



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

Friendly FRI 2L/M no-drop 25-35 miles, 9/10:00
am 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 Progressive Dinner, Sunday, November 17th
10:00 am, Escalon, CA

VS Quarterly Meeting - Wednesday, December
4th, 6:30 pm, Mountain Mike's Pizza, San Ramon
Guest Speaker is Gary Brustin, Bicycle Attorney.

VS Annual Party, Saturday, February 1st, 2020,
Rosmoor, Walnut Creek, CA

*Cyclocross Photo
by Jeff Vander
Stucken*



Co-Presidents' Message



Your club has been busy! The Valley Spokesmen has just finished hosting the 37th Mount Diablo Challenge on October 13th and the very next weekend, we enjoyed the 36th annual TOSRD (*Tour of the Sacramento River Delta*), a classic VS ride! On October 5th, the VS Racing Team hosted a Cyclocross event at Las Positas College. Meanwhile, our ride calendar has been very full with rides for all levels. So how do all these amazing activities get accomplished? Through the efforts of many dedicated club volunteers. The proceeds from club events support charities and the club (think BBQ, quarterly meetings and mid-winter party), while the tours and daily member-led rides allow both members and would-be members to enjoy what they like best - cycling. We send our heartfelt THANK YOU to all those volunteers who make the club so active and healthy. If you are looking to... make friends, build new skills, get great exercise, work on your PRs (it's a Strava thing) and support your club, we encourage you to volunteer for at least one club activity this year!

— Erica and Mark Dedon

QUARTERLY FEATURE

O Canada! O Canada!

What do gardens, butterflies, ferries, eagles, hawks, owls, museums and whales have in common? They are all wonderful memories from the VS Canada bike tour from June 28 to July 13 this past summer.

While most of the 37 cyclists flew to Richmond, BC, Erica and I drove our minivan with 'Ruby' our Bike Friday tandem. Our layover days were filled with stunning views of Vancouver City, the harbor and surrounding mountains. This included a day of cycling up to and around

Stanley Park taking in the totem poles, marine mammals along the shore, a happy dog beach and festive city sights. In all we stayed on the BC mainland in Richmond,

Gibson and Powell

River. On Vancouver Island, we stayed at Campbell River, Courtenay, Nanaimo, Duncan and Victoria.

On *Day 7*, cycling north on Vancouver Island toward Campbell River, we spotted juvenile bald eagles being taught how to fish by their elders. The next day we donned survival suits and hopped into giant 'Hurricane Jack' Zodiacs to head out to Discovery Strait where we were rewarded with black dolphins and Humpback whales!

On the way to Courtenay, we stopped at Mars Wildlife Rescue Center and were welcomed by Lanei and Otis, two northern screech owls performing their ambassador duties for the morning. We also viewed Humpty and Hyacinth, two bald eagles. Other cyclists toured the Pacific Northwest Raptor center near Duncan.

Cycling south along the Vancouver Island coast, we discovered local wonders like 'Nanaimo bars' and other Canadian dishes perfect for hungry cyclists.

On *Day 12*, after catching a small ferry between Mill Bay and Brentwood Bay, we reached the famous Butchart Gardens and spent the afternoon enjoying all the colors and perfumes of the spectacular floral displays in a former limestone quarry that began more than 100 years ago. That evening we stayed in the historical Huntington Manor Hotel in the heart of downtown Victoria. Here

we spent two layover days discovering the many gorgeous and historical attractions of the capital city of British Columbia.

Our day trips included the spectacular Royale BC Museum, Hotel Fairmont Empress (no high tea, just a walk through for us), and an intriguing houseboat community. North of the city, we discovered the Gardens of the Horticultural Center of the Pacific, a native plant research garden and later that day Victoria Butterfly Gardens.

Day 15 was our final day of cycling from Victoria back to Richmond. We spent that last evening discovering the Asian Night Market with its bright lights and food vendors. The next morning, we bid adieu to our wonderful cycling friends; all very grateful to Bob and Bonnie for hosting yet another grand bicycling adventure. -

By Mark Dedon



Pleasanton Traffic Engineer Speaks at VS Quarterly Meeting



Mike Tassano, the City Traffic Engineer for the City of Pleasanton, was the guest speaker at Mountain Mike's Pizza during the Valley Spokesmen Quarterly Meeting in September. He gave a very informative explanation of the

Pleasanton Master Bike Plan. He encouraged members to contact him directly with any concerns about road conditions, at mtassano@cityofpleasantonca.gov.

Valley Spokesmen Anniversary Ride/BBQ Photos

On August 11th, over 100 members celebrated Valley Spokesmen's Anniversary with a ride and delicious bbq hosted by Bob & Bonnie Powers and numerous volunteers! There was bocce ball, burgers, potato and macaroni salad and cookies and cake! A great time was had by all!

Valley Spokesmen 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, 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

If you want to submit photos or articles for this newsletter, send to communicationsdirector@valleyspokesmen.org.



VSRT

**Cyclocross
Event at Las
Positas
College,
Livermore,
CA, held
Saturday,
October 5th.**



*Photos by Jeff
Vander Stucken
jeffvsphoto.smugmug.com*