Valley Spokesmen Bicycle Club

Valley Spokesmen Overview

The Valley Spokesmen just completed its first year organizing the Mount Diablo Challenge on Sunday, October 8, 2017! It was an extremely fun and well-organized event thanks to the leadership, sponsors, volunteers and participants!

Our energetic members welcome everyone to join them for our many rides and activities. The club organizes weekly road and mountain bike rides as well as trips, progressive dinners and other fun and interesting events. The Club organized a memorable, 3-week New England cycling trip this year. Every year members plan and/or participate in adventure cycling events such as Cycle Oregon, Ride Idaho and others. Members participate in many local events including our own Cinderella Classic, Tiera Bella, the Wildflower ride, the Windmill ride, Wine Country, Levi Leipheimer’s Gran Fondo, Giro d’Vino and many more. This summer members travelled to Sicily and Italy for rides with the Bicycle Adventure Club. October will include the Tour of the Sacramento River Delta (TOSRD). November has a Progressive Dinner ride. If you’re looking for reasons to get outdoors, Valley Spokesmen has plenty. Visit our website, and we'll see you out there!!

Scan this code with your QR reader application on your smartphone to go to our website!

www.valleyspokesmen.org

Standing VS Club Rides

Go to valleyspokesmen.org for details

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

MON/THUR 2 M 20-30 miles, conditioning, 9:00am Livermore Cyclery, Dublin
Bob Heady 925-980-7989

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

ODD FRI 2 L/M 25-35 miles, 9:00 am
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

THIRD SAT Feather Pedals Ride 9:30 am
Beginner friendly, 25-35 mi through Dec.16th
Various start locations
Karin Ball kball2@yahoo.com

http://www.valleyspokesmen.org/ridecalendar
By Bonnie Powers

In July, 28 Valley Spokesmen members spent three weeks exploring New England while biking approximately 790 miles and climbing about 25,000 feet. We rode past bays, rivers and streams through many tree lined backroads and quaint little villages. The weather was quite a mix of fog, lots of sunshine, a few morning showers and one incredible thunder and lightning storm.

We started in

Massachusetts traveling through New Hampshire, Maine, Nova Scotia, Canada and New Brunswick, Canada. The trip began in Boston (Revere) and went to Kittery, Maine with a stop in Salem at the Witch Museum, of course. From Kittery, we went to Portland Maine, before catching the ferry to Yarmouth, Nova Scotia and then to Digby, where many indulged in their world famous “melt in your mouth” scallops and watched the tide as it rose and fell 28 feet. We then ferried to St. John, New Brunswick, where we visited the market places, museums, cathedrals, and took walking tours of the capital. We moved on to Pocologan, New Brunswick, then back to the US entering at Calais, Maine and traveling to Machias and then Bar Harbor where some visited Acadia National Park, went to the top of Cadillac Mountain, to museums, shopping, and sailing on a schooner.

After Bar Harbor, it was on to Belfast, and an incredible experience at Young’s Lobster Pound. In a wooden, barn-like structure with rows of tanks filled with lobsters at various stages of growth, we selected our lobster by weight and he is tossed into a mess bag along with clams and ears of corn. Twenty minutes later, there is your dinner – delicious!

Next day, it was on to Edgecomb and Freeport, Maine where we enjoyed shopping at the LL Bean (which is open 24 hours a day, 7 days a week, 365 days a year) as well as kayaking and bay cruising. The trip ended with trips through Kennebunk, Maine and Exeter, New Hampshire before returning to Boston (Revere)!

We are planning another trip to a different part of the country next summer so stay tuned!

Editors note: Many thanks to Bonnie & Bob Powers who planned an amazing trip that was enjoyed by all!
Mt. Diablo Challenge 2017

Started 35 years ago by the Valley Spokesmen Bike Club in memory of a club member who passed away, the Mt. Diablo Challenge has become a premier cycling event in the East Bay and this year was no exception!

For 2017, the Valley Spokesmen resumed organization of the event for the first time in many years and by all accounts it was a resounding success.

More than 400 cyclists registered for the event which featured an epic 11.2 mile climb and 3249 feet of climbing. After the event, there was a new celebration at Monte Vista High School with more than 100 raffle prizes, food trucks, beer and wine vendors, bike shop and clothing vendors and awards for 45 age group categories in addition to overall winners. Many thanks to the many who contributed to this year’s Challenge including the organizers, underwriters, vendors, volunteers and participants!

Summer 2017

In July, 28 members traveled to Boston for the 21-day Valley Spokesmen trip from Boston to Nova Scotia.

Several VS members went to Santa Maria for the Windmill ride to celebrate Kevin Rudy’s 60th birthday!

On July 9th, we started the Mt. Diablo Challenge Beginner Conditioning Series featuring a weekly training ride up Mt. Diablo! At least 3 of our beginners completed the Challenge, John and Sunil, while Marsha was on the podium finishing 3rd in her age group!

The annual VS anniversary ride was held in Livermore on Saturday, August 19th. Afterwards, members enjoyed a barbecue and libations in Ruby Hills. Many thanks to all who planned this event.

In September, VS members joined Fremont Freewheelers to celebrate Walt Thomas’ 86th birthday with his annual climb up Nike Hill at Coyote Hills Regional Park. What an inspiration!

Many members went on a BAC ride in Sicily in September and here are a few at the Ragusa Marina!
We encourage cyclists to 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 the Paso Robles Tour to the Great Western Bicycle Rally, Ride Around the Bay Area, camping/bike adventures, and other biking activities.
- 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 participate in the VS Yahoo e-mail list to chat about club events, rides, and other social activities. The Yahoo Group has been a great resource for on-line information and dialogue among club members.
- Feather Pedals - This branch of VS prepares new and experienced riders for the Cinderella Classic and Challenge events.

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Come Ride With Us!

Valleyspokesmen.org