



Upcoming Events



Mark your calendar! The [39th Mount Diablo Challenge - Memorial Ride](#) will be on Sunday October 2, 2022. Volunteer Sign Up is ready as well! Click here to volunteer: [Mount Diablo Challenge Volunteer](#)
 •[VSBC 51st Anniversary BBQ](#)

is Saturday August 6 in Walnut Creek.
[46th Cinderella](#)



After a 2-year hiatus due to the Covid pandemic, the 46th Cinderella came back to the Tri-Valley with a bang! On the morning of April 9, over 1000 Bay Area women, the Cinderellas, donning bright multi-colored costumes and headpieces, gathered at Las Positas

College in Livermore. They were greeted by dozens of Prince Charmings and treated to hot coffee, tea, fruits and bagels. The sky was blue and the temperature was a perfect 70 degrees F! The man who orchestrated this whole show was our own veteran cyclist, Jim Duncan. **Note:** Our dear friend, VSBC member and cyclist extraordinaire Jim Duncan, passed away unexpectedly on July 3. There will be an event to celebrate Jim's life on August 13th. More details will be available closer to the date.



President's Message

Hello fellow cyclists. It's hard to believe another three months have gone by since our last newsletter! And what a quarter it has been for VSBC! It started off with the Cinderella ride on April 9, with over 1,000 registered riders! I heard nothing but good things from all the riders. A huge thanks to all the volunteers and participants who made it such a successful event! We kicked off May with our spring picnic. Thanks to Bonnie and Bob Powers for hosting such a wonderful event. It was great to meet and talk to many of the members while being stationary instead of catching a few words while on a ride! This quarter we also hosted a Zoom meeting with both candidates running for CCC Sheriff. The meetings gave us an opportunity to voice our concerns about bicycle safety. Mark Dedon and the Mt. Diablo Challenge volunteers are already hard at work planning this year's event. If you happen to ride up Mt. Diablo and notice some signs that remind you about road safety or notice that the cracks in the road have been patched, you can thank the VSBC MDC team for their efforts! On the cycling front, we are seeing increased participation on the group rides. We also have some new ride hosts. Thanks to Milinda, Cynthia, David, Randy, and the existing ride hosts, for taking us to different parts of the tri-valley and beyond. For those of you who haven't yet participated in a group ride, I am sure you will find a ride of your liking and I encourage you to join in whenever you can. I look forward to seeing you on the road soon!



Satish Sathe

Feather Pedal Graduation



for training for the Cinderella (100KM and 100 Miles) is more fun in a group! That's why the Feather Pedals Conditioning Ride Series was created. From January through April, the women (and men) rode from 25 to 50 miles to get ready the Cinderella. On April 2, they completed the final ride and celebrated at Beeb's with lunch and cupcakes! Congratulations on another successful Feather Pedal season!

Scenic Rides

In addition to regular weekly rides in the tri-valley, club members organize scenic rides in the Bay Area from time to time. These rides offer members of different riding skills with the chance to enjoy the unparalleled beauty of our area on their bikes. This



Redwood forest, San Francisco, and Mt. Diablo from Mt. Tamalpais.



Stinson beach, Alpine lake

quarter, we spotlight two such rides: 1) Loop of Mt. Tam, led by Kris Yost. 41 miles with 4300" climbing.



Meet with Yoda in downtown San Anselmo



2) Marin Ride - meandering along the Marin coastline through Sausalito to the Golden Gate Bridge with lunch at Caffe Acri, in downtown Tiburon, followed by a ride on Paradise Drive, to get back to the starting point: the Marin Country Mart. The ride was 39 miles long with 1670 feet of elevation. The club's president Satish Sathe led the 27-member ride.

News from the VSBC Race Team

• Sea Otter Classic La Gravilla

Doreen Wagner participated in the Sea Otter Classic La Gravilla on Sunday April 10th, 2022. She placed first in the 50+ category with a



time of 2:40:57. The Sea Otter Classic gravel race challenges riders over 25 miles and 3000 feet of climbing on the trails and gravel roadways of the Fort Ord National Monument. Doreen's next challenge is Race Across America starting on June 18th. Doreen and her 8-person relay team Aligned Alliance are riding coast-to-coast in 7-8 days. The team is riding to create awareness and raise funds to combat Veteran and First Responder suicide.

California Regional USCA Mountain Bike Series

Adam White and Jonathan McKaskey have been participating in the California Regional USAC cross-country mountain biking championship series in the "Cat2" category, in the 40-50 and 19-40 age groups. Adam and Jonathan placed 2nd and 3rd, respectively, at race #1 in Nevada City, and Jonathan finished 2nd at race #2 in Susanville. Race #3 is in Grass Valley, CA on June 26. We wish them luck!



cooked up by the club's co-founder, and longest serving member Bonnie Powers and her family. The sizzling hamburgers, the homemade fruit salad,



potato salad, beans and cookies, conversations, and bocci ball game all helped to make it a perfect picnic day! Thank you Bonnie, Bob, Jon, and Carrie!

Donations to Mt. Diablo State Park To Make Roads Safer

In April, on behalf of VSBC and Trek, the club's MDC champions Mark Dedon and Jim Duncan made a donation of 12,000 pounds of asphalt to the Mt. Diablo State Park, using the proceeds from the 38th Mt. Diablo Challenge. The club also made a cash donation to the Mt. Diablo Interpretive Center. These donations have just one purpose: improving bicycle safety on



Mt. Diablo. These are some of the many ways that VSBC and Trek are helping make Mt. Diablo safer for cyclists.

VSBC Mid-Winter Party in May!

On a beautiful morning of May 1, VSBC members and friends, gathered at the in Rossmoor, Walnut Creek, for a sumptuous picnic,

Standing VS Club Rides & Events

Go to valleyspokesmen.org for the most up-to-date information on rides.

All VSBC sponsored activities require online registration and liability waiver agreement prior, using either the ride calendar on the VS Website or on the 'Wild Apricot for Members' app. Participants must follow county, state and CDC guidelines listed in the ride registration information.

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

VSBC 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 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.



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.

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

Access VSBC Website **Volunteer for MDC**

