



Standing VS Club Rides

Go to valleyspokesmen.org for the most up-to-date information on rides

MON/WED 2 L/M 25-50 miles, 9:00 am

Heather Farms Park, Walnut Creek

Ride Host: Wendy Cosin

MON/THUR 2L/M 20-25 miles, conditioning, 9:30

am Livermore Cyclery, Dublin

Ride Host: Bob Heady

Friendly FRI 2L/M no-drop 25-35 miles, 10:00

am, Sports Basement, San Ramon

Ride Hosts: Gail Blanco and Terry Cunningham

SAT 2L/M 35-55 miles, 9:00 am

Pleasanton BART Station, Pleasanton

Feather Pedals conditioning rides for Cinderella

Classic until March 16

Ride Hosts: Feather Pedalers

FRI/SAT/SUN/TUE/WED Various Club

Rides, see www.valleyspokesmen.org/ridecalendar

Peter Rathmann Memorial Ride



A devoted and caring husband, father, and grandfather, Peter will be greatly missed by family and friends. His contributions to our club are immeasurable. He was a fine example

of a Valley Spokesmen. Join his memorial ride on Sunday, March 31st at 9:00 am from Wells Middle School in Dublin.



About Valley Spokesmen

Winter has brought the rain and some disappointing ride cancellations but overall the weather has been mild and the rides plentiful. Please come join one of our many Valley Spokesmen rides so you can experience the camaraderie of our Club and the joys of group rides. Our members welcome everyone! The Club organizes weekly road and mountain bike rides as well as trips, progressive dinners and other social activities and events. In November, there was a Progressive Dinner Ride in Escalon.

Every year, the Club hosts a fully-supported, group ride somewhere in the United States! In February, some of our members are taking a trip to Tucson to do fixed base rides. If you're looking for reasons to get outdoors, Valley Spokesmen has plenty. Visit our website www.valleyspokesmen.org.

QUARTERLY FEATURE

Annual TOSRD Ride Has Spectacular Weather

There was no wind during the annual Tour of the Sacramento River Delta on October 20 and 21st. The well-supported Valley Spokesmen ride left from Brannon Island State Park and followed the beautiful River Delta



to Old Town Sacramento. There was a great lunch spread as always planned by Bonnie Powers and staffed by dedicated volunteers. After everyone checked in to the

hotel, there were snacks and drinks by the pool. Then, cyclists headed out to enjoy a lovely dinner in nearby Old Town. The next morning everyone cycled back to the state park for a full BBQ. It was a great weekend for all!



Progressive Dinner Ride

In early November, the weather again was perfect for the annual progressive dinner ride graciously hosted by Steve and Pam Gifford at their lovely home in Escalon. Riders enjoyed cycling through orchards and river valleys in the rural area. The delicious dinner featured soup, salad, lasagna and dessert. It was a great day of riding and eating! Mark your calendar for this fun November event!



Registration is Open for the 43rd Cinderella Classic/Challenge/Short

The Cinderella Ride is a fully-supported, women-only ride on Saturday, March 30th! The 30, 65 and 85 mile routes start from Las Positas College in Livermore and wind through the tri-valley area. Sign up today! Go to www.valleyspokesmen.org/cinderellaclassic to register now!

2018 VS 4th Quarter Meeting

Every quarter, the Valley Spokesmen hosts a meeting providing complimentary pizza and salad at Mountain Mike's Pizza in San Ramon. Members receive an update on the Club's financial status and a report of past and upcoming events in addition to a presentation. In December, members received a positive VS Club report from vice president Rob Delfosse, and were able to cast votes for 2019 officers if they had not already voted online. Clay Dunning gave a great presentation about his and Dianne Thompson's trip to the Canary Islands. Be sure to attend the next meeting on Wednesday, March 6th. Look for details on the Valley Spokesmen calendar



2019 VS Board Members
 From left to right: Dave Gilbert, Bonnie Powers, Jim Duncan, Erica Dedon, Mark Dedon, Julie Uher, Gail Blanco, Rebecca Wood.

Valley Spokesmen Racing Team (VSRT) Update

In muddy, greasy and heavy course conditions, two VSRT members had some good results at the Cyclocross (CTX) Nationals in Louisville, KY December 12-16th. Jim English came in 54th out of 77 racers in the Masters race on Thursday. His son, Dan English, came in 6th, (one place short of the podium), in the 13-14 Nationals on Saturday and 29th out of 98 racers in the 11-22 non-Championship race on Thursday morning. Congrats to both!



VS Ride Photos



VALLEY SPOKESMEN BICYCLE CLUB 2019 CLUB OFFICERS AND DIRECTORS

Co-Presidents: Erica & Mark Dedon
Vice-President: Dave Gilbert
Treasurer: Don Carpenter
Recording Secretary: Julie Uher
Administrative Services Dir.: Bonnie Powers
Cycling Director: Gail Blanco
Communications Director: Rebecca Wood
Events Director: Jim Duncan

Other Club Positions:

Webmaster: Jim Van De Vreugde
VS Racing Team: Jim Duncan
Ride Coordinator(s): Rob Delfosse
 Alberto Lanzas
Mileage Keeper: James Paulos
Feather Pedal Liaison: Karin Ball
 Rebecca Wood

Upcoming Valley Spokesmen Events

Quarterly Club Meeting

Wednesday, March 6, 2019
 6:30 pm Free Pizza, 7:00 Meeting
 All Members Welcome
 Mountain Mike's Pizza, San Ramon

43rd Cinderella Classic/Challenge/Short

Saturday, March 30, 2019
 7:00 am
 Las Positas College, 2033 Campus Hill Drive, Livermore, CA
 Open to women and girls
 85, 65 and 30 mile options
 Register at www.ValleySpokesmen.org/CinderellaClassic

Cinderella Expo

Saturday, March 30, 2019
 10:30 am - Las Positas College, Livermore, CA

Peter Rathmann Memorial Ride

Sunday, March 31, 2019
 9:00 am
 Wells Middle School, 6800 Penn Drive, Dublin, CA

Annual Bicycle Swap Meet (New Location)

Sunday, March 31, 2019
 1:00 - 3:00 pm
 Wells Middle School, 6800 Penn Drive, Dublin, CA
 Space and admission is free!

Valley Spokesmen Membership Provides Amazing Benefits

We encourage cyclists to join the Valley Spokesmen Bicycle Club and enjoy these benefits:

- **Member Discounts:** Members receive discounts at many local bicycle shops with a VS Membership Card.
- **Preferential registration:** Members receive preferential registration for The Cinderella Classic and TOSRD (Tour Of the Sacramento River Delta).
- **Ride with GPS:** Free full-featured 'Ride with GPS' account when using 'Ride with GPS VS club routes.
- **Annual VS Party:** Members receive an invitation to our annual VS Party: dinner, dancing, camaraderie, awards and fun.
- **Member Only Pages** - Online Membership enables access to "Member Only" pages that provide a Directory of club members and other important information.
- **VS Yahoo Email List** - Club members are eligible to participate in the VS Yahoo e-mail list to chat about club events, rides, and other social activities.
- **Feather Pedals** - This branch of VS prepares new and experienced riders for the Cinderella Classic and Challenge events.
- **Strava Club** - Club members are eligible to join at Strava.com.

Get to Know Valley Spokesmen

Valley Spokesmen was founded in 1971 by local cyclists interested in perpetuating the cycling culture and encouraging family cycling in the Tri-Valley. 48 years later the Club is a leader in bicycle advocacy, accessibility and miles ridden! Valley Spokesmen has group road and mountain bike rides every week for riders of all levels. They are known for the Cinderella Ride in March (catering to women riders), the Wente Road Race in April and the Mt. Diablo Challenge in October. Every year the club sponsors many events and rides that benefit the community we live in and others that are just for fun. Join us at www.valleyspokesmen.org

Like us on Facebook!