What’s New With Valley Spokesmen

The biggest news is that Valley Spokesmen is now organizing the Mount Diablo Challenge! It will be held on October 8, 2017. Registration opens July 1st. Detailed information about the event is on pages 2-3. We are inviting riders of all abilities to join us for this iconic event. Kids, families, weekend riders and competitive racers are invited! Mark your calendars now!!

A new ride to San Diego began on May 16th and took as much of the Coastal Route as they can, considering the extensive winter storm damage. The annual members-only ride to Paso Robles and the Great American Bicycle Rally took place in May. As the days get longer, after work rides have returned, and morning rides have changed their start times, so make sure you check the calendar so that you don’t miss them! Rides will continue to be added to the calendar throughout the summer, so check the calendar frequently! We encourage new members and old to get out there and ride, enjoy the waning green of spring, and the coming warmth of summer. It was a long winter and everyone is ready to ride!!
After doing a great job of running the Mount Diablo Challenge for many years, Save Mount Diablo has asked Valley Spokesmen to take over the helm. The ride originated as a Valley Spokesmen event, so this feels like coming home! We hope to maintain its competitive, challenging spirit, while making it welcoming to riders of all ages, families, and first-timers. Feather Pedals, the women's training arm of Valley Spokesmen, will be doing conditioning rides and clinics to prepare people for this iconic event. Watch the ride calendar: www.valleyspokesmen.org/ridecalendar for information. We hope to open reservations July 1st. CA Technologies continues to be a major sponsor, underwriting donations to Save Mount Diablo, a group dedicated to the preservation and expansion of the State Park.

**Rule Changes!!**

There will be some rule changes for safety. A lot of work went in to striping and signing Mount Diablo in order to make it safer for riders and vehicles. In order to highlight those changes, we plan to model good riding behavior. Centerline rule will be enforced for non-competitive waves to ensure that riders can safely descend, while others are still ascending the mountain. Categorized riders will still be allowed the entire road, however, later waves will be held to this rule. This is critical as we are reducing turnaround time at the top significantly. We are also starting and descending in smaller waves, to reduce crowding, while still ensuring that competitive groups have enough people to form a peloton and take advantage of drafting. Speed limits on the descent will be strictly enforced. Violations of this will jeopardize our agreement with the State Park, and make it difficult to get permits in the future.

**Exciting New Venue!**

We are planning a BIG venue with beer, wine and food. Turnaround time at the top will be quicker, so that riders can enjoy the party! If you are a competitive rider, or just a weekender who wants to challenge yourself, this is the ride for you!! Check out the website at: MountDiabloChallenge.org. Make sure to check back often as additional information is added. We will need LOTS of volunteers so if you want to help out, contact Diane Thompson: dth33@comcat.net. We will need volunteers before, during and after the event, so don't be shy! We hope that we can bring excitement and fun to this event, so mark your calendar now!
Cinderella Classic

For a second straight year, the weather did not cooperate for the Cinderella Classic. Unlike 2016 when the rain was constant, but the temperature was comfortable, the 2017 Cinderella proved to be wet AND cold! Many of the intrepid riders either turned around on their own, or took advantage of the wonderful SAG volunteers. Although some stayed home, many completed the ride, and we salute those who got out there, regardless of their mileage! As always, there was great sag and company along the way, with delicious food waiting at the end. There is nothing quite like wrapping your cold hands around a hot cup of soup! On the positive side, the weather gave the participants more time to peruse the great venue. There were some new vendors this year, which complemented an already great line-up. Here’s hoping for a dry ride next year!

Valley Spokesmen Legends!

We all know that cycling is good for you, but no one exemplifies that better than the senior members of our club. While we have several VSers in their 70s, perhaps our most venerable members are our elder statesmen. Visible at every large event, these octogenarians show up to volunteer, plan or participate. While they may keep the orthopedist on speed dial, they never seem to stop moving. Bob Powers is one of the club’s founding members and still finds opportunities to get on his bike. Jim Duncan’s odometer just rolled over to 80 and many of us still have a hard time keeping up with him. He has been the driving force behind the Cinderella Classic for years and rides almost every day. And then there is Walt Thomas, whose annual birthday ride (the last one was for his 85th) attracts dozens of members of Valley Spokesmen, Fremont Freewheelers and Grizzly Peak Cyclists. Walt’s charm and ready smile make him a legend in the cycling community throughout the East Bay. Gentlemen, you are an inspiration, and a treasure!
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.

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-six years later the Club is a leader in bicycle advocacy, accessibility and miles ridden! 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 Vineyards 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 including those promoting opportunities women and girls, and maintaining the beauty and accessibility of Mount Diablo. Go to our website to find out more and to see the benefits of membership!

Come Ride With Us!

Your Valley Spokesmen Membership Application is available at www.valleyspokesmen.org