



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

WED WAW-(Wednesday After Work)
Starting April 24 3B 6:30 pm Les Knott Park,
Livermore Ride host: Doug Ondricek

THU Pub Rides Starting April 25th 20 miles
Starts at different pubs every week so check
VS Ride Calendar

Friendly FRI 2L/M no-drop 25-35 miles, Sports
Basement, San Ramon

Ride Hosts: Gail Blanco and Terry Cunningham

FRI/SAT/SUN/TUE/WED Various Club
Rides, see www.valleyspokesmen.org/ridecalendar

Upcoming Events



Bike to Work Day May 9

Paso Robles - May 22-24

VS Quarterly Meeting -

June 5 & September 4,
Mountain Mike's Pizza, San Ramon

VS Anniversary Ride - August 11

Mt. Diablo Challenge - October 13

TOSRD (Tour of the Sacramento River)
Delta - October 19-20

Co-Presidents' Message

Greetings Cyclists!



As your 2019 Co-Presidents, we encourage you to learn more about the Valley Spokesmen Bicycle Club. We discovered how great the club is for family when we attended our first ride in 1986 with our then 2-year old twin sons Matthew and Russell. It was on a ride that started

in Half Moon Bay and went out to Bob's Pumpkin Patch where our sons could choose their favorite pumpkins, which were magically transported to the start by VS volunteers. Through the years as we became stronger riders, we learned how diverse the club's rides are, from recreational, social, racing to downright amazing adventures (and then even 'recovery' rides after all that)! Check out our ride calendar and you'll see a ride posted nearly every day, thanks to our members who host rides and the coordination of our wonderful Cycling Director, Gail Blanco and her team of Ride Coordinators. There is something for everyone, - so whether you prefer weekend or weekday riding, fast-paced or slower social, the club has it all. As you become more familiar with the club, we encourage you to host your own rides, as it is a great way to become more involved and meet friendly, fellow cyclists. Watch the VS Website Events page for some great upcoming adventures, such as the 3-day ride to Paso Robles starting Wednesday, May 22-24. There is still space available to join this fun ride through beautiful and very remote country roads. The wildflowers should be spectacular this time of year!

Mark and Erica Dedon (Co-Presidents)

QUARTERLY FEATURE



43rd Annual Cinderella Classic and Challenge: A Beautiful Ride for Cyclists

Mother Nature provided gorgeous weather for the 43rd annual, women-only

Cinderella Classic and Challenge. This unique, women-only bicycle tour wound its way through the lovely green (thanks to all the



There were 3 different routes: 268 riders chose the 30 mile Short, 643 rode the 65 mile Classic and 131 did the 85 mile Challenge.

Charming Princes supported all the rest/food stops along the way, with an array of delicious snack food and lunches, and also provided amazing SAG support to assist riders. The traditional Cinderella ride patch was awarded to every rider to celebrate her accomplishment!! After the ride, everyone enjoyed the delicious food and beverages while shopping at the wonderful vendor booths!

Editors note: Many thanks to Jim Duncan, Francie Cushman, Bonnie & Bob Powers for organizing the Cinderella! And to all the many volunteers who gave their time before, during and after the Event.



rain) Amador, Livermore, Diablo, and San Ramon Valleys This was the second year starting from Las Positas College in Livermore and all comments were positive regarding the location, venue and the routes!

In Memory of Former VS Members

Sina Noori Memorial Ride

On February 24th, 17 riders gathered to celebrate the life of Sina Noori. She was a bright light who



embraced life fully and energized those who knew her. Thanks to Gail Blanco for hosting and for all those who joined the ride!
VS members honor Sina Noori at Memorial site with her husband, Mike, her son, Arsbad, and her mom.

Peter Rathmann Memorial Ride

There was a large turnout for Peter's Memorial Ride on March 31st. As a longtime member of Valley Spokesmen, Peter was very involved and will be greatly missed. Thanks to Mark & Erica Dedon for hosting this memorial ride, and to all who joined to celebrate Peter's life! Peter always hosted a ride the morning of the Swap Meet which is why this day was chosen for his memorial ride.



Valley Spokesmen Racing Team (VSRT) Update

The VS Racing Team has been busy racing and staying in shape. In February, the team held a barre class at Beets Cycle Barre and in March, they went for a yoga class at Livermore Cyclery in March (see photo left).



Congrats to Alex Lloyd (far left in bottom photo)! for placing in four races this year!

Races:

Davis Flatlands Road Race, Alex Lloyd Cat 4, 2nd place
(Bottom photo far left.)

Red Kite Criterium
Livermore, Alex Lloyd Cat 3/4, 8th place

Bariani Road Race, Alex Lloyd, Cat 4, 3rd place
Bump Road Race, Selim Elhadj, Cat 3/4 35+, 4th place



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): Joe Cheng
Alberto Lanzas
Mileage Keeper: James Paulos
Feather Pedal Liaison: Karin Ball
Rebecca Wood



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), 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!