



Standing VS Club Rides & Events

Go to 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: Alternating.

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

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

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.

SUN, Mt. Diablo Challenge, October 3, 2021. Check MountDiabloChallenge.org.



Presidents' Message

Since the last newsletter, there have been a couple of major milestones that we should all be proud of. These are milestones that have resulted from your spirit of volunteering.



On August 7, your club celebrated its 50th anniversary with a fun BBQ at Rossmoor in Walnut Creek. This was a celebration of 50 years that club members have volunteered to make the club a success. From board members to ride hosts, VSBC has been and continues to be made up of people who volunteer their time to keep the club going. The classic bike tours the club has hosted over the years, such as TOSRD and Paso Robles, are certainly memorable. However, it is the weekly rides that many members host that keep the club strong and provide a way for members and nonmembers alike to enjoy the club.

Another milestone was the August 23rd celebration of construction funding for bike turnouts on Mount Diablo. In recent years, many VSBC members have been advocating for this effective solution to bike safety. It was great to see a strong showing of support from VSBC members at the celebration. Just by attending, VSBC members made a strong statement to park officials that construction of the turnouts should be completed without delay. Thank you to all who attended and who have been supporting bike turnouts for years. *(cont'd on p. 3)*

Valley Spokesmen Bicycle Club Celebrates 50th Anniversary!

More than 150 cyclists gathered at Rossmoor on Saturday, August 7th to celebrate 50 years of epic cycling with the Valley Spokesmen. Some arrived after riding the VS Anniversary Metric 50 to honor the Valley Spokesmen's 50 years. It was a fun event where everyone enjoyed sharing stories of events, rides and how being a part of Valley Spokesmen has impacted their lives. Bonnie Powers filled many scrapbooks full of articles and photos from 1971 to present for people to enjoy. She also brought all the old VS kits from years



Cyclists gathered at the Sycamore Park and Ride before headed out on the anniversary ride.

past. Mark & Erica, co-presidents of VSBC, presented several awards. One award was given to Francie Cushman for her dedicated service organizing the Tour of the Sacramento River Delta. Another award was given to Jim Duncan for his many years of service as Events Director, liaison with the VSRT and



organizing the Cinderella Classic/Challenge, TOSRD, Mt. Diablo Challenge and VSRTCyclocross. They also presented Bonnie & Bob Powers with The Founder's Appreciation Award for 50 years of Leadership & Participation. Their sons, Randy and Jon, who used to ride with them as young boys, joined them for the photo. It was a great celebration enjoyed by all who attended. Thank you to Bonnie & Bob for founding Valley Spokesmen and for all your



The Powers Family

years of amazing events and anniversary parties.

Walt's 90th Birthday



51 riders celebrated Walt Thomas' 90th birthday ride on September 9th in Fremont. Walt, you are amazing. We are honored to know and ride with you.

Presidents' Message

(cont'd from p.1)

As we write this article, many are signing up as volunteers for the Mount Diablo Challenge. With more than 100 positions to fill, it has been very gratifying to see so many members offer their time. It is indeed special this year with Trek Bikes as our Title Sponsor and our tribute to Joe Shami who was also a huge advocate for safe cycling on Mount Diablo. It's great that your spirit of volunteering will continue to help VSBC thrive.

-Mark and Erica Dedon (VSBC Co-Presidents)

Cyclocross at Rowell Ranch

More than 350 cyclists competed in the Valley Spokesmen Racing Team's Cyclocross Event on Saturday, September 25th at Rowell Ranch in Castro Valley. It was fun to watch and to compete. Thanks to all those who came out to volunteer and cheer



Valley Spokesmen members who attended the recent bike turnout ceremony celebrating the \$1.5 million funding dedicated to build 77 bike turnouts on Mt. Diablo.

Mt. Diablo Turnout Celebration

On a beautiful August 23 morning, cyclists and dignitaries gathered at Curry Point to attend a historic bike turnout ceremony on Mount Diablo State Park! The \$1.5 million budgeted by the California State Legislature will install up to 77 bike turnouts on Mount Diablo, to help make the mountain safer for cyclists. These additional bike turnouts are being dedicated to Joe Shami, "The Legend of Mount Diablo" who rode up the mountain for 615 consecutive weeks and was recently lost in a tragic bike/car collision in Lafayette.

To see the ceremony, [click on Mt. Diablo Bike Turnout Ceremony](#). Many thanks to all who helped to make this funding happen, including State Senator Steven M. Glazer (D-Contra Costa) and Assemblymember Rebecca Bauer-Kahan (D-Orinda) and Al Kalin, president of Mt. Diablo Cyclists and a Valley Spokesmen member. We celebrate this accomplishment as a step forward for the many cyclists who enjoy riding Mt. Diablo and want to do so safely!

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



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 area.
- ***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.
- ***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.

The Valley Spokesmen Bicycle Club 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

Upcoming Events (Watch VS Calendar)

- **Mt. Diablo Challenge**, 10/3/21 Sunday. Go to www.mountdiablochallenge.org to stay up-to-date
- **Martinez to Davis**, 10/30/21, Saturday.
- **Progressive Dinner**, 11/06/21, Saturday.
- **VS Quarterly Meeting**, 12/01/21, Wednesday.