Van De Vreugde, Jim | 2608            | 2            | 56             |
| van Raalte, Marcus  | 1969            | 2            | 53             |
| Well, Bill          | 1265            |              | 7              |
| Well, Mary          | 1131            |              | 7              |
| Whelan, Steve       | 3300            | 3            | 71             |
| Wood, Barbara       | 285             | 6            | 8              |
| Woodworth, John     | 1610            | 1            | 24             |
| York, Linda         | 1186            |              | 7              |
| Zane, Lydia         | 342             |              | 6              |

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2009.

Total miles ridden by club members to date 132,581!!!! WOW! THAT'S IMPRESSIVE



### The Ride Before Christmas'



'Twas the ride before Christmas when departing the house with freewheels  
a-whirring, brakes squeaking like a mouse  
Our stockings were tucked under warm-ups with care, in hopes that more  
bikers soon would be there.  
The children were riding, as usual, ahead, while visions of day-tours  
danced in each head.  
And Mamma in her 'kerchief, and I in my cap, discussed the terrain with  
out route-slip and map—  
When out of the group there arose such a clatter, I sprang from my saddle  
to see what was the matter.  
Away with my wrench I flew like a flash tore open a cluster and blew out  
some trash.  
The moon on the breast of the new-fallen snow gave a lustre of Chromium  
to objects below,  
When what to my wondering eyes should appear, but a miniature cycle with  
an eighteen-inch gear,  
With a little old rider so lively and quick, I knew in a moment it must be  
St. Nick  
More rapid than eagles his Corsas they came, and he whistled and shouted  
and called by nickname:  
"Now Dasher! Now Dancer! Now Prancer and Vixen! On, Campi! On  
Cooper! On Dandos and Dixou!  
To the top...let us scorch! To the top...let us haul! Now dash away! Dash  
away all!"  
As dry leaves that before the wild hurricane fly, when they meet with an  
obstacle, mount to the sky,  
So up to the hilltop our cyclers they flew with horseplay and noise, and St.  
Nicholas, too.  
And then in a twinkling I heard someone goof—the glancing and  
clawing...an angry reproof!  
As I drew in my head, and was turning around, down the roadway St.  
Nicholas came with a bound  
He acquiesced in a blur from his head to his foot, and his clothes were all  
tarnished with asphalt and soot;  
A bunch of the boys had run over his back, and he looked like a pedaler  
gone down on the track.  
His eyes—how they wrinkled! His chin like a berry! His cheeks were like  
roses, his nose like a cherry!  
His droll little mouth was draw up like a bow and the shade of his skin was  
as white as the snow.  
The stump of pump he held tight on his teeth, and a spoke, it encircled his  
head like a wreath.  
He had a raw face and a badly ground belly, that shook when he gasped like  
a bowlful of jelly.  
He was grubby and slumped—a right stolid old elf, and I winced when I  
saw him spite of myself.  
A blink of his eye, and a twist of his head, soon gave me to know I had  
nothing to dread.  
He spoke not a word, but went straight to his work, and skillfully restored  
our frames with a jerk.  
And laying a finger aside of his nose, and giving a snort, from calamity he  
rose.  
He sprang to his saddle, gave a scream and a whistle, and tenderly rode  
like the down of a thistle.  
But I hears him exclaim, ere he rode out of sight, "Frappe Christmas t'  
y'all...go learn t' draft right!"

Borrowed from San Diego Knickerbikers



**RIDE REVIEWS**

October 11<sup>th</sup> Thanks to Alaine for leading today's ride from Monte Rio to the top of King Ridge followed by a descent to Hauser Bridge and then back up to Seaview and Ft. Ross roads and finally the fast drop on Meyers Grade to Hwy. 1 and Jenner. And special thanks to our private SAG support who kept us fortified with goodies to ward off the effects of the sometimes damp and chilly conditions.

\*\*\*\*\*

October 31<sup>st</sup> We had a fabulous day for today's San Francisco Halloween ride over the Golden Gate Bridge. We got to see the bridge cloaked in fog in the early part of the ride, and by the time we dealt with the ride leader's numerous bike malfunctions, we were able to have a beautiful clear ride over the bridge and back to Boudin for a clam chowder and grilled sourdough cheese lunch. Bill Browning, as Fred Flintstone, won the prize for the best costume. All in all, it was a great outing.

\*\*\*\*\*

November 1<sup>st</sup>. Mt. Diablo/Morgan Territory. For your amusement, this ride was 69 miles and 5300 ft of elevation gain. It was a beautiful ride on a perfect day with no one left behind. John

\*\*\*\*\*

November 2<sup>nd</sup>  
I'd like to thank Don Carpenter for a beautiful Napa Valley ride this past Saturday up Mt. Veeder and over to V. Sattui winery. I enjoy these rides every year, and nominate them all for "Classic Ride" status. Mike

\*\*\*\*\*

November 11<sup>th</sup> Beautiful day for Bill's ride to Pt. Richmond today although it started out a bit cool and cloudy. The ride went from Aquatic Park in Berkeley to Pt. Richmond. Mainly an out-and-back route along part of the Bay Trail, but with a side loop to Ferry Point on the way back. Peter

\*\*\*\*\*

November 14<sup>th</sup> The club ride along the length of the Lafayette-Moraga bike trail starting at the Olympic trail head and turning around at the end of the trail on Canyon Rd. It was a nice sunny day. Unfortunately a couple of us did confirm that those nasty thorns are still lying in wait for unsuspecting bike tires.

\*\*\*\*\*

November 15<sup>th</sup> This ride started in Dublin and with clear air for Alaine's ride to Sunol. The group split up at the Sunol RR station with some opting to climb Palomares while the rest of us did the out-and-back climb of Kilkare. On the return we looped through the neighborhood on Happy Valley and then headed north through the BART station back to Dublin.

November 18<sup>th</sup>. Started out a little cool but the sun warmed things up quickly for Barb Hailey's ride from Danville to Livermore. On the return we ended up splitting into a few groups: a couple headed back on the flatter southern option, a few of us went back to Dublin and San Ramon via Windemere and Old Ranch, and the leader plus most of the riders headed back to Danville on Camino Tassajara. Peter

\*\*\*\*\*

November 21<sup>st</sup>  
Thanks for the beautiful ride to Pt. Reyes lighthouse today Ted. Great weather and spectacular viewing: crashing surf on the rocks, rows of white breakers on the beaches as far as one could see, the Farallones up close, and someone thought he saw the lights of Tokyo across the horizon. Jim

+ + + + +

Jim, You're welcome. The weather was perfect, being cool and clear. For those of you that missed the ride, we had 18 people come out and everyone made it to the Light House and back. I understand people were stopping at the Bovine Bakery coming and going. Kudos to Christian for doing the ride on a 25 year old mixtie frame with only 6 gears in the rear and mustache bars up front. We are looking for a 46-48 cm bike for her and as strong as she is, I think she'll be riding with Jim at the front once she gets a new ride dialed in. Peter has some great photos and they nicely show off the beauty of the area. And yes, he and several others made the trek down to the Light House, all 360 or so steps Specs from Jim's GPS unit, 61.63 miles 3,517' of elevation gain, and 4:02:33 riding time

\*\*\*\*\*

November 21<sup>st</sup> Randy celebrated his birthday and return to leading bike rides with a great fall loop of the Iron Horse, Contra Costa Canal, and Ygnacio bike trails, followed by lunch at Fuddruckers. In spite of a couple of flat tires, all had a great ride on a flawlessly sunny fall day. Click the link to see the ride track and pictures.

\*\*\*\*\*

November 22<sup>nd</sup> Kevin led us on a new route from the Park & Ride lot at Sycamore and I-680 north to Walnut Creek and then up Rudgear and Lavender to Livorna Park and continuing through the country club area (Roundhill, Diablo, and Blackhawk). Then it was on to the eastern part of Camino Tassajara and up Windemere Pkwy. on our way back to San Ramon and Danville via Bollinger Canyon. The promised sunshine never materialized, but at least it stayed dry and reasonably warm. Peter



## A FEW COMMENTS WITH MANY THANK-YOU'S RECEIVED FROM THE CINDERELLA DONATIONS

- Child Abuse Prevention Council of Contra Costa County – with warmest appreciation . . . – the Council works to develop, strengthen and coordinate a community effort to prevent and respond to child abuse intervention and treatment.
- Community Overcoming Relationship Abuse – Thank you. . . Your generosity will make an immediate difference in the lives of our neighbors experiencing domestic violence.
- Community Violence Solutions – I wish to thank you . . . Your donation helps us to continue our important work of assisting child and adult victims of sexual assault and family violence through the healing and recovery process.
- Dream Catcher Youth Shelter (Alameda County Services) – We are the sole provider to target runaway and homeless teens in all of Alameda County . . . children need to know they are cared for, especially when families and/or systems often let them down.
- Emergency Shelter Program, Inc. – Thank you, we feel truly honored . . . Our mission is to help women and children who are victims of domestic violence and/or homelessness. Assistance is provided towards personal development and self-sufficiency, through providing temporary housing, food, counseling, childcare, and community referrals.
- girlventures – Thank you, it is because of loyal supporters like you that allows us to offer innovative outdoor adventure programs and empower adolescent girls to develop and express their strengths.
- Planned Parenthood – Thank you . . . Your donation and support during this time is especially important as it enables us to continue providing our state's most vulnerable residents including those living in Contra Costa County with the quality of health care, reproductive services and prevention education they urgently need.
- Sacramento Area Emergency Housing Center – Your donation will absolutely be directly used to assist our program participants in regaining self-sufficiency.
- Safe Alternatives to Violent Environments – Every contribution helps fund SAVE's array of prevention, intervention, and support services that empower individuals to become safe from abuse. . . . calls come from 24-hour hotlines with increased requests for assistance at police departments, and increased requests for help with restraining orders and legal assistance. The families who seek our help live in fear, and are so grateful that members of our community will help them create a safe environment to live in. Thank you for supporting our passionate cause.
- Sexual Assault and Domestic Violence Center – Thank you for the generous donation. With your contribution, women and children who have experienced physical, psychological and sexual abuse receive help and support to rebuild their lives.
- STAND! Against Domestic Violence – Thank you . . . these are difficult times for families . . . we have experienced a 20% increase in requests for shelter . . . calls to the crisis line have doubled. One victim wrote, "I crept silently past my sleeping husband with my five year old and my six month old in tow. I knew that there was a gun beside him on the sofa, but my fear of staying outweighed my fear of leaving. With nowhere to go and nothing more than what few possessions I could get into a couple of backpacks, the kids, and the number for STAND!'s crisis line I took off into the night on foot..."
- Sunday Friends – What a wonderful surprise . . . Three kinds of basic necessities for participating families:  
1 – toiletries: soap, shampoo, toothpaste, etc.; 2 – household cleaning supplies: Laundry detergent, dish soap, window cleaner, etc.; 3 – bike locks: to protect the refurbished bikes the children earn through our program.
- Tri-Valley Haven – Thank you . . . your donation supports our services for the survivors of domestic violence, sexual assault and for the homeless. The cycle of violence is being broken, and women are establishing safe homes for themselves and their children.
- The Wellness Community – Thank you for making a difference . . . We offer support, education and hope for cancer patients and their families. We were surprised and delighted to receive your generous donation. WOW! Thank you for helping to make a difference in people's lives who are impacted by cancer.
- Women's Cancer Resource Center – Thank you . . . Our staff and volunteers have sustained a rich spectrum of services – care planning, referral to community resources, navigation through the medical system, support groups, in-home practical support, free therapy and financial assistance for low income women, and wellness and cancer education.
- WomenCARE – Thank you . . . what a huge difference your support will make in the lives of women on their journey with cancer. We provide free supportive services for women with all types of cancer (and their loved ones) at all stages of cancer.
- Women's Community Clinic – Thank you, your generosity translates directly to helping meet the needs of an increasing number of women and girls seeking our services of free sexual and reproductive health care services; provide street outreach services to the homeless; train health workers and care leaders.
- Women's Daytime Drop-In Center – Thank you so much . . . we have been able to assist over 1000 women and children so far this year. All have received help with food, necessities, and referrals to resources . . .
- Women's Health Specialists – Thank you! You guys are amazing! Vision . . . world where women control their own bodies, reproduction and sexuality. WHS dedicated to providing women-controlled health care . . .

# MID-WINTER HOLIDAY PARTY

MARK YOUR CALENDAR  
SAVE THE DATE  
FOR THIS NINETH ANNUAL GALA EVENT

WHEN: Saturday, February 27, 2010  
WHERE: Pleasanton Marriott (formerly Pleasanton Plaza)  
11950 Dublin Canyon Road, Pleasanton, CA  
WHAT: Dinner, dancing and enjoyment for all  
TIME: 6:00 p.m. (no host cocktails) 7:00 p.m. dinner served  
WHOM: Valley Spokesmen members and invited guests  
COST: \$10.00 per person includes dinner, but not cocktails  
MENU: Entrée of Salmon, or Beef (vegetarian upon request)

Make your reservation today by sending in this form to:  
Valley Spokesmen, P.O. Box 2630, Dublin, CA 94568

List each person individually and their entrée:



Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Entrée Beef \_\_\_\_\_ Salmon \_\_\_\_\_  
Vegetarian \_\_\_\_\_  
Payment \$10.00

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Entrée Beef \_\_\_\_\_ Salmon \_\_\_\_\_  
Vegetarian \_\_\_\_\_  
Payment \$10.00

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Entrée Beef \_\_\_\_\_ Salmon \_\_\_\_\_  
Vegetarian \_\_\_\_\_  
Payment \$10.00

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Entrée Beef \_\_\_\_\_ Salmon \_\_\_\_\_  
Vegetarian \_\_\_\_\_  
Payment \$10.00

**SIGN UP FOR THIS MOST FESTIVE OF**  
**THE YEAR!!!**

## VALLEY SPOKESMEN DISCOUNT BIKE SHOPS

Missing Link  
1988 Shattuck Way  
Berkeley, CA 94704  
510-843-7471  
[www.missinglink.org](http://www.missinglink.org)

\*\*\*\*\*

Ace Bicycle Co.  
3313 Village Cr.  
Castro Valley, CA 9546  
510-538-5000

Castro Valley Cyclery  
20515 Stanton Ave.  
Castro Valley, CA 94546  
510-538-1878  
<http://castrovalleycyclery.com>

\*\*\*\*\*

Clayton Cyclery  
5411 Clayton Rd  
Clayton, CA 94517  
925-672-2522

\*\*\*\*\*

California Pedaler  
295 South Hartz Ave.  
Danville, CA 94526  
925-820-0345  
<http://calped.com/>

Danville Bike **-NEW ADDRESS**  
175 North Hartz Ave.  
Danville, CA 94526  
925-837-0966  
[www.danvillebike.net/](http://www.danvillebike.net/)

Pegasus Bicycle Works  
439 Railroad Ave.  
Danville, CA 94526  
925-362-2220  
[www.pegasusbicycleworks.com/](http://www.pegasusbicycleworks.com/)

\*\*\*\*\*

Dublin Cyclery  
7001 Dublin Blvd.  
Dublin, CA 94568  
925-828-8676  
[www.dublincyclery.com/](http://www.dublincyclery.com/)  
Livermore Cyclery  
7214 San Ramon Rd.  
Dublin, CA 94568  
925-829-4310  
[www.livermorecyclery.com](http://www.livermorecyclery.com)

\*\*\*\*\*

The Pedaler  
3826-A San Pablo Dam Rd  
El Sobrante, CA 94803  
510-222-3420  
<http://www.theped.com>

\*\*\*\*\*

Cyclepath Hayward  
22510 Foothill Blvd.  
Hayward, CA 94541  
510-881-8070  
[www.cyclepathhayward.com](http://www.cyclepathhayward.com)

Hayward Bicycles  
22420 Foothill Blvd.  
Hayward, CA 94541  
510-881-5177  
<http://haywardbicycles.com/>

Witt's Bicycle Shop  
22125 Mission Blvd  
Hayward, CA 94541  
510-538-8771

\*\*\*\*\*

Hank and Frank Bicycles  
3377 Mt. Diablo Blvd.  
Lafayette, CA 94549  
925-284-BIKE  
[www.hankandfrankbicycles.com](http://www.hankandfrankbicycles.com)

Sharp Bicycle  
969 Moraga Rd  
Lafayette, CA 94549  
925-284-9616  
<http://sharpbicycle.com>

\*\*\*\*\*

Cal Bicycles  
2053 First St.  
Livermore, CA 94550  
925-447-6666  
<http://calbicycles.com>

Livermore Cyclery  
2752 First St.  
Livermore, CA 94550  
925-455-8090  
[www.livermorecyclery.com](http://www.livermorecyclery.com)

\*\*\*\*\*

Hank and Frank Bicycles  
6030 College Ave.  
Oakland, CA 94606  
510-654-2453  
[www.hankandfrankbicycles.com](http://www.hankandfrankbicycles.com)

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Pleasant Hill Cyclery  
1100 Contra Costa Blvd.  
Pleasant Hill, CA 94523  
925-676-2666  
[www.pleasanthillcyclery.com](http://www.pleasanthillcyclery.com)

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Bicycles Pleasanton  
537 Main St.  
Pleasanton, CA 94566  
925-462-9777  
<http://bicyclespleasanton.com>

Cyclepath Pleasanton  
337-B Main St.  
Pleasanton, CA 94566  
925-485-3218  
<http://cyclepath.com/>

Crank 2  
5480-9 Sunol Blvd  
Pleasanton, CA 94566  
925-462-4272  
<http://www.crank-2.com/store>

\*\*\*\*\*

Breaking Away Bicycle Shop  
7 Ross Common  
Ross, CA 94957  
415-272-6847

\*\*\*\*\*

City Bicycle Works  
2419 K St.  
Sacramento, CA 95816  
916-447-2453  
<http://citybicycleworks.com>

\*\*\*\*\*

Robinson Wheel Works  
1235 MacArthur Blvd  
San Leandro, CA 94577  
510-352-4663  
[www.robinsonww.com](http://www.robinsonww.com)

\*\*\*\*\*

Delta Cyclery  
6555 Pacific Ave.  
Stockton, CA 95209  
209-951-5665

\*\*\*\*\*

Delta Cyclery  
130 West 11<sup>th</sup> ST., #A  
Tracy, CA 95376  
209-835-7151

\*\*\*\*\*

Encino Bicycle Center  
2901 Ygnacio Valley Blvd.  
Walnut Creek, CA 94598  
925-944-9200

Fleet Feet  
1528 Bonanza ST.  
Walnut Creek, CA 94596  
925-455-8090



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**

I want to join/rejoin the Valley Spokesmen Bicycle Touring Club.  **NEW MEMBER**  **RETURNING MEMBER**

Enclosed is \$ \_\_\_\_\_ for individual membership OR \$ \_\_\_\_\_ for family membership.

(Individual Membership \$22.00 per year (\$11.00 after June 30th)

(Family Membership \$30.00 per year (\$15.00 after June 30th) **(Make check payable to: Valley Spokesmen).**

**I WOULD PERFER OBTAINING MY NEWSLETTER VIA THE V.S. WEB SITE RATHER THAN A HARD COPY**

Yes, I want to be on the Valley Spokesmen email list to obtain current club information.

\_\_\_\_\_  
(NAME - please print)

\_\_\_\_\_  
(PHONE)

\_\_\_\_\_  
(EMAIL)

\_\_\_\_\_  
(ADDRESS)

\_\_\_\_\_  
(CITY)

\_\_\_\_\_  
(STATE)

\_\_\_\_\_  
(ZIP)

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 ALSO 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: \_\_\_\_\_

## 2009 CLUB OFFICERS

President: Dan Carhart  
Vice-President: Mark Dedon  
Treasurer: Bill Well  
Recording Secretary: Lynn DeMattei  
Corresponding Secretary: Bonnie Powers 925-828-5299

Ride Chairmen: Peter Rathmann  
Curtis Stallins

Newsletter Editor/Typist: Marcia Seeger  
E-mail: [VSnews02@aol.com](mailto:VSnews02@aol.com)  
Newsletter Publisher: Mary Murphy

Past President: Jim Kohnen

V.S. Racing Team contacts: Jim Duncan  
Zafer Demir

## 2009 PRESIDENTIAL APPOINTMENTS

T.O.S.R.D. Chairman: Francie Cushman

E.B.B.C. Rep.: OPEN

Mileage Keeper: Jim Paulos  
Webmaster: Curtis Stallins

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

## Community Liaisons

|               |                 |
|---------------|-----------------|
| Alamo         | Ralph Speck     |
| Castro Valley | Molly Heekin    |
| Concord       | Jean Watts      |
|               | Kathy Tate      |
| Danville      | Bill/Mary Well  |
| Dublin        | Christy Simpson |
| Hayward       | James Paulos    |
| Lafayette     | Stan Goodman    |
| Livermore     | Susan Gibbs     |
| Pleasanton    | Bill Rose       |
| Pleasant Hill | John Rodriguez  |
| San Ramon     | Peter Rathmann  |
| Walnut Creek  | Peter Culshaw   |

We appreciate the many articles that have been submitted and we are sorry that they cannot always be printed during the month of submission. The newsletter is limited in length due to the cost of postage, and we will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.

### VALLEY SPOKESMEN

<http://www.valleyspokesmen.org>

2009 club members may subscribe to the VS mailing list by sending an email with their names to:

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