



Upcoming Events

(Details in **Calendar**)

- **Historic Bike Turnout Ceremony**
11:00 AM, 10/15, Saturday, Curry Point, Mt. Diablo State Park
- **Progressive Dinner Ride** in Escalon
10:00 AM, 10/29, Saturday, 22549 Burwood Road, Escalon
- **Martinez to Davis** - Return by train
8:30 AM, 10/26 Wednesday, and 10/29 Saturday, 299 N Court St., Martinez, CA. Parking lot

2022 Mount Diablo Challenge Memorial Event a Huge Success



On a beautiful fall day, Sunday October 2, over 700 riders set off to climb 3,000+ feet and 11 miles to the Mount Diablo

summit. This marked the 39th Annual Mount Diablo Challenge, now a memorial ride to honor the memories of Joe Shami and Joan Walt. Both were longtime friends of Valley Spokesmen Bicycle Club (VSBC), and Mt. Diablo enthusiasts.

This year's event saw hundreds of road cyclists, but also quite a number of mountain bikers, tandem riders, e-bike riders, even unicyclists and people striding on elliptical bikes. Prizes were given to the KOM (45:09.4) and QOM ([cont'd on p. 2](#))



President's Message

Hello fellow cyclists. Another quarter of the year is behind us. We started the quarter on a sad note with the untimely passing of Jim Duncan, a stalwart of VSBC and the cycling community at large. The ~100 people who attended a Celebration of Life picnic are a testament to how many cyclists' lives he touched. He is and will continue to be, sorely missed. The VSBC and VSRT boards felt it appropriate that we commemorate Jim by sponsoring a bench on Mt. Diablo in his honor. If you'd like to make a personal contribution you can find the information on our website. We transitioned into the 4th quarter with the recently held and well attended Mt. Diablo Challenge! A big thank you to all the volunteers who helped put together the event. In the 3rd quarter we saw an increase in ridership for all our rides. Aside from the regularly scheduled rides, we have some special events scheduled in October. If you don't find a ride of your liking, please consider hosting a ride yourself. Our ride coordinators will be happy to go through all the details on hosting a ride. As we close out the year, we are looking for volunteers to join the nomination committee for the 2023 VSBC officers. I encourage you to run for any of the elected officer positions: President, Vice-President, Treasurer, Recording Secretary, Admin Director, Cycling Director (2), Communications Director and Events Director. The continued success of our club depends on our members, volunteers and officers. I encourage you to participate in any way you can. I look forward to seeing you on the road soon!



Satish Sathe

Mount Diablo Challenge, continued from p1

(59:35.2) and to top finishers in numerous age groups. The oldest male was 84 and the female 86. At the other end of the age range, the youngest female cyclist was 11, and the youngest male was 8.



Trek Bicycle Corporation was again our Title Sponsor. In addition to the \$\$ donations, Trek provided marketing support and a wonderful vendor display, including e-bikes for test rides. Our big thanks also to Hyperthreads, Save Mt.Diablo, Expert Tree Service, Bay Area Law,



and Hammer Nutrition. The most credit, however, goes to VSBC and the almost 160 volunteers. Together, we brought the joy of cycling, fitness, friendship, and the love of the outdoors

and nature to the Bay Area, the community that we love and share!



News from the VS Racing Team

VSRTCX 2022:

Bringing Cyclocross Back to Livermore

For 2022, VSRTCX debuted the Bay Area Super Prestige Cyclocross Series with a brand new race course located at the Rancho Los Mochos (RLM) Scout Camp on Mines Road in Livermore. It was a weekend full of fun, starting on Friday with pre-riding, camping and stargazing; and ending on Saturday featuring 258 racers competing for 30 to 50 minutes on a 1.5 mile long route testing their fitness and bike-handling skills.



This race weekend would not have been possible without the help of our volunteers from both VSBC and VSRT. The mountain of up-front work put in prior to race day transformed RLM into a cyclocross retreat, providing participants with a smooth day of racing.

A partnership with RLM began earlier this year as VSRT members volunteered their time to help build mountain bike trails on the property. This relationship



continues to develop as we have planned additional trail work in the coming weeks to months. Additionally, VSRTCX is slated to return to RLM in the Fall of 2023 for another week(end) of camping and racing fun! Anyone interested in riding or racing on dirt, as well as trying their hand at trail building is welcome to join us! All skill levels, bikes, and riding styles are welcome, although slick tires might not do too well at RLM.



Find more about us on Instagram: [Valley_Spokesmen_Racing_team](#) and website: vsracingteam.org

[Grand VSBC 51st Birthday Ride & BBQ](#)

The celebration started with a 31-mile bike ride from the Danville Park & Ride lot led by Terry Cunningham. At noon, the BBQ started at Rossmoor in Walnut Creek with nearly 100 members in attendance. Bob & Bonnie Powers and their son, Jon and his girlfriend, grilled delicious hamburgers, cheeseburgers, veggie and black bean burgers. Bonnie made her world famous potato salad and fruit salad. And, of course, there was a birthday cake. It was delicious and many thanks to all who helped! Members had the opportunity to browse through all the scrapbooks and photo albums Bonnie has kept since the Club began in 1971. Everyone had a great time reconnecting with old friends and making new memories.

[Jim Duncan's Memorial Ride & Celebration of Life](#)

It was a beautiful morning when 72 riders took off on one of Jim Duncan's 31-mile routes from 2021 on a memorial ride. Everyone enjoyed the ride while sharing stories and memories of Jim. At noon, everyone met back at Kolb Park in Dublin for the celebration. After the meal, Bonnie Powers recounted Jim Duncan's contribution to the Club - he once served as its president and has served as the Cinderella Chair for the past 18 years. Jim

Duncan left a huge hole in the Valley Spokesmen and an even bigger hole in our hearts. He will be sorely missed. To make a contribution to Jim Duncan's bench at the Junction of Mt. Diablo go to the Valley



Spokesmen home page.

[Standing VS Club Rides & Events](#)

[Go to valleyspokesmen.org](http://valleyspokesmen.org) for the most up-to-date information on rides.

All VSBC sponsored activities require online registration and liability waiver agreement prior, using either the ride calendar on the VS Website or on the 'Wild Apricot for Members' app. Participants must follow county, state and CDC guidelines listed in the ride registration information.

MON 2L/M 9:00 am, 25-40 miles Heather Farms Park, No. San Carlos Drive, Walnut Creek. Ride Host: Alternating.

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, St. Timothy's Church, Danville. Ride Host: Kris Yost.

Friendly **FRI 2L/M** no-drop, 25-35 miles, 9:00 am, Sports Basement, San Ramon. Ride Host: Alternating.

SAT 2L/M no-drop, 25-40 miles, 8:30 or 9:00 am, Ride host: Alternating.



Photo credits: Shyam Desai, Sue Kaiser, Peter Kyong

VALLEY SPOKESMEN BICYCLE CLUB

2022 CLUB OFFICERS AND DIRECTORS

- President:** Satish Sathe
- Vice-President:** David Glazer
- Treasurer:** Don Carpenter
- Recording Secretary:** Julie Uher
- Administrative Services Dir.:** Bonnie Powers
- Cycling Co-Directors:** Terry Cunningham & Kris Yost
- Communications Director:** Sharon Zhang
- Events Director:** Vacant
- Other Club Positions:**
- Webmaster:** Jim Van De Vreugde
- VS Racing Team:** Jonathan McKaskey
- Ride Coordinator(s):** Terry Cunningham & Kris Yost
- Mileage Keeper:** James Paulos



December Board Meeting with Newly Elected 2022 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:* Jim Duncan and Francie Cushman
 Editor's Note: Many thanks to Mark & Erica Dedon (outgoing co-presidents), Dave Gilbert (outgoing vice president) and Rebecca Wood (outgoing communications director) for their service.

VSBC 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 Sacramento River Delta, aka, TOSRD).
- **Ride with GPS:** Free, turn by turn audible cues when using "Ride with GPS" for VSBC 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.

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! Valley Spokesmen used to and will again have group road and mountain bike rides every week for riders of all levels. VSBC is known for the Cinderella ride in the Spring, and the Mt. Diablo Challenge in October. Join us at www.valleyspokesmen.org

Access VSBC Website

