**What’s New with Valley Spokesmen**

This time of year, Valley Spokesmen is consumed with preparing for the *Cinderella Classic* on April 8th. (See Page 2 for more info)! Although we are busy with plans for Cinderella, we still manage to pack in as many rides as the weather will allow. The historic rainfall in January delayed things a bit but the Feather Pedals rides are continuing as much as possible, and daily rides are taking place as the weather allows. *Cinderella* promises to be a beautiful ride as the Tri-Valley explodes with wildflowers and green, green grass! Other events coming up this spring are the *Wente Road Race* on April 30th, as well as the annual *Paso Robles Great Western Bike Rally* ride in May. Our big news is the Valley Spokesmen is taking over responsibility for the *Mt. Diablo Challenge* in October! This iconic East Bay event was started by Valley Spokesmen and, after 35 years, has made it's way back into our hands! Tentative date is October 8th. More information about the event will be coming!

**Standing VS Club Rides**

Go to [valleyspokesmen.org](http://valleyspokesmen.org) for details

**SAT** 2/3 L/M Feather Pedals Conditioning Rides
Pleasanton Bart Parking Lot, 9:00 am
Beginner friendly, SAG supported 30-60 mi
Rebecca Wood  925-577-3842

**MON/WED** 2 L/M 25-50 miles, 9:00am
Heather Farms Park, Walnut Creek
Wendy Cosin, 510-813-7061

**MON/THUR** 2 M 20-30 miles, 9:30am
Livermore Cyclery, Dublin
Bob Heady  925-980-7989

**TUE** Mountain Bike 8-13 miles, 7:00pm
Starting March 7, 2017
Lake Chabot, Castro Valley
Jane Moorhead  925-980-9889

**ODD FRI** 2 L/M 25-35 miles, 10:00 am
Start time changes to 9:00 am April 7th
Beginner friendly, No-Drop 12-15 mph
Central Park, San Ramon
Gail Blanco  925-872-1001

**SAT/SUN/WED** Various Club Rides, see [www.valleyspokesmen.org/ridecalendar](http://www.valleyspokesmen.org/ridecalendar) for details

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Scan this code with your QR reader application on your smartphone to go to our website!
[www.valleyspokesmen.org](http://www.valleyspokesmen.org)
Forty-one years ago, when Valley Spokesmen was still a young club, long cycling events were dominated by men. Women played supporting roles, riding shorter rides and performing SAG duties with their kids in the backseat of their cars. In 1976, the Club president decided that something should be done to say “Thank you” to the women in the club for all of their support. To show their appreciation, the men created the Cinderella Classic, the oldest women-only cycling event in the country.

Although it was longer than many women rode at that time, the metric century length (100K/63mi) was decided upon and the planning began. The inaugural ride started at Dublin High School and had three checkpoints, one on the side of the road under the freeway overpass on Greenville Road! The snacks were limited to cookies, fruit and lemonade, with peanut butter and jelly sandwiches at the lunch stop. There were no porta-potties, and during the gas crisis of the late 70’s SAG was done on bicycles. The first Cinderella had 200 riders, then 300, 600, 800 and 1,000. At its largest, the Cinderella Classic put 2,800 riders on the road. Local permits now limit the number of riders, resulting in sell-outs of the event. To accommodate the growing numbers, the event moved from Dublin High School to Camp Parks and eventually to its current location, the Alameda County Fairgrounds.

Cinderella has always been about having fun and accomplishing something great. The staggered start (after 7:30) prevents congestion on the roads, making the event safer and more comfortable for the less experienced riders. Riders of all ages and abilities are welcome. The youngest was a 5-year-old in a tow-behind, and the oldest (so far) was 72 years old. Women ride with their mothers, daughters, sisters and friends. Their male friends and partners help provide SAG and checkpoint manpower, as well as check-in and post-ride support. Because Cinderella is not a race, participants have all day to finish. When they do, they are met with an amazing meal and vendor show at the Alameda County Fairgrounds venue. As many as 50 vendors bring their bicycle gear and women’s cycling clothing to sell on-site.

Weather in early April is generally good and in all of its years there have been only four Cinderella Classics that were rained upon. The ride still goes on rain, hail (yes, we’ve had that too!) or sunshine - so make sure you come prepared! And don’t forget to thank all of the Prince Charmings who volunteer their time to make this the premier women’s event of the year!
Feather Pedals Conditioning Rides

The Feather Pedals branch of the Valley Spokesmen was formed in 2009 to specifically address the needs of women riders. Most participants are training for either the Cinderella Classic or Challenge ride, but many come just for the camaraderie and chance to improve their riding skills. Each week the ride is led by one of the faithful Feather Pedals coordinators. Prior to three of the rides, there is a 15 minute training session led by Meredith Nielsen of Wenzel Coaching. This is professional level coaching offered at no cost!

The Feather Pedals conditioning series continues every Saturday (weather permitting) until the week before Cinderella. The graduation ride on April 1st is very likely capped with lunch out to celebrate. Watch the ride calendar for details. The rides are designed to add length and fitness each week so that the riders will be well prepared for the big event. These popular rides, often attracting over 150 riders, are for men and women, so there are always groups of different levels riding. SAG and Route Leader volunteers are always needed!

30th Wente Vineyards Classic Road Race Sunday, April 30th

This premier Bay Area racing event is put on by the Valley Spokesmen Racing team and sponsored by Wente. This is a fully sanctioned race with cash awards of up to $1000, and a total cash and prizes of over $10,000! The race winds through the hills of east Livermore, with race length (29-73 mi) determined by category. If you are an experienced racer, or just getting started, don’t miss this exciting opportunity. Pre-Registration opens March 15, 2017. http://www.vsracingteam.org/

Upcoming Valley Spokesmen Events

Feather Pedals Conditioning Rides
Through April 1, 2017 - Every Saturday
Public Event
Start locations and times vary

San Jose to Livermore via Mt. Hamilton
March 5, 2017
Public Event

Quarterly Club Meeting
Wed. March 1, 2017
New Members Welcome
6:30 Pizza and 7pm Meeting
Round Table Pizza, Dublin

Half Moon Bay/Pescadero/Lobitos
March 18, 2017
Public event

http://www.valleyspokesmen.org/ridecalendar

Your Valley Spokesmen Membership Application is available at www.valleyspokesmen.org
Join the Valley Spokesmen Bicycle Club and enjoy these benefits:

- Access to a wide variety of fun club events, tours, and post-ride socials.
- Discounts at many local bicycle shops with your VS Membership Card.
- Preferential registration to: The Cinderella Classic and TOSRD (Tour Of the Sacramento River Delta).
- Invitation to our Mid-Winter Party: dinner, dancing, camaraderie, awards and fun.
- Participation in our annual Paso Robles Tour to the Great Western Bicycle Rally, Angel Island Trip and other member’s only events.
- Online Membership enables access to "Member’s Only" pages that provide a Directory of club members and other important information.
- Club members are eligible to join the VS Yahoo e-mail list to chat about club events, rides, receive latest ride updates, and other social activities. A great way to keep current!
- Feather Pedals - This branch of VS prepares new and experienced riders for the Cinderella Classic and Challenge events.

Like us on Facebook!
Valley Spokesmen Bicycle Club

Who Are Valley Spokesmen?

Valley Spokesmen was founded in 1971 by a group of local cyclists interested in perpetuating the cycling culture and encouraging family cycling in the Tri-Valley. Forty-four years later the Club is a leader in bicycle advocacy, accessibility and miles ridden! Our members attend public meetings to insure bicycle access and safety. Valley Spokesmen has group road or mountain bike rides 7 days a week for riders of all levels. The Club does many rides a year throughout the Bay Area and Tri-Valley. Spring events include the Cinderella Classic and Challenge as well as the Wente Vineyard’s Road Race. In Fall the club will hold two premier events; The Tour of the Sacramento River Delta, and the iconic Mt. Diablo Challenge. Other events include a Members-Only rides to Paso Robles for the Great Western Bike Rally, and a 21-day ride from Boston to Nova Scotia! As a non-profit organization, Valley Spokesmen provides funding to many cycling-oriented organizations and advocacy groups. The Cinderella Classic generates as much as $30,000 for groups dedicated to providing opportunities for women and girls. Go to our website to find out more and to see the benefits of membership!

Come Ride With Us!
www.valleyspokesmen.org