



Upcoming Events

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

• **Cycling 101 and 201 Classes**

Savvy Bike and VSBC are partnering to bring you cycling skills classes.

Bike Skills 101 - June 11th

Bike Skills 201 - July 9th

Host: Randy Simpson: 925-980-9304

• **Mount Diablo Challenge 2023**

The grand Mount Diablo Challenge is scheduled for **October 1**, 2023, the first Sunday in October.

47th Cinderella - A Great Success

Congratulations to all who participated in our club's 47th Cinderella women's only cycling event on April

15, whether you participated in the rides or supported the event! 762 cyclists in colorful Cinderella or casual riding gear turned up to ride our picturesque tri-valley routes. In the collage of photos in this column, from top left going clockwise: the Velo Girls from South Bay; two long time friends from Reno



who have been riding Cinderella each year since 2000; mother and daughter team; local girls from Walnut Creek who rode the Cinderella well over 10 times, "just to show support to the event"; a group of friends enjoying a well deserved snack rest; and technician from Mike's Bikes with cycling trainer Lorri. Photo collage on the right column shows the proud Cinderellas celebrating the completion of their rides on the event podium.

President's Message

Hello fellow cyclists,
The start of this year was challenging for us to schedule regular rides with the never-ending rain! But VSBC ride hosts managed to host several well attended rides whenever the weather and road conditions permitted. VSBC currently has 500 members, with 66 new members. Please join me in welcoming the new members to our club!



Satish Sathe

VSBC conducted a survey last year and will be sharing a summary of the results with Club members shortly. Two identified areas of improvement are: more bicycle maintenance and skills training workshops. We've acted on that already with the generous support from Trek and Mike's Bikes stores. Kathy Koos held skills training and pre-ride bicycle check sessions before several of the Feather Pedals rides, and we just finished a Cycling Skills 101 class taught by Savvy Bikes. Additional classes are scheduled later this year. On March 26th, many of our members rode up Mt. Diablo for the Jim Duncan Memorial Bench Dedication. I feel our club is fortunate to have stalwarts like Jim who set the standard for how our club should be run. With another Cinderella under our belt, we are confident that we'll be able to carry on Jim's legacy for years to come. Thank you to all the club members, volunteers, ride hosts, the board members, and of course, all the riders, for making the 47th Cinderella a great success!

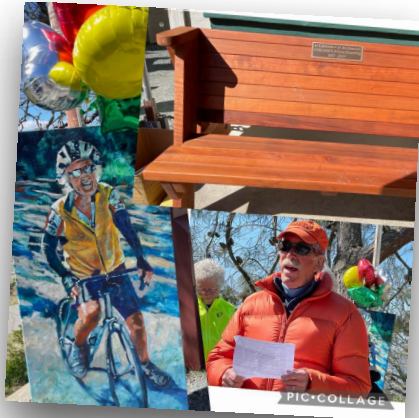


[Jim Duncan Bench Dedication](#)

A bench is a way to honor, memorialize or pay tribute, and so we did...

On a beautiful sunny day surrounded by the hills and lush green valley of Mount Diablo 70+ friends participated in the Jim Duncan Bench Dedication.

A few speakers, Larry Kaye, Jonathan Mckaskey, Mark & Erica Dedon, Ken Hernandez, Brahim Satoutah and Steve Whelan, shared their reflections of how he touched us individually and as a cycling community. His



contributions were evident by the turn out of the VSBC, VSRT, Lawrence Livermore Laboratory Cycletrons, CBRE Race Team, and the Old Farts Cycling Club. On April 15th we continued

Jim's legacy with the 47th Annual Cinderella event through the Amador, Livermore, Diablo, and San Ramon Valleys. Jim had always been involved with this event and for the past 15 consecutive years he chaired, oversaw, and ensured this unique bicycle tour for women of all ages and abilities continued.

So, enjoy the bench and give Jim a nod next

time you're riding the roads, climbing the mountain, or working an event.

[Bob Powers-Another Fallen Legend](#)

Our friend and beloved Valley Spokesmen co-founder, Bob Powers, passed away peacefully on Thursday April 13th, following a short illness. He will be very much missed!

[Spotlight on Our Members](#)

Marlo Cloutier

I've been fortunate to have met Marsha Montevago, who is a longtime VSBC member, where she was always praising about the club and how welcoming they are to new riders. She also introduced me to Feather Pedals and the Cinderella ride. I was immediately hooked! As a "Hawaii transplant", I love the outdoors. After years of running half marathons, my body was sending me 'signals' that it was time for another activity that was kinder to the feet & knees and biking fit perfectly.

I first caught the biking bug when we rented bikes and rode around Lake Lucerne, Switzerland. After that, I was sold and bought my first road bike during COVID.

I cannot express how much fun I've been having riding the Saturday conditioning rides. Meeting new people and embarking on a great group activity were one my 2023 goals and I'm so excited to see where this new adventure takes me!



Brooke Barnum-Roberts

I started cycling for fitness in 2002. The first event

I entered was the Mount Diablo Challenge. I rode it with my dad and thought we were going super fast until a unicyclist blew past us like we were standing still. Now I cycle to share a love of movement with my daughter and to challenge myself.



VSRT - VSBC's Racing Arm

Valley Spokesmen Racing Team has been the racing arm of the Valley Spokesmen Bicycle club for over 30 years! We are a multidisciplinary group of racers, with a focus on Road Racing, Cyclocross, and Mountain Biking

VSRT participates in races and also promotes a race every year. Our next hosted race is VSRTCX (CX=cyclocross) September 23 at the historic Rancho Los Mochos (RLM) Boy Scout Camp, south of Livermore on Mines Road near mile marker 14. VSRT is currently volunteering ~20-30 man-hours per month at the venue refining our cyclocross course options and also helping expand a set of mountain bike trails. If you would like to volunteer to help build out some mountain bike trails (and ride them!!!), please let us know! Trail build days include campfires, hot dogs, and camping when possible. Trail build days are typically the third weekend of the month. **Next RLM Trail Build Days:** April 23, May 27, June 24 (with the youth!), July 22. Contact us for more information!

We have a VS Racing Team party scheduled Sunday, June 11 at Kilkare Woods Clubhouse in Sunol, and plan to host a road ride and mountain bike/gravel ride as well as an off-road youth ride, and swimming and good food, of course. Join us. Follow us!

vsrt@vsracingteam.org

vsracingteam.org

facebook.com/vsracingteam

instagram.com/valley_spokesmen_racing_team

Varsity - VSBC's Youth Arm

Varsity Youth Cycling Club is Valley Spokesmen's youth arm, started in 2023. The initial focus of the group is social off-

road riding

development. We typically meet twice per month with one "general" and one "challenge" meetup. A general meetup is for all skill levels,

ages, and bikes. We have fit middle schoolers with fast mountain bikes, beginner kids on 12" wheels, and even a few in bicycle trailers occasionally venturing out on a Strider Bike. Challenge



meetups on the other hand, could take more fitness and skills to be successful. If you aren't ready for a challenge ride, or aren't sure, talk to a Varsity Coach. We will help you build a path to success together with your youth- we cannot wait to celebrate with your child after completion of their first challenge ride- first of many to come. More information at **VarsityCycling.org** and info@VarsityCycling.org. Next meetups are:

- April 29 (Alamo, general)
- May 14 (Livermore, challenge)
- May 20 (Pleasanton, general)
- June 11 (Sunol, ALL racing team party!!!)
- June 24 (RLM, ALL trail build + fun!)

Follow us! VarsityCycling.org

Standing VS Club Rides & Events

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

VSBC has regularly scheduled group rides each week. 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.

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.

THUR VSRT Lit 2S (with 2nd 2M group if numbers allow) 5:30 pm Trek Livermore. Ride host: Willem Roux (VSRT)

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: Jennifer Murov
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 Mount Diablo Challenge, aka MDC).
- **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 Glazer, outgoing vice president and Julie Uher, outgoing recording secretary for their outstanding services. Welcome to Randy Simpson our new vice president, Ken Hernandez, our new event director, and Jennifer Murov our new recording secretary! 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

