



50
Years
Strong!

Upcoming Events

Feather Pedal Conditioning Rides

Starting Saturday, January 8th, the Feather Pedals group will host no-drop, conditioning rides every Saturday, designed to get riders of all levels ready to do the 62-mile Cinderella. Online sign-up is required for each ride. Go to www.valleyspokesmen.org/ridecalendar and click on the ride to register. Registration is open to both members and non-members, men and women. To receive emails about the rides, be sure to join Valley Spokesmen.



Here are a few shots from past Cinderella events

Tour de Tucson Trip

Join us on a trip to Tucson, Arizona in late February. We will be there from February 21 to February 28 for a fixed based riding adventure. Go to [Tour de Tucson](#) for more information and to register for the trip!



Presidents' Message

2021 is the comeback year for VSBC. From a completely blank ride calendar in January to virtual rides in February, to a great new touch-free ride registration process, to Mt. Diablo training rides, to Friendly Friday rides, to regular Saturday rides, to regular Monday and Wednesday rides from Heather farms, and to the Mellow Monday rides. We want to say a HUGE THANK YOU to: **Nathan, Kris, Terry, Jim P., Jim V., Satish, Karen, Wendy, and Kathy**. Special thanks to **Kevin** for a super fun Martinez to Davis ride, and **Steve and Pam** for hosting a very successful and well-attended Progressive Dinner ride in Escalon. Indeed, thank you to all the ride hosts that helped our club get back this year to what we love - riding together and exploring the greater Bay Area on our bikes!

We have enjoyed our last three years as your club co-presidents. We want to thank Dave Gilbert for his term as Vice President and Rebecca Wood as Communications Director. Please welcome Satish Sathe as our incoming president; David Glazer as the new VP and Sharon Zhang as the new Communications Director.

-Mark and Erica Dedon (VSBC Co-Presidents)

Editor's Note: Many thanks to Mark & Erica for their excellent years of dedication and service as co-presidents!

2021 Mt. Diablo Challenge A Success!

This year's Mt. Diablo Challenge, held on Sunday, October 3, was a big hit with more than 700 cyclists from 9 – 87 years old participating and most giving it a 5/5 overall score!

The ride was held "In Memory of Joe Shami" who rode the Mountain more than 700 weeks in a row. We may have lost Joe this year, but his memory lives on in the money raised to improve safety on the Mountain!



Many thanks go to the 130 volunteers who worked hard to make the event possible. We also want to thank our main sponsor, **Trek**, and all the others



who made the Challenge a success. Food, drinks, and camaraderie are always part of our various ride events! **Mark your calendars for Sunday, October 2, 2022** for next year's event. Go to www.mountdiablochallenge.org for more information.

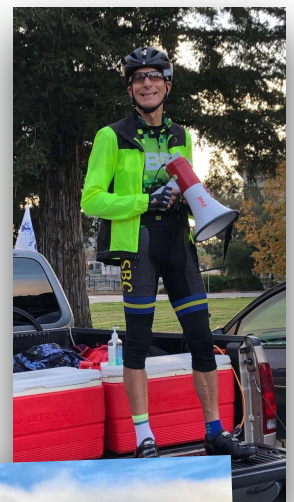


Cyclists enjoying a leisure BBQ picnic after MDC at Stone Valley Community Park

Martinez to Davis

There were two great Fall rides from Martinez to Davis this year – an annual tradition for the Valley Spokesmen. **Karen**

Kaiser hosted 25 cyclists, on Wednesday, October 27 and **Kevin Thieben** hosted 50 cyclists on Saturday, October 30 that was supported by **Teresa Thieben**. After the 64 mile ride to Davis, everyone enjoyed a great Mexican meal at Tres Hermanas, and then hopped on the train for a 45-minute ride home! It was a perfect fall route.



50 cyclists ready for the 60 miles from Martinez to Davis

Progressive Dinner in Escalon

The Progressive Dinner ride in November was a resounding success. 28 Valley Spokesmen members, friends and families enjoyed family friendly routes totaling 50 miles riding through the almond and walnut orchards, cornfields and

dairy farms of rural Escalon. Wonderful soup, main course and drinks were provided while everyone brought a dish to share. Many thanks to Pam and Steve Gifford for hosting this annual event at their beautiful circa 1854 farm home.

Editor's Note: Thanks to Walt Thomas for the photos!



Many thanks to the Giffords for opening their beautiful home to VS!

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.

Mellow **MON 2L/M 9:30 am, 20-30 miles** Shannon Park, Heather Farms Park, 1600 Shannon Drive, Dublin. Ride Host: Kathy Koos.

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 hosts.



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



December Board Meeting with Newly Elected Members:

Top Row (l-r) Terry Cunningham, Rebecca Wood, Erica Dedon, Don Carpenter. *Second Row (l-r)* Mark Dedon, Jim Paulos, Bonnie Powers, Julie Uher. *Third Row (l-r)* Sharon Zhang, David Glazer, Jim Van De Vreugde, Satish Sathe. *Bottom row (l-r)* Kris Yost. *Not pictured:* Jim Duncan and Francie Cushman
 Editor's Note: Many thanks to Mark & Erica Dedon (outgoing co-presidents), Dave Gilbert (outgoing vice president) and Rebecca Wood (outgoing communications director) for their service).

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