



President's Year End Message

Hello fellow cyclists,

The end of the year is approaching fast, and with it the end of the term for this year's VSBC board members. I want to thank the board members for putting aside their valuable time and effort to manage our club. I also want to thank all the ride hosts, volunteers and club members who keep our club going and make cycling an even more enjoyable activity. Our club simply wouldn't be the same without your enthusiastic participation!



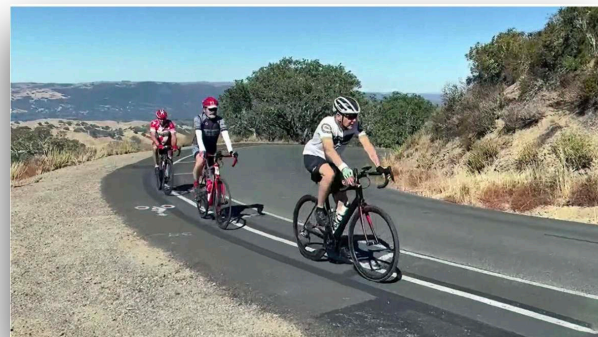
2023 has certainly been an eventful year for VSBC.

We started off with the Feather Pedals training rides, designed to get everyone ready for the upcoming rides. This year Kathy Koos hosted bike maintenance, safety and riding tutorials to help us all become safer and better riders. We hosted the 47th Cinderella Ride with increased participation from the year before. Ken Hernandez and the Cinderella planning team have put together a new route and made several enhancements to make the 2024 ride an epic event. During the spring and summer months, we hosted several memorable rides, both in the Tri-Valley and beyond. We also hosted the Tour of Tucson in February and the Erie Canal Tour in September. Some of our dedicated members formed a committee and are planning several multi-day rides in 2024.

VSBC ran a very successful Mount Diablo Challenge ride on October 1st. with increased participation from 2022. This year we added a separate category for e-bikes so more people can participate in the challenge. Raghu Venkata has already started planning for the 2024 version to build upon this success. As has been our tradition, a significant portion of the proceeds from the MDC were donated towards building bike turnouts on Mount Diablo .

As we close out 2023, VSBC has a lot to be thankful for. Our club has grown in membership, more riders are participating in our rides and new ride hosts are joining the existing ones to provide even more ride options for everyone. Thank you to all our members for your enthusiasm and support and hope to see you all on the road in 2024! — Satish Sathe

Bike Turnouts on Mount Diablo



Mount Diablo is a cyclist's dream that offers gorgeous vistas, great exercise, and thrilling descents. But for too many, it has been a nightmare when they encounter ascending vehicles in the downhill lane. The unfortunate result is an injured cyclist. However, in the last 8 years 45 bike turnouts have been installed on the paved mountain roads using the one-time \$1.5 million allocation from the state.



Those installments have reduced the bike vs vehicle collisions by over 80%. But the full plan is for 77 to be built to push the accident rate to near zero. With the coordination from California Outdoors Hall of Fame recipient, president of Mount Diablo Cyclists, and VSBC member, Alan Kalin, a fundraising effort for a “Phase 2” construction of the remaining 32 turnouts was kicked off last fall by a donation of \$123k from the estate of Joe Shami, the “Legend of Mount Diablo.” The California State Parks Foundation received the

contributions and targeted them for the sole purpose of building the additional bike turnouts. With encouragement of Alan and the Mount Diablo Cyclists, VSBC members Mark Dedon, Rick Edmondson, Ted Trambley, Henry Turko, Debbie Wick, and several other passionate cycling leaders, an additional \$632k was raised for a total of \$755k! Beginning in the spring 2024, the additional bike

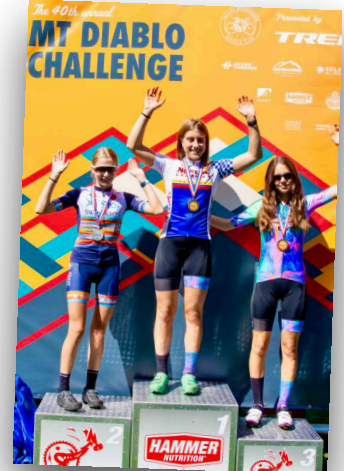
turnouts will be built. Using proceeds from the last three Mount Diablo Challenge events,

VSBC donated \$25k for this worthy cause. In addition, many VSBC members and cycling and safety advocates from all over the SF Bay Area and beyond, have added their own personal donations to this campaign. Thank you to all those who contributed to help make Mount Diablo a safer place for all mountain visitors! **For more information, historical documents, and amazing videos, visit mountdiablocyclists.org**



Mount Diablo Challenge(MDC)2023

The 40th anniversary of the Mount Diablo Challenge (MDC) was held on Sunday, October 1 on a gorgeous and sunny fall day. For many participants, this event is a fitting culmination of their cycling training season. And for the MDC committee, the event culminates a year of planning that includes gathering sponsors, securing venue reservations, permits, insurance, and attracting more than 150 volunteers to support the event.



The MDC continues to commemorate Joan Walt, for whom the event was started more than forty years ago, and Joe Shami who became the “Legend of Mount Diablo” with his amazing record of 615



consecutive weeks of cycling to the summit before his untimely death in 2021.

Earlier this year, the estate of Joe Shami donated \$123,000 for the construction of bicycle



turnouts on Mount Diablo to greatly improve bicycle safety. In summer, VSBC donated \$15,000 from partial proceeds of the last two MDCs. In October, VSBC donated another \$10,000 from a portion of the expected net proceeds from the 2023 MDC.



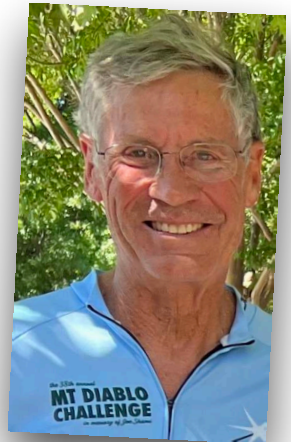
Of the 1,017 registrants, 838 finished the 11.2-mile, 3,249 ft.-ascending course and then celebrated their achievement at nearby Monte Vista High School and adjacent Oak Hill Park. This classic event attracted participants of all ages and from near and far. This year, the youngest

boy and girl were 6 and 12 years old, respectively. And the oldest man and woman were 85 and 87, respectively. While most participants were from California, 13 states in all were represented plus a rider who was visiting from Japan. The fastest female finisher (aka QOM- Queen of the Mountain) was Kristen Vetterlein with a time of 55 minutes and 26.6 seconds. The fastest male finisher (KOM) was Giovanni Stefani at 44 minutes and 49.3 seconds.



At Monte Vista High School and Oak Hill Park, riders celebrated with a delicious BBQ lunch from Hazy BBQ and many opted for an included beer from Oakland United Beerworks. The post-ride fair was well represented by 16 vendors, sponsors, and non-profit organizations.

Join us for the 41st Mount Diablo Challenge to be held on Sunday, October 6, 2024! — From your former Director of Mount Diablo Challenge Mark Dedon



Spotlight on Our Members

Raghu C. Venkata

I've been a member of the club since 2019, and my involvement with MDC was sparked by the inspiration I drew from remarkable individuals, particularly Mark Dedon, MDC's former director. Professionally, I work full-time in the IT department at Levi Strauss & Co. At home, I am fortunate to share my life with my wife and our two children. Volunteering is a passion of mine, and beyond MDC, I've had the privilege



Riders wore timing chips that recorded their start and finish times, from the Athenian School to

the upper summit parking lot of Mount Diablo. Following their ascent, they briefly gathered at the lower summit parking lot where snacks were provided while they rested and took in the incredible views. Once the Elite riders completed their ascent, the road was divided, and volunteers escorted groups of riders down the mountain behind their vehicles.

of contributing to some noteworthy events. I volunteered at the 2016 Summer Olympic Games in Rio and played a role in Super Bowl 50 in SF. I also took part in the AIDS Lifecycle ride from San Francisco to LA in 2022. — Your humble current Director of Mount Diablo Challenge.

Steven Nakasaki

Steve's first "real" bike was a gently used Gitane 10-speed (that's 10 speeds total!) when he was 14, and he has been hooked on the sport ever since. Four decades of riding and working later, after living in different parts of the country away from family and friends, the one thing he could always count on was being warmly welcomed by members of the local bike club in those areas, many who became fast and lifelong friends. He



says that finding a great club like VSBC just proved his point again!

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 the ride calendar on the VS Website or on the 'Wild Apricot for Members' app

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 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 / 2M 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.

SUN Brisk Bunch 4B Brisk and strenuous. Drops with regroup. No sweep.

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.
- **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
- **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.

Scan and Join Us!

