



**Upcoming Events**

**46th Cinderella Classic Is April 9!**

**T**ri-Valley's favorite women/girls-only ride event is finally back after a two-year pandemic lockdown. And it's fast approaching! The entire route will be supported by our princes charming, That includes technical / road assistance, snacks along the way, and a sumptuous lunch!



A Cinderella Classic ride patch is awarded to every rider. This year, riders are limited to 800. New or returning riders are all welcome. [Register](#) before it's too late! Advance registration with discount closes on April 4th, 11:59PM.

**D**on't forget to buy your beautiful [Cinderella](#)

[jersey!](#) It's a club fit jersey with lightweight moisture wicking AMP fabric, UPF 28+ protection and 3 rear pockets for storage, hand crafted in USA!



**Meet the New VS President!**

**H**ello fellow cyclists. We're off to a great start in 2022 with regular rides to cover almost every day of the week! It's great to see so many new and existing members getting back out and group riding again. We're also gearing up for the 46th Cinderella ride on April 9, to be followed by more fun rides and events. As we fill out our calendar, I am certain you will find rides that suit your preferences, and other riders who have similar preferences!



Satish Sathe

**T**his is my first year as President of VSBC. I joined VSBC in 2019 to seek out popular routes. Over the years, I have learned so much from other members – from ride safety to bike maintenance and repair. I've really enjoyed getting to know many of the riders in the club, hearing about their experiences and the many different places they have ridden in the world. We have a successful and thriving club thanks to the past board members and volunteers, and of course you, the club members. I hope we can maintain and build upon that in the coming months.

**Upcoming Events (Continued)**

3/29 and 4/5 Tuesday 4:45-6PM  
[Basic Bicycle Clinic](#). Mike's Bikes Pleasanton

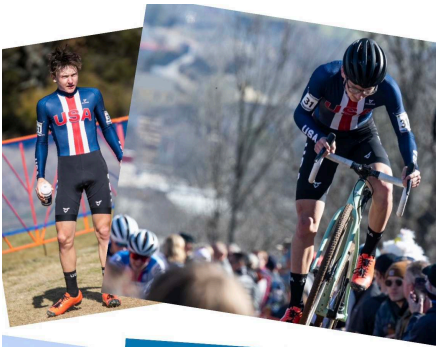
4/10 Sunday, 1-3PM  
[Swap Meet](#). Wells Middle School, Dublin

5/1 Sunday 10AM - 5PM  
BBQ. Sportsman's Park, Rossmoor, Walnut Creek

## VSBC Junior at UCI Cyclocross World Championships

**D**an English (VSBC and Rock Lobster Cycles member) travelled to Fayetteville, Arkansas in January for the UCI Cyclocross World Championships! Dan was one of six Junior Men and 38

total athletes to represent the USA. He had a strong and clean race, finishing a respectable 17<sup>th</sup> place against the fastest 17- and 18- year-old men on the planet. Dan is now looking forward to the USA Cycling MTB Nationals which will take place in Winter Park Colorado this July.



**A**nd in local dirt news... After a successful event in 2021, we will return to Rowell

Ranch for the next VSRTCX, our local cyclocross race and part of the Bay Area Superprestige Series. Save the date, 9/24/2022. We would love to see as many VSBC members as possible-racing, volunteering or just stopping by to check out the vibe!

## Tour de Tucson

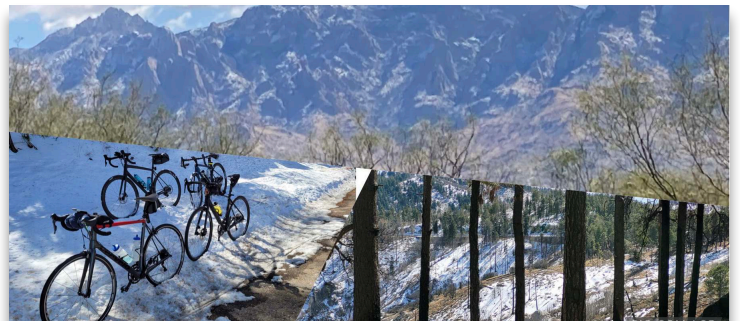


**K**aren Kaiser led a group of 31 cyclists touring the beautiful countryside of Tucson, Arizona from 2/21- to 28. It was hundreds of miles of fun, desert landscape, food, camaraderie, and health, with a summit up the 6100-foot, snow-covered Mt. Lemmon. Photos and testimonials say it all!



*"I was so busy enjoying the food and riding that I didn't even have time to enjoy the many interesting tourist attractions Tucson has to offer." —Kris Y.*

*"Deepest thanks to Karen Kaiser for her awesome planning of the second VS trip to Tucson. The lodging was perfect and centrally located to the rides, restaurants, stores, and shops. The routes were well thought out and offered multiple options for those wanting different types of rides." —Kathy K.*



## Feather Pedals Conditioning Rides

**F**eather Pedal Conditioning Rides started on January 8. By the end of March, we have completed 11 rides, with a total of 543 cyclists participating, covering 20,015 miles of the beautiful, early spring Tri-Valley ground. What an accomplishment! Kudos to the Feather Pedal Conditioning Rides coordinator **Rebecca Wood**, and to our tireless ride leaders, **Marsha Montevago**, **Chris Pham**, and **Satish Sathe**.



### Order Feather Pedals Apparel Today!

The custom-designed, beautiful Feather Pedals apparel is available to order today. You will get compliments galore. To order yours, just click on this link [FP apparel](#).



As the rides get progressively more challenging, with longer miles and higher elevation gains, the club was very fortunate to have received SAG support from Mike's Bikes in Pleasanton.



Pre-ride inspection - Matt Dion of Mike's Bikes fixing a brake issue for VSBC member Nancy Oh



We stop to have coffee and tea, chat with fellow riders, take group photos, or enjoy our precious green hills.

### Standing VS Club Rides & Events

[Go to valleyspokesmen.org](#) for the most up-to-date information on rides.

**V**SBC 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 2022 CLUB OFFICERS AND DIRECTORS

**President:** Satish Sathe  
**Vice-President:** David Glazer  
**Treasurer:** Don Carpenter  
**Recording Secretary:** Julie Uher  
**Administrative Services Dir.:** Bonnie Powers  
**Cycling Co-Directors:** Terry Cunningham & Kris Yost  
**Communications Director:** Sharon Zhang  
**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 2022 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](http://www.valleyspokesmen.org/Local-Bike-Shops).
- **Preferential registration:** Members receive preferential registration for The Cinderella and the Sacramento River Delta, aka, TOSRD).
- **Ride with GPS:** Free, turn by turn audible cues when using "Ride with GPS" VS Club Rides.
- **Annual VS Club Birthday BBQ Party:** Members receive an invitation to our annual VS Party: dinner, dancing, camaraderie, awards and fun. This typically happens in August. Stay tuned for detailed information.
- **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).

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. VSBC is known for the Cinderella ride in the Spring, and the Mt. Diablo Challenge in October. Join us at [www.valleyspokesmen.org](http://www.valleyspokesmen.org)