



Standing VS Club Rides & Events

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

Outdoor social club rides and upcoming events are cancelled for the foreseeable future. We encourage those who can, to ride solo or with those you live with and wear a face covering.

44th Cinderella Cancelled

For the first time, in 44 years, the Cinderella Classic/Challenge was cancelled due to COVID-19. It seems like a good time to remember the Cinderella's roots. Bonnie

Powers who was one of the founders and continues to play a big part in the Cinderella recently wrote a brief overview...



The first Cinderella was formed in 1976 in appreciation to the women in the Valley Spokesmen who had supported our husbands on their centuries and double centuries. Our first Cinderella had 200 riders, the next year 400, then 600 and it grew from there. One year the most registered riders was 2800!!! From then on, we were limited to 2500 riders per the police departments. It has changed a bit, we now have three loops 30/60/100 miles instead of one 63 mile ride. And with so many rides in our area, we now have 1000-1500 riders. All registration was manual and now is done online. The unique nature of the Cinderella Classic helped the Valley Spokesmen Bicycle Club win the first "Club of the Year" award by the *League of American Wheelmen.* - *Bonnie Powers*

President's Message

Looking for the Silver Linings

On my solo ride today, I was reflecting on how fortunate it is that the "shelter in place" order still permits cycling along with other outdoor activities. It was a pretty cloudy day and I was dodging a few raindrops but very thankful for being out on my bike. The silver lining of a nice bike ride under dark clouds was a nice metaphor for these strange times. Here are some other silver linings you have likely noticed.

The streets are pretty empty of cars! It is really nice to ride with less traffic! This makes for safer and less-stressful cycling. Another surprising benefit to cyclists is that (as of this writing), Mount Diablo is closed to vehicles, but not hiking and cycling! This is a rare chance indeed to experience riding the mountain without cars. But do exercise caution because there is currently a large PG&E pole replacement project on the mountain. Watch out for those trucks as well as state park maintenance and park ranger vehicles.

On another note, it was unfortunate that the VS social rides had to be cancelled. It was especially tough to cancel the 3/28 Cinderella Classic. The silver lining was that it would have been a pretty soggy day after all. While group riding is suspended, technology is there for us to enjoy some virtual social activities. If you haven't done so, check out the Strava app where you can post your rides and follow where many cyclists are riding too. As a Valley Spokesmen member, you can also tune into the VS List Google group to

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QUARTERLY FEATURE

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see what other club members are up to. One creative member recently hosted a virtual group ride using the Zwift.com app. Using this program, around twenty members pedaled on their trainers “together” through the virtual world of “Watopia.”

As cyclists, you can be proud that we are setting a good example for our community. Others could benefit by following our lead and finding their silver linings during these unusual times.

Mark Dedon, President

VS Members Cycling Getaway in Tucson



Spring

riding around Tucson is a cyclist's paradise. And more than 40 VS members converged there to take advantage of the great weather where temperatures range from moderate around town to chilly at the tops of nearby mountain peaks. There was one afternoon of rain, but we were able to ride, hike, or sightsee all eight days.

Most of the miles logged were inside Tucson and the road-like trails are similar to our local Iron Horse Trail but smoother, wider, marked with lanes for each direction, and mostly cross streets either using overpasses

or traverse under bridges. It is possible to go for miles without touching the brakes to slow down. One downside to riding inside the city limits is that the bike lanes on the streets weren't as wide or kept as clean as is typical around the East Bay area. However, drivers were polite and did tend to give us room. The courses were mostly flat when cycling around town. Food, coffee, and

restrooms were readily available at several locations near the trails.

One excursion slightly out of town was to the historic Mission San Xavier del Bac which started construction in 1783. This ride was 48 miles round trip from the hotel and 1000' of climbing.



For the moderate climbers

and nature buffs, one day was spent riding through the east Saguaro National Park. There is an 8-mile narrow loop with many tight turns and steep hills inside the park. It provided breathtaking views of Tucson and desert flora including many Saguaro cacti. We had the pleasure of meeting a park ranger on one of the steepest climbs as he was attempting to eradicate an invasive honeybee colony that isn't as well suited for pollinating desert plants as many of the approximate 480 native species are. This was a shorter ride of around 25 miles with 1300' of climbing.

For the climbing enthusiasts, there is Mt. Lemmon and Kitt Peak. Mount Lemmon, with a summit elevation of 9,159', is the highest point in the Santa Catalina Mountains. It is a tough 26 mile climb, with about 6000' of climbing. Temperatures at the top can be 25-30 degrees cooler than at the base. The flora changes from desert at the base transitioning to forest about halfway to the top. Traffic can be moderate with passing speeds up to 40-50 mph.

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Kitt Peak has over twenty optical and two radio telescopes and is one of the largest gatherings of astronomical instruments in the northern hemisphere. It is also the only observatory inside the country with a telescope dedicated full-time to search for and monitor near-earth asteroids. This climb is similar to Mt. Diablo at 24 miles total up and down with around 3500' of climbing to a 6800' elevation and 5-6% average grade. The visitor's center was a nice place to learn about Kitt Peak's history and warm up before a chilly descent!



When not cycling there were great hiking options available. The most famous was the 8.5 mile out and back trail through Bear Canyon to Seven Falls in the Coronado National Forest. This hike is rated moderate. While none of these falls are tall, there is something magical finding

Seven Falls hidden in the desert. There are several area options for the cyclist who needs a day away from their bike. Several of the aforementioned are popular tourist attractions, as well as the Arizona-Sonora Desert Museum, Biosphere 2, Pima Air and Space Museum, Colossal Cave Mountain Park, and Reid Park Zoo.

The number of participants in this year's tour tripled in size from last year to over 40. I anticipate there will be as many or more next year as word gets out about this great cycling mecca.—*Kris Yost*

VS Quarterly Meeting

Our last meeting was on Wednesday, March 4, at Mountain Mike's Pizza in San Ramon. Many thanks to VS member, Dan Kaufman for a very informative and entertaining presentation.. Dan, Jo Havener and their respective spouses went on a river cruise/bike trip last summer through

Germany, Austria and Slovenia. The next meeting may be cancelled due to the **Coronavirus**. Check the calendar at valleyspokesmen.org for details.

Roaring 20s Theme a Success

The VS Annual Mid-Winter Party was held on February 1 at the beautiful Fireside Room in Rossmoor, Walnut Creek. The theme of the party was the Roaring Twenties. Approximately 100 VS members and their guests attended, and many were dressed for the theme in their flapper dresses and gangster garb. A delicious spread of food and drinks were consumed while VS members Clay Dunning and Adele Madelo did a great job co-hosting the



festivities that included a theme table contest won by the Dedons with their amazing 20's airplane theme (see photo above).. There was also recognition of VS members for their great achievements and who have made important contributions to the club. Back by popular demand, the band *Void Where Prohibited*, returned with favorite music for all.—*Mark Dedon*

VALLEY SPOKESMEN BICYCLE CLUB 2020 CLUB OFFICERS AND DIRECTORS

Co-Presidents: Erica & Mark Dedon
Vice-President: Dave Gilbert
Treasurer: Don Carpenter
Recording Secretary: Julie Uher
Administrative Services Dir.: Bonnie Powers
Cycling Co-Directors: Terry Cunningham & Kris Yost
Communications Director: Rebecca Wood
Events Director: Jim Duncan
Other Club Positions:
Webmaster: Jim Van De Vreugde
VS Racing Team: Jim Duncan
Ride Coordinator(s): Gail Blanco
Mileage Keeper: James Paulos
Feather Pedal Liaison: Karin Ball
Rebecca Wood

Valley Spokesmen Membership Provides Amazing Benefits

We encourage cyclists to join the Valley Spokesmen Bicycle Club and enjoy these benefits:

- **Member Discounts:** Members receive discounts at many local bicycle shops with a VS Membership Card.
- **Preferential registration:** Members receive preferential registration for The Cinderella Classic and TOSRD (Tour Of the Sacramento River Delta).
- **Ride with GPS:** Free, turn by turn audible cues when using "Ride with GPS" VS Club Rides.
Annual VS 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 Yahoo 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](https://www.strava.com).



Photo Above: Sina Noori's Jan. 12 memorial ride. In the photo is Sina's husband. We remembered Sina's bright and friendly spirit.—John Nasstrom

Get to Know Valley Spokesmen

Valley Spokesmen was founded in 1971 by local cyclists interested in perpetuating the cycling culture and encouraging family cycling in the Tri-Valley. 48 years later the Club is a leader in bicycle advocacy, accessibility and miles ridden! Valley Spokesmen has group road and mountain bike rides every week for riders of all levels. They are known for the Cinderella Ride in March (catering to women riders), and the Mt. Diablo Challenge in October. Every year, the club sponsors many events and rides that benefit the community we live in and others that are just for fun. Join us at www.valleyspokesmen.org

Upcoming Events

Most upcoming events have been cancelled or put on hold pending further information. Please check the VS calendar for the most up-to-date information.

Cinderella Classic/Challenge (Cancelled) For information on how to apply your registration to next year's Cinderella, go to Valleyspokesmen.org.

Paso Robles Ride (Cancelled)

VS Quarterly Meeting, 6:30 pm, Wednesday June 3, 2020 (Watch VS Calendar for up-to-date information)

VS July Michigan Trip, July 2020.

VS Annual Birthday BBQ, August 2020

Mt. Diablo Challenge, October 4, 2020 Go to mountdiablochallenge.org to stay up-to-date.

If you want to submit photos or articles for this newsletter,, send to communicationsdirector@valleyspokesmen.org.