



## Standing VS Club Rides & Events

**Go to [valleyspokesmen.org](http://valleyspokesmen.org) for the most up-to-date information on rides**

VSBC has restarted scheduled group rides. All participants must register online and agree to the liability waiver prior to riding, using either the ride calendar on the VS Website or on the 'Wild Apricot for Members' app for iPhone or Android. Participants must follow county, state and CDC guidelines listed in the ride registration information. A small price to pay to get back to group rides!

**MON** 2L/M 9:00 am, 25-40 miles Heather Farms Park, No. San Carlos Drive, Walnut Creek. Ride Host: Geoff Shannon.

**WED** 3/4M 35-55 miles, 9:00 am Heather Farms Park, No. San Carlos Drive, Walnut Creek. Ride Host: Peter Morrissey.

**WED** 4/5M 14-24.3 miles, 8:30 am Mt Diablo Challenge Training, St. Timothy's Church, Danville. Ride Host: Rick Edmondson.

Friendly **FRI** 2L/M no-drop, 25-35 miles, 9:00 am, Sports Basement, San Ramon. Ride Host: Terry Cunningham.

**SAT** 2L/M no-drop., 25-40 miles, 8:30 or 9:00 am Alternating Start Locations and Hosts.

**SAT** August 7, **Valley Spokesmen 50th Birthday BBQ**, 12:00 pm Sportsman Park, Rossmoor.

**SUN**, September 26, **VSRT Cyclocross Race**, Rowell Ranch Rodeo.

**SUN**, **Mt. Diablo Challenge**, October 3, 2021. Check [MountDiabloChallenge.org](http://MountDiabloChallenge.org).

## Presidents' Message

Greetings Fellow Cyclists!

**W**e are pleased to

report that group rides are back without restrictions following the guidelines of the California state public health department. In fact, a silver lining is that your ride-directors and webmaster have developed a completely touch-free ride registration process that is far better than the old, paper-based system.

We would like to give a HUGE THANK YOU to members who have been hosting rides. Club rides allow members and guests to meet new riders, develop camaraderie, learn new riding skills, learn new routes, and get discounts. See page 4 of this newsletter for other club benefits. Watch the VS calendar for more rides.

VSBC will celebrate its **50th anniversary on August 7**. Join the anniversary rides followed by a great lunch courtesy of the club! The venue is at Rossmoor, Walnut Creek.

The club will be hosting the *38th Mount Diablo Challenge-In Memory of Joe Shami* on Sunday, October 3rd (see article on p. 3). And, speaking of Mt. Diablo, we are pleased to announce that the state of California has approved \$1.5 million to building 70 bike turnouts on Mt. Diablo. Many thanks to Al Kalin and the late Joe Shami for their tireless efforts, and to state Sen. Glazer (D-

*(cont'd on p. 2)*



*President's Message (cont'd from P. 1)*

Contra Costa) in getting needed funding to make Mt. Diablo safer for the more than 150,000 cyclists that ride it every year.

*-Mark and Erica Dedon (VSBC Co-Presidents)*

## 45th Virtual Cinderella & Cinderella Challenge Ride

The 45th anniversary Cinderella Classic was virtual this year due to the pandemic. It was staged over 9 days in May. Riders rode anywhere in the world, received a Cinderella Patch and were entered in a drawing for great prizes courtesy of Trek, Dublin Cyclery and Sports Basement. We want to thank the many riders who participated from 5 states, including California. We are looking forward to the Cinderella Classic & Challenge 2022 which will be held on **Saturday, April 9, 2022.**

## Cross is Coming!

Valley Spokesmen Racing Team (VSRT) will be hosting a cyclocross race on **September 26 at Rowell Ranch Rodeo!** It will be the first race in the 2021 Bay Area Super Prestige Series. This will be a family friendly event and promises fun, thrills (maybe spills), prizes, a team competition and FUN for the entire family. There will be a legit race course as well as a kiddie area suitable for toddlers on balance bikes and bigger kids too. So, if you are at all curious about racing, consider pinning on a number and giving it a go! VSRT will be running a series of 'cross clinics later this summer. In the meantime, feel free to hit me up with any questions or if you would like to help make this event happen, 'er volunteer, Jim English [jimmyjoenglish@gmail.com](mailto:jimmyjoenglish@gmail.com).

## VS Quarterly Meeting -- Cross Country Trip Presentation

On June 2nd via Zoom, Mark Ballock and Terry Cunningham provided an excellent presentation on their bicycle trip across the United States. Called "Outriding Cancer", they rode 3,400 miles from Santa Monica to Virginia Beach to fundraise for the Lazarex Cancer Foundation.

Lazarex improves patient access to cancer clinical trials. Thank you, Mark and Terry, for sharing your journey and for your donation to a good cause. Mark your calendars for the next quarterly meeting on **Wednesday, September 1 at Mountain Mike's Pizza** in San Ramon and a traditional free pizza dinner!



L to r: Terry & Mark standing in front of Santa Monica sign as they start on Route 66, after dipping their bikes in the Pacific Ocean.



L to r: Terry, Mark and Carol, their amazing SAG (and Terry's wife) at the end of their journey dipping their bikes in the Atlantic Ocean.



## Photo Contest Winners

April was the final month of the VSBC Photo Contest. These lovely photos are a great reminder that one of the amazing benefits to cycling is the gorgeous scenery and the camaraderie! Here are the winning April photos!



1st Place - Tahoe City Dock, Lake Tahoe.



2nd Place - Hwy 101 North of Carmel towards Big Sur.



3rd Place - Overlook of trail between Japonica and Tassajara in San Ramon.

## Challenge Yourself on Mt. Diablo - In Memory of Joe Shami



On Sunday, October 3, VSBC will be hosting the 38 annual Mount Diablo Challenge - In Memory of Joe Shami! This will be the one in-person riding event put on by your club this year. Try to beat your last time or

volunteer to support the event. Either way, it will be a day to enjoy and remember.

Thirty-nine years ago, the VS Club hosted the first Mt. Diablo Challenge in memory of Joan Walt who passed away of myocarditis, which was a rare heart ailment. Any profit made was donated to the American Heart Association.

A few years later, the Children's Hospital Auxiliary (in Oakland) took it over and the profit was contributed to the Heart Department and later other departments at the hospital.

Next, the American Lung Association took on the job of sponsorship and, more recently Save Mount Diablo (SMD). In 2016, SMD asked VSBC if they would like to host the event while SMD focused on other fund-raisers more in line with their expertise. Thus in 2017 the hosting of the Mount Diablo Challenge had returned to the club that started it.

Meanwhile, over the past 12 years, Joe Shami (in his mid-seventies) began riding his Trek bicycle to the summit of Mount Diablo at least once per week for an amazing 615 weeks! Tragically, Joe was killed April 13 while cycling in a traffic circle in Lafayette. His love for Mt. Diablo and his tireless work to make it a safer place for cyclists will be celebrated this year with the *Mt. Diablo Challenge - In Memory of Joe Shami!*

So ride, volunteer or just come to cheer! For more information visit [www.mountdiablochallenge.org](http://www.mountdiablochallenge.org).

## VALLEY SPOKESMEN BICYCLE CLUB 2021 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:** Jonathan McKaskey  
**Ride Coordinator(s):** Terry Cunningham & Kris Yost  
**Mileage Keeper:** James Paulos  
**Feather Pedal Liaison:** Rebecca Wood

- **Member Discounts:** Members receive discounts at many local bicycle shops with a VS Membership Card. For a list of bike shops, go to [www.valleyspokesmen.org/Local-Bike-Shops](http://www.valleyspokesmen.org/Local-Bike-Shops).
- **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. *(This event had to be cancelled for 2021 but we are hopeful for 2022).*
- **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](http://strava.com).



### Elected VS Board Members

VS Board Members during the April Zoom Board Meeting. *(Starting in upper left corner l to r):* Mark Dedon, Rebecca Wood, Kris Yost, Erica Dedon, *(2nd Row l to r):* Bonnie Powers, Terry Cunningham, Jim Van De Vreugde *(not elected-ne)*, Don Carpenter. *(3rd row l to r):* Julie Uher, James Paulos *(not elected)*, Dave Gilbert *Not pictured* — Jim Duncan.

### Valley Spokesmen Membership Provides Amazing Benefits

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

- **Bicycle Advocacy:** VSBC members attend local city council meetings and advocate for bicycle improvements and safety in the local tri-valley.

### Get to Know Valley Spokesmen

Valley Spokesmen was founded in 1971 by local cyclists interested in perpetuating the cycling culture in the Tri-Valley. 50 years later the Club is a leader in bicycle advocacy, accessibility and miles ridden! Valley Spokesmen used to and will again have group road and mountain bike rides every week for riders of all levels. They are known for the Cinderella ride in March or April, and the Mt. Diablo Challenge in October. Join us at [www.valleyspokesmen.org](http://www.valleyspokesmen.org)

### Upcoming Events (Watch [VS Calendar](#))

**VS Quarterly Meeting**, Wednesday September 1, 2021

**VS 50th Birthday Ride & BBQ**, Saturday, August 7, 2021.

**VSRT Cyclocross**, Sunday, September, 26, 2021  
**Mt. Diablo Challenge**, October 3, 2021 Go to [www.mountdiablochallenge.org](http://www.mountdiablochallenge.org) to stay up-to-date.

**TOSRD**, *(Cancelled)*