



Upcoming Events

Check the [Ride Calendar](#) for details and to register.

[1/21-4/8 Feather Pedals Conditioning Rides](#)

VSBC's free, well-attended conditioning series will kick off on Jan 21. The series is designed to encourage new and experienced riders to get back on their bicycles. By the end of the series, you will be well-prepared to complete the 63-mile Cinderella Classic. The skills session prior to many rides will help you learn how to ride safer and with more confidence.



[2/20-26 Tour de Tucson](#)

Sign-up to travel to warm weather with a group of Valley Spokesmen. There are daily rides between 35-60 miles where you can take in the desert scenery. You can also challenge yourself with a ride up iconic Mt. Lemmon and Kitt Peak.

[4/15 Cinderella 2023.](#)

This will mark the 47th Cinderella event, a popular women-only ride that provides a scenic route through the tri-valley in a 35, 63 or 95 mile ride. It is a fun athletic event where riders don beautiful and decorative costumes making spectators smile.

[4/16 Bicycle Swap Meet](#)

Great way to clean out your garage and get something new!

[4/19-21 Paso Robles Tour](#)

Members start in Sunol and ride their way to Paso Robles over 3 days. It is a fun, challenging ride that you will remember for years!

President's Message

2023 is upon us already, and VSBC has a lot of cycling activities to kick off the new year. In January, our Feather Pedals training rides will begin, in preparation for the Cinderella ride. We will also hold the week-long Tour de Tucson ride towards the end of February. Our existing weekly group rides continue to be well attended. A big thank you to all the ride hosts for stepping up and doing such a wonderful job keeping us motivated and cycling through the cold weather.



Satish Sathe

This year I hope that we can get more of you participating in our group rides, and more often. If you don't find a ride that suits your style or schedule listed on our calendar, then do consider hosting a ride yourself. Our ride coordinators will be happy to assist you every step of the way, from selecting routes, to going over the dos and don'ts. We are also conducting a survey to get your feedback on our club so tell us what you think. We will also be holding cycling skills training in conjunction with our training rides – a great opportunity to learn something new, or fine tune your technique with expert guidance. I want to thank the outgoing 2022 Board Members for their help and support through the past year, and welcome the incoming 2023 Board Members. I also want to thank all the volunteers and members who step up and help arrange and run our weekly and marquee events. Your dedication and enthusiasm really make VSBC the successful club it is.

Spotlight on-

VSRT - VSBC's Racing Arm

VSRT has been the racing arm of the Valley Spokesmen Bicycle Club for over 30 years! We are a multi-disciplinary group of racers, with a focus on:

- Road Racing (long course and criterium)
- Cyclocross
- Mountain Biking

VSRT participates in racing, but we do our best to also promote cycling racing, too! After 30+ years hosting, Wente Vineyards Classic Road Race (last in 2018), VSRT now hosts VSRTCX ('19, '21, '22). VSRTCX has already been ingrained into NorCal racing as a staple, high-quality cyclocross. We also support other VSBC events, Cinderella Classic and the Mt Diablo Challenge (where we can usually be found helping with parking, prizes, or... on the podium).

VSRT is fast-paced and dynamic team- hope your BOAs are tightened, because we got BIG PLANS for 2023:

- Monthly trail-work days at Rancho Los Mochos Boy Scout Camp. Second Saturdays.
- Kickstarting a **YOUTH CYCLING CLUB!!!**

VSRTY - VS Racing Team's Youth Cycling Club

VSRTY (pronounced "Varsity") will meet monthly for skills clinics, rides, and other fun. First, VSRTY will focus on DiRT, but other disciplines may be added later. Skills acquired in this low key, supportive group will culminate in confidence to enter our VSRTCX race on the youth course, in September!

See vsracingteam.org for more information.



Follow us!

vsracingteam.org

facebook.com/vsracingteam

Instagram:

@Valley_Spokesmen_Racing_Team

Spotlight on Our Members!

VSBC would not be such a great club if not for our dedicated members! Starting in 2023, we will spotlight 2-3 of our members in each quarterly issue!

Every year, the club logs the mileage of members who participate in the club group rides. Any member who rides more than 3,000 miles annually is awarded an honorary Gold membership. For 2022, there are 7 members who reached that level.

Congratulations to David Sussman, Debbie Wick, Donald Carpenter, Karen Kaiser, Kris Yost, Pete Billow, and Peter Morrissey!



We are delighted to introduce one of our 2022 gold members, **Debbie Wick**, in her own words:

"I took up cycling when Covid hit and my gym shut down. I started cycling Mt. Diablo and met VSBC member, Rick Edmondson, who introduced me to other members
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and encouraged me to join VSBC. Since joining the club, I did my first Cinderella and Mt. Diablo Challenge last year! I look forward to every VSBC ride because of the great rides, wonderful people and the camaraderie."

M meet **Timber and Bob Vincent**, our regular Sunday riders.



"Hi! we're Timber and Bob Vincent. We live in Danville where we were lucky to have met and fortunate to have grown up in this beautiful valley. We have always enjoyed staying active and being in the great outdoors, and believe that being with friends, and sharing time with likeminded

people is always more fun! Like so many others, we bought and started riding road bikes during the Covid pandemic. This past year we heard about the Valley Spokesmen, so we checked it out and we are thrilled we did! The community of riders is welcoming and awesome and makes us feel like we are part of it. We are looking forward to future rides, trips, and good times with the VSBC members."



Free Clinic - Fixing Flats and Pre-Ride Safety

Starting March 1, **Mikes Bikes in Pleasanton** will host 5 classes total for the month. Every Wednesday from 5:15 to 6:15 PM with a limit of 5 people. The classes will cover what to look for when doing a pre-ride safety check and also basic roadside repairs for tube installation and other quick fixes to help you get home. Bring your bicycles to the class!

Similar sessions will be offered at Trek Dublin and Trek Livermore soon. Stay tuned for the VSBC email announcement. And register to participate!!

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 hosts

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: Alternating hosts

SAT 2L/M no-drop, 25-40 miles, 8:30 or 9:00 am, Alternating hosts.

**VALLEY SPOKESMEN BICYCLE CLUB
2023 CLUB OFFICERS AND
DIRECTORS**

President: Satish Sathe
Vice-President: Randy Simpson
Treasurer: Don Carpenter
Recording Secretary: Vacant
Administrative Services Dir.: Bonnie Powers
Cycling Co-Directors: Terry Cunningham & Kris Yost
Communications Director: Sharon Zhang
Events Director: Ken Hernandez
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

**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 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 2023 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: Francie Cushman Editor's Note: Many thanks to Dave Gilbert, outgoing vice president and Julie Uher, outgoing recording secretary for their outstanding services. Welcome to Randy Simpson our new vice president, and Ken Hernandez, our new event director! Photo to be updated.

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! VSBC is known for the Cinderella ride in the Spring, and the Mt. Diablo Challenge in October. Join us at www.valleyspokesmen.org

