



## Upcoming Events

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

- [VSBC 52nd Anniversary Summer Picnic August 19](#) at Rossmoor, Walnut Creek
- [VSRTCX Cyclocross Race 2023 Sept. 23](#) at Rancho Los Mochos, Livermore
- [Mount Diablo Challenge \(MDC\) 2023 October 1, 2023](#), the first Sunday in October.

## VSBC Donates \$15K for Bike Turnouts on Mt. Diablo

On June 7, at the VSBC Quarterly Meeting, the club's former president Mark Dedon presented a check of \$15,000 to the California State Park Foundation. From 2018 to present, the club has also donated \$10,000 for the park's Interpretive Center and road safety. Details of the club's efforts in building a safer state park for the community are found in [The Independent](#) newspaper's June 14th issue: [Dublin's Valley Spokesmen Bicycle Club Raises Funds to Promote Safety and Save Lives](#)



## Cinderella and Charity for Women

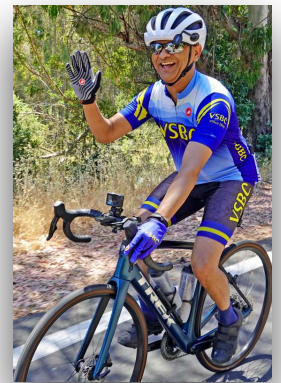
As we celebrated the successful completion of the club's 47th Cinderella Classic event, some event participants asked where the proceeds of the event go. After a little research, we found that VSBC donated **\$181,750** from 2010 and onward to the charities and organizations that directly or indirectly support women. Below is a small sample-

*Continued on p.2*

## President's Message

Hello fellow cyclists,

Half the year is over and we have had some great rides with more to come! In addition to our weekly rides, our club will host the 40th annual Mount Diablo Challenge. Please sign up to participate or volunteer and help make the ride a success. The MDC event is the only time of the year that Mount Diablo is closed to vehicular traffic so you can enjoy the ride without worrying about traffic! We will start training rides shortly. Our club is doing well – our club membership is well over 500 members, and we've seen increased participation in our weekly rides. A big thank you to all the ride hosts who spent their time and effort for the benefit of everyone. We also sponsored Cycling 101 and 201 classes to help our members hone their cycling skills.



In this edition of the newsletter, we wanted to highlight some of the community work VSBC and club members have been doing over the years. It is inspiring to learn that besides promoting cycling, our club has used its resources to make a positive impact on the community we live in. Several of our members have volunteered their time and effort to fix problems themselves rather than wait for someone else to do it, for the benefit of everyone!

We will have our annual Summer Picnic on August 19th this year. The Powers family is again graciously making preparations. But be sure to volunteer and help out with some of the tasks. The picnic is a great place to make new friends. Be sure to check out the scrapbooks to discover how the club has evolved. And be sure to sample some of Bonnie's famous potato salad! Looking forward to seeing you at the picnic!

Continued from p. 1

- Police Departments: Dublin, Livermore, Pleasanton
- Street Smarts - San Ramon Valley
- Shepard's Gate
- Empower YOLO
- Napa Emergency Women's Services
- Rainbow Community Center Contra Costa Cty.
- San Leandro Shelter for Women and Children
- Shelter Inc Contra Costa County
- Assistance League of Diablo Valley
- Women's Daytime Drop-in Center
- Asian Women's Shelter
- Bay Area Women Against Rape
- Child Abuse Prevention Council for Contra Costa County
- Community Overcoming Relationship Abuse
- Family Violence Law Center
- Girl Ventures
- La Casa de las Madres
- Next Door Solutions to Domestic Violence
- Oasis for Girls - San Francisco
- Project H Design - Berkeley (training for Teen and Pre-teen Girls)
- Shelter Against Violent Environments
- Stand! Against Domestic Violence
- Tech Bridge Girls
- WomenCARE
- Assistance League of Amador Valley
- Center for Domestic Peace

**VSBC - More Community Building**

Recent VSBC activities that contributed to a better and safer community that we live and ride-

• **Hole in the Wall Repaired... again!**

The path connecting Diablo Country Club to Mt. Diablo Scenic Blvd was severely damaged by last spring's heavy rains. "Special Thanks to the Valley Spokesmen Team for spending their own money, time and effort to install aggregate on the Path-Easement... Because of their efforts, pedestrians, joggers and cyclists now have an ALL-WEATHER PATH," said Al Kalin, President Mt. Diablo Cyclists. Another



VSBC member, Kris Yost, said, "Several cyclists and walkers passing by thanked us. We had one neighbor stop to offer a helping hand, another neighbor told us to knock on his door if we ever needed a flat fixed or water, and a local sheriff stopped to chat. The sincere appreciation from the local community touched the hearts of all of us volunteers."



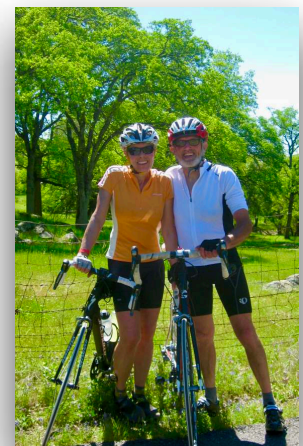
- A bench in Mt. Diablo in Memory of Jim Duncan, long standing Board Member and Prince Charming.
- A bench, along with a bicycle repair stand to be installed at the Amador Valley Boulevard and Iron Horse Trail intersection, by the end of 2023, in memory of one of the founding members, Bob Powers.



**Spotlight on Our Members**

**Will and Julie Uher**

Will and Julie have been riding regularly with Valley Spokesmen for 20+ years. They have participated in a number of VS tours including TOSRD, Yosemite, Boston to Canada, San Juan Islands, British Columbia and Tucson as well as other tours with VS members. Will helped with SAG support for Cinderella for a number of years and is the current **Lemon Drop Man**. Julie has ridden Cinderella many times and served as Recording Secretary for 4 years. They treasure the many good times and wonderful friendships made with Valley Spokesmen!





## VSRT - VSBC's Racing Arm

For over three decades, the Valley Spokesmen Racing Team (VSRT) has been the driving force behind competitive cycling within the Valley Spokesmen Bicycle Club. As we gear up for an exciting cyclocross race, VSRTCX, on September 23, 2023, at Rancho Los Mochos Boy Scout Camp (RLM), we celebrate our rich history of racing and community engagement.

**Building Trails, Building Community:** Beyond racing, VSRT is committed to giving back. In 2023 alone, our team has so far volunteered over **100 hours** to construct mountain bike trails at RLM, benefitting the Scouting program for boys and girls.

**Investing in the Future:** VSRT's main goal is "promoting racing" in all forms, including youth skills development. Our recently started "Varsity Youth Cycling Club" offers opportunities for young riders to build their abilities and foster a love for cycling- regardless of age, skill level, or interest in racing.

**Join Us:** Whether you're interested in racing, trail building, or supporting youth development, we welcome you to be a part of VSRT's remarkable journey. Join our vibrant cycling community today! Visit [VarsityCycling.org](http://VarsityCycling.org) for more on our youth program, and [vsracingteam.org](http://vsracingteam.org) for the racing program.

## VSBC Members in Mallorca, Spain

In May, 7 members from the club met up in Mallorca for a fun cycling holiday. They were part of the Cinderella and Feather Pedals Conditioning Rides leadership group, and were taking a

much deserved adventure vacation. This is Ken Hernandez with his wife Mary in Cala Sant Vicenç, Ken is



chairman of the Cinderella Classic organizing committee.

## Standing VS Club Rides & Events

Go to [valleyspokesmen.org](http://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.

If you are interested in their adventure, watch this [short video](#)



L-R: Annie the guide, Sharon, Marsha, Rebecca, Chris, in Santa Eugenia, Mallorca

**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



**2023 Board 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.

**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 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](http://strava.com).

**Help Us to Make 2023 Mt. Diablo Challenge a Success!**



[Donate](#)



[Volunteer](#)