



President's Message

Hello fellow cyclists and VSBC members, please join me in welcoming **43** new members to our club! 2024 is upon us and we finally have some beautiful spring weather! I want to thank all the outgoing 2023 Board Members for their help and support through the past year and welcome the incoming Board Members. I also want to thank all the volunteers who step up and help arrange and run our rides and coordinate our club activities.

The club truly wouldn't be able to function without your dedication and enthusiasm.



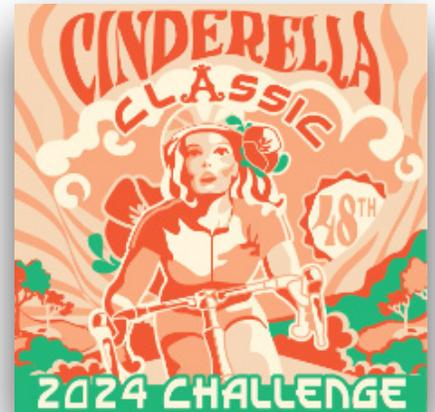
Our 2024 ride calendar is filled with rides and we're seeing more of you participating. If you don't find a ride to your liking, do consider hosting a ride yourself. Our ride coordinators will be very happy to assist so you can be a successful ride host!

The Saturday **Feather Pedals** rides have been a big draw, with nearly 80 riders on every ride. Thank you Sports Basement and Mike's Bikes for opening your stores early just for us and providing support for the rides. Many of the Feather Pedals ride participants are getting ready for the **48th Cinderella** Classic bike ride. If you haven't done so already, please [register](#) to ride or [volunteer](#) to help make this iconic ride a success. Encourage your friends to join you for the fun!. In addition to the weekly rides, your Board Members are busy putting together a number of multi-day cycling trips. Be on the lookout for ride announcements and check our ride calendar often. And thank you to all our members for making VSBC a fun and inviting cycling club.

The 48th Cinderella Classic

Saturday April 13, 2024

The 48th Cinderella Classic features **new routes** (40-mile lite, 63-mile classic and 93-mile challenge) through the beautiful rolling hills of Dublin, Livermore, Pleasanton, San Ramon, and Danville.



Spring is the perfect time for this iconic ride. Only 1,000 participants will enjoy the scenery and fun while our team of Prince Charmings provide:

- Fully staffed rest stops with food and Hammer products
- Full SAG support should you need assistance
- The Lemon Drop Man (If you know, you know)
- End of ride celebration with free food and beer to purchase
- Vendor Expo with all the must-have cycling gears and accessories
- Free parking at start/finish location - Las Positas College in Livermore

E-Bike Policy - Class 1 & Class 3 pedal assist E-bikes are welcome.

Visit cinderellaclassic.org for complete event information and registration.

VSBC is committed to promoting women and girl cycling, so to compliment the event, we host weekly conditioning rides to help riders prepare for the Cinderella Classic. These “**Feather Pedals**” Saturday rides include briefings on road safety and riding skills. Both men and women are welcome to join these rides. Check them out:

<https://www.valleyspokesmen.org/FeatherPedals>

[In Memoriam](#)

Karen Kaiser: 12/12/1951 –2/27/2024



Sadness and accolades have poured out since Karen Kaiser, Board member and the most helpful cyclist extraordinaire, died on Tuesday, February 27th. After leading the 2023 Erie Canal trip, Karen stopped riding last October due to shoulder pain, which progressively got much worse.

Karen did a lot for Valley Spokesmen. For years, she organized and led many of the Monday and Wednesday Heather Farm rides, as well as leading multiple bike trips (San Diego, Tucson, British Columbia, Erie Canal). She was an organizer for the Mt. Diablo Challenge and served on the Valley Spokesmen Board of Directors.

In response to the sad news, members’ most common memory was about Karen’s leadership and generosity. Ivan Lee said: “Karen was the epitome of character and resilience within the VBCS riding community—consistently strong, determined, and ever-ready for adventure. Her love for the outdoors was not just a pastime; it was a source of vitality that defined her spirit. As a true leader, Karen prioritized the safety of all riders, extending a helping hand to those who rode slower than her strong, athletic ability. Her welcoming nature made every newcomer feel

instantly at home, creating an environment where riders felt safe and confident with her. I will dearly miss Karen, and on our local Bay Area rides her absence will be deeply felt. May she rest in peace, her spirit forever alive in the wind that carries us forward. Ride on, dear friend.”

Karen is survived by her wife of more than thirty years, Robin Welch. **A memorial ride in honor of Karen** is planned for: Monday, May 6th at 9 am from: Saint Matthew Lutheran Church 399 Widget Ln, Walnut Creek A celebration of her life will follow with food in the church facility.

[Six Bicycle Maintenance Clinics](#)

In support of the 48th Cinderella Classic event, several bike stores

in the East Bay have hosted excellent free bicycle maintenance clinics attracting more than 50 VS members and nonmembers. Many thanks to Sports Basement, Trek Bikes and



Mike’s Bikes for supporting our bike club. There is one maintenance clinic left at Mike’s Bikes Pleasanton this Wednesday, March 20 at 5:00 pm. Be sure to sign up today.

[VSBC Annual Bike Swap](#)

Space to sell bicycles, parts, cycling clothes and accessories is **FREE**. Sunday, April 14, 2024 1:00-3:00 PM Wells Middle School, Dublin.

Event host: Bonnie Powers 925-200-5299 (mobile)

[Mt. Diablo Bike Turnouts Ceremony](#)

VSBC members are invited to participate in a ribbon-cutting ceremony to celebrate the completion of **22** new turnouts on Mount Diablo. What an accomplishment! The ceremony is scheduled for **July 20 at Curry Point**. Come in your VSBC kits for fun, photos, camaraderie, and refreshments. More details will follow. Stay tuned!

Spotlight on Our Members

Bonnie Powers

VSBC founding member, and Cinderella

Extraordinaire, Bonnie is the reason we have Cinderella today. Fifty years ago, Bonnie, and other women cyclists mostly provided support at rest or food stops for long events ridden by male club members. Thinking it was time for the “tables to turn,” Bonnie asked the club to create a metric century (63 miles) ride for women cyclists.



Bonnie has ridden forty-three Cinderella events, many with her granddaughter, first pulling her in a bike trailer, then a tag-a-long (child’s back wheel attached to the adult bike) moving on to a tandem bicycle and then riding side-by-side. Bonnie would still be riding if she had not had multiple back surgeries. However, this has not really slowed Bonnie down! For the club’s annual Cinderella ride, she has coached multiple Prince



Charmings to organize each event, including coordinating city services, facilities and supplies

for rest stops and the celebration at the end of the ride. And if this wasn’t enough to keep Bonnie busy, she also coordinates the VSBC’s Annual Bike Swap, Annual Anniversary BBQ, the Progressive Dinner Ride in Escalon... the list can go on. Whether you see Bonnie at an event or not, chances are she IS behind most of the VSBC events and activities. The VSBC club owes a great deal to Bonnie, and Bob, her beloved late husband of 61 years!

Cynthia Ruzzi

For over twenty years, my heart would lift watching hundreds of women and girls on bicycles ride by my street for the Cinderella Classic. Bicycles decorated with colorful streamers and many women wearing tutus and feather boas. And every year I would promise that I would join next year only to let the responsibilities of life get in the way. That was until 2022! That was the year I turned sixty and my motto was ‘Sixty stronger than forty.’



Joining in on the Feather Pedals Conditioning Rides, I learned the safe way to ride our streets and care for my bike. The day of the ride nerves quickly fell away seeing the smiles of 1,000 women riding along on that beautiful day. I keep pedaling hoping to be as inspiring as the true Cinderella – Bonnie Powers. Read more in Danville/Alamo Today News: yourmonthypaper.com

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: Peter Morrissey.

WED 4/5M 14-24.3 miles, 8:30 am Mt Diablo Challenge Training, St. Timothy's Church, Danville. Ride Host: Kris Yost.

THUR Easy Riders 20 miles 10:00 am Check VS calendar for location. Ride Host: Susan Roberts

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. Ride Host: Steve Nagasaki

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 Membership Card.
- **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.

Valley Spokesmen Bicycle Club 2024 Club Officers and Directors

President: Satish Sathé

Vice-President: Randy Simpson

Treasurer: Don Carpenter

Recording Secretary: Jennifer Murov

Administrative Services Dir.: Bonnie Powers

Cycling Director: Kris Yost

Communications Director: Cynthia Ruzzi

Events Director: Ken Hernandez

Other Club Positions:

Webmaster: Jim Van De Vreugde

VS Racing Team: Jonathan McKaskey

Ride Coordinator(s): Kris Yost & Sue Montero

Mileage Keeper: James Paulos

Feather Pedal Liaison: Rebecca Wood

Scan to Join Us!

