



Standing VS Club Rides

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

MON/WED 2 - 2.5 L/M 25-50 miles, 9:00 am

Heather Farms Park, Walnut Creek

Ride Host: Wendy Cosin

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

Livermore Cyclery, Dublin

Ride Host: Bob Heady

WED WAW-(Wednesday After Work) 3B 6:30 pm

Les Knott Park, Livermore Ride host: Doug

Ondricek (ends September 11)

THU Pub Rides 20 miles 6:00 pm 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

VS Anniversary Ride & BBQ, Sycamore Valley Park, Camino Tassajara, Danville, CA August 11

VS Quarterly Meeting - September 4, Mountain Mike's Pizza, San Ramon



Mt. Diablo Challenge

October 13

TOSRD (Tour of the Sacramento River) Delta

- October 19-20

Co-Presidents' Message

Greetings Cyclists!

Why should you join the Valley Spokesmen Bicycling Club? Because we are a fun group of cyclists who plan great rides for our members! However, another important role our club plays is staying on top of local bicycle-related issues and advocating for safer roads for bicyclists. This has become more and more important as congestion grows on our roadways. Recently, our VS Club has fully supported several safety-related initiatives including:

- 1) *a proposed multi-use trail on Diablo Road in Danville that would be developed as part of the Magee Preserve Development;*
- 2) *widening a bike trail being considered by the City of Pleasanton as part of the downtown parking lot development;*
- 3) *support for funding bicycle turnouts on Mt. Diablo.*

Here is a quick update on these initiatives and how you can help.

As part of the Magee Preserve housing project, the developer has proposed building a separate multi-use trail on the south side of Diablo Road between an existing path that terminates at Calle Arroyo to Mt. Diablo Scenic Road. Our club supports the project because it will result in the construction of the multi-use trail and the increase in traffic from the project will be minimal. We attended a recent Danville city council meeting along with representatives from Bike East Bay, Mt. Diablo Cyclists and other bicycle advocates to express our support for the project. The city council recommended that the project be approved. (cont'd on page 3)

QUARTERLY FEATURE

Cool 3-Day Paso Robles Ride

On the Wednesday before Memorial Day, 17 cyclists started their 3-day bike ride from the Sunol Train Station to Paso Robles by way of Hollister and King City and fully supported by Bonnie and Bob Powers! Fortunately, we had beautiful, cool weather for the trip!

The first day (starting with a climb up Calaveras and over through Milpitas and on into San Jose). Five cyclists opted for an Ace train ride from Pleasanton to San Jose to cut the first day from 88 mile to 54.2 miles. They met the group at Eric's Deli for lunch in San Jose. It was a great day of riding with a lovely rest stop at Uvas reservoir. There were some tough headwinds the last 10 miles into Hollister! Bonnie and Bob met us at the hotel with afternoon snacks and drinks before everyone headed out to dinner and a very good night' sleep.

Day one: 88.1 miles, 3841 feet of climbing, max 12.2% grade

The next day, after breakfast, we headed out for our 62 mile ride to King City. Again, we hit headwinds but it was a beautiful road to the Fire Station rest stop at the top of the hill. The next stop was lunch at the Slaughterhouse! Then it was a lovely downhill all the way into King City where many stopped in town for a well-deserved beer!

Day two: 60.1 miles, 3697 feet of climbing, Max 10.6% grade

The last day was a beautiful 75 mile ride to Paso Robles. Very little traffic on beautiful, rolling roads. Lunch was at the top of "The Wall"! Afterwards, there was a lovely downhill and some rollers through lavender fields into Paso!

Day three: 74.5 miles, 3705 feet of climbing, max 9.1% grade

That was the end of another lovely trip planned and supported by Bob and Bonnie Powers! Many thanks to them for an enjoyable and challenging ride.



Co-president's Message (cont'd from Page 1)

The Pleasanton City Council recently held a meeting to review a bike trail being considered as part of a downtown parking lot development. Several members from VS, Pleasanton Pedalers and Bike East Bay attended the meeting to voice their concern that the proposed trail would be too narrow without modifying the existing plans. Unfortunately, the city council voted to continue with the narrow trail design but there is still an opportunity to advocate for the larger trail.

The Mt. Diablo Cyclists have recently asked our representatives to acquire funding for bicycle turnouts on Mount Diablo. These turnouts will allow vehicles to pass cyclists as they ascend the Mountain. Please see the link of the VS website which shows you how to let your representatives know of your support for the bicycle turnouts. As you can see, to have safe bicycle routes in our communities, there are important, but relatively simple, actions needed. These actions are mainly voicing your support for the safe alternatives to your elected officials and at city council meetings when key decisions are being made about bicycle safety.

Mark and Erica Dedon (Co-Presidents)

Ride with GPS Workshops



The Valley Spokesman Bicycle Club has been offering

RidewithGPS Workshops at various locations over the past few months. To date, six workshops have been held with two more scheduled in the future. The purpose of workshops is to help members understand the many ways of using RidewithGPS. Whether you are finding or creating a route for your personal use, a route to share with a friend, or wanting to host a club ride, this is one of the best resources available. The classes are taught by Gail Blanco, Cycling Director, and Joe Cheng, Ride Coordinator. If you have an interest in a future class, please *send an email* to the Ride Coordinator Link at the top of our *Ride Calendar* on ValleySpokesmen.org. We will keep you informed of future opportunities. You must be a current VSBC member to attend the workshop.

Valley Spokesmen Ride Photos



If you want to submit photos or articles for this newsletter, send by September 20th to newsletter@Valleyspokesmen.org

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



Congrats to Bob Strain and Jane Moorhead!

Bob Strain and Jane Moorhead each won first place in their age category for Solo Beginner at the Big Blue Adventure Mountain Bike Race in Lake Tahoe! Congrats!

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, turn by turn audible cues when using "Ride with GPS" VS Club Rides.
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!