



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 20-35 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/25-57 miles Cinderella Conditioning Ride
Danville Park & Ride or Pleasanton BART 10am/
9am through March 21

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

Upcoming Events



VS Annual Mid-Winter Party,
Saturday, February 1st,
2020, Rosmoor, Walnut
Creek, CA.

VS Quarterly Meeting, 6:30 pm,
Wednesday, March 4,
2020, Mountain
Mike's Pizza, 2205
San Ramon Valley
Blvd., San Ramon.

44th Annual Cinderella Classic/Challenge/Short, 7:00 am, Saturday, March 28, 2020, Las Positas College, Livermore, CA.

Co-Presidents' Message

The new year is a good time to reflect on 2019 and the amazing activities and accomplishments of our club. Here are just a few highlights...



The Mid-winter Party heavily subsidized by the club, was a big hit last year. This year, it will return on February 1 with a fun Roaring 20's theme. Sign up now because space is limited.

The Cinderella was a huge success with its added short route to the traditional Classic and Challenge around the Tri-Valley area.. This iconic event on March 28 will likely sell out early.

Last year, many cyclists enjoyed the three-day bike tour from Sunol to Paso Robles starting Wednesday before Memorial Day weekend when the Great Western Bicycle Rally begins.

We had a blast on the two-week bike "Bob and Bonnie" tour in British Columbia last summer. This summer's tour will be exploring northern Michigan. Watch the VSlist for details.

The club's birthday and BBQ celebration last August was popular (and delicious!) and we look forward to this fun event again in 2020.

Last October VS hosted the 37th Mount Diablo Challenge, which was a big hit with the 500+ participants who raced up the mountain.. Mark your calendars for the 38th MDC on Sunday, October 4!. If you're not riding it, then consider volunteering. This iconic event not only supports your club but also charitable organizations supporting Mount Diablo. (cont'd on p. 3)

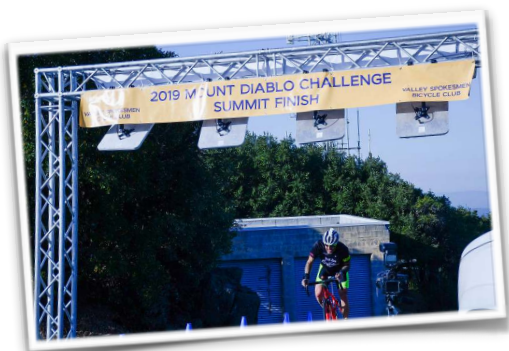
QUARTERLY FEATURE

37th Annual Mt. Diablo Challenge Climbs to the Top

On October 13, VS hosted the 37th Annual Mount Diablo Challenge. An 11.2-mile, timed bike event, more than 500 cyclists turned out to climb the 3,249 feet to the summit of Mt. Diablo up South Gate Road.

The History of MDC

I learned from our founding member Bonnie Powers that this event was first hosted by our club back in 1971 as a memorial ride to honor a young cyclist named Joan Walt who died suddenly from a cardiac condition. The proceeds benefited Children's Hospital cardiac care unit. Several years later the American Lung Association hosted the



MDC and continued to do so for quite a few years.

Recently, the event had been hosted by Save Mount Diablo with the proceeds benefiting land conservation of Mount Diablo.

VSBC Hosts

In 2016, Save Mount Diablo returned the MDC to VSBC so they could continue to focus on their core mission. In 2017 VSBC hosted the event and revamped the format to improve safety and expand the post-ride celebration. Now, instead of holding riders at the summit, riders are escorted by vehicles in groups safely down the mountain soon after

their ascent to join friends and family at Monte Vista High School. There they can enjoy post-ride festivities together, including an awards ceremony, music, food and vendors. For the last two years, participants have been encouraged to form teams and cash prizes were awarded this year to the fastest all male, all women and coed teams. These prizes were in addition to awards and prizes offered for the fastest male and female riders by 16 different age categories and overall best times.

2020 Changes

In 2020, the MDC will be hosted once again by VSBC on Sunday, October 4 and participants can expect more awards and prizes, and an enhanced post-ride venue, with more food and drink options, vendors and activities for the participants and their friends and families. Discounted registration will open on April 1, 2020 so watch for announcements as that date nears. *-Mark Dedon*



Valley Spokesmen Ride Photos

(cont'd from p. 1)



Also, on October 17-18 is the classic TOSRD (Tour of the Sacramento Delta). It's a beautiful route that follows the levee back roads of the Sacramento River Delta from Brannon Island State Park to Old Town Sacramento and back

And soon after, on Sunday, November 17, 17 cyclists enjoyed the progressive dinner and bike ride hosted by Pam and Steve Gifford at their historic farmhouse in Escalon.

We would like to take this opportunity to once again thank all of the club members who volunteer their time to help make club events and hosted rides possible. We also thank the board members for all of their time and efforts that keep the club going strong.

In particular, we thank Gail Blanco as she transitions out of the board for serving as the Cycling Director for the past six+ years. Gail's great leadership has helped to keep the club's cycling calendar full of great rides. We are also very grateful for our new Cycling Co-Directors, Kris Yost and Terry Cunningham, who were recently elected

We look forward to even more fun events in 2020.

-Erica and Mark Dedon

Bicycle Attorney Brustin Informs How to Avoid Accidents

Gary Brustin, a bicycle accident attorney, gave an excellent and very informative presentation about where the majority of car/bike collisions happen

(intersections), how best to avoid them and what to do when an accident happens to you. If you do have an accident you may want to call Gary Brustin, who is a cyclist and has been practicing for more than 20 years. He can be reached at www.bicyclelawyer.com.



VALLEY SPOKESMEN BICYCLE CLUB 2020 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 Co-Directors: Terry Cunningham & Kris Yost
Communications Director: Rebecca Wood
Events Director: Jim Duncan

Other Club Positions:

Webmaster: Jim Van De Vreugde
VS Racing Team: Jim Duncan
Ride Coordinator(s): Gail Blanco
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:** The new Workshop Ride with GPS account offers editing and full features for our members free, including 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 Google Email List** - Club members are eligible to participate in the VS Google 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.

2019 Tour of the Sacramento River Valley (TOSRD)



Another great tour along the beautiful Sacramento River delta with a delicious bbq feast on Sunday! Thanks to all the riders and volunteers who make this ride possible.
Editor's note: Much thanks to Francie Cushman, Jim Duncan & Bonnie Powers.