Happy New Year 2018! We hope your New Years’ resolutions include more rides with Valley Spokesmen. Our members welcome everyone to join our many rides and activities. Many brought in the new year with a traditional ride up Mt. Diablo on New Year’s Day (See photos on left)!

The Club organizes weekly road and mountain bike rides as well as trips, progressive dinners and other social activities and events. This past October, the Club hosted its famous Tour of the Sacramento River Delta (TOSRD).

Every year members plan and/or participate in adventure cycling events such as Cycle Oregon, Ride Idaho and others. If you’re looking for reasons to get outdoors, Valley Spokesmen has plenty. Visit our website, and we’ll see you out there!!
34th Tour of the Sacramento River Delta (TOSRD)

The 34th TOSRD - a two-day, 120-mile tour through the scenic Sacramento river delta started with nearly 200 cyclists at Brannon Island State Park in Rio Vista. Cyclists headed out around 9 am on October 14th through Isleton and then to Howard Landing for a short cable ferry ride.

Riders battled the headwinds as they rode along Steamboat Slough looking forward to a hearty VS lunch at Delta High School in Clarksburg!

After lunch, headed north along the river delta toward the hotel. After some socializing, relaxing and snacks by the pool/hot tub, groups headed out for fun and dinner in historic Old Town Sacramento.

The next morning started early with breakfast and then groups started heading out as the sun was coming up. The River bike path went south to historic Courtland and the Chinese community of Locke (see photo left). From there, cyclists went through Walnut Grove and Isleton. Finally, after 60 miles of beautiful weather, the ride ended with a barbecue feast at Brannon State Park!

Editors note: Many thanks to Francie Cushman, Jim Duncan, and Bonnie & Bob Powers who planned an amazing TOSRD again and to all the volunteers who contributed to another great event that was enjoyed by all!

Progressive Dinner Ride

In November, the annual Progressive Dinner hosted by Pam and Steve Gifford in their 1854 farmhouse in Escalon. The ride was scenic and included the almond and walnut orchards, cornfields and dairy farms of rural Escalon. Riders did a total of 3 loops, coming back for more delicious food over 50 miles. Thank you, Pam and Steve, for hosting this fun event (Progressive Dinner photos below) If you have not attended this event before, plan on it for next year!
2017 4th Quarter Meeting

At the December 6th quarterly meeting, which was well-attended, VS held its annual elections and provided members with a club update. The guest speaker was Matt Larson (right in photo) of Propel (propelbikecoaching.com). Matt gave a very informative presentation on the importance of a good bike fitting in regards to comfort and performance. Diane Thompson (left in photo) took advantage of the great discount Matt offered to VS members.

42nd Annual Cinderella 2018

Saturday, April 14th is the date for the 42nd annual Cinderella and Cinderella Challenge Cycling Event! This unique bicycle tour for women and abilities winds through scenic farmland, vineyards and rolling hills of the Amador, Livermore, Diablo, and San Ramon Valleys. We encourage you to sign up now! Registration opens January 10th!

2018 Cinderella Conditioning Rides

Feather Pedals Cinderella conditioning rides begin Saturday, January 13th at the Sycamore Valley Park and Ride at 10 am.

Valley Spokesmen’s annual party is Saturday, March 31 at Rossmoor in Walnut Creek. The event, themed “Carnival,” is open to members who may bring one guest and features a fun-filled evening of dinner, dancing and awards. Be sure to join VS or renew your membership so you can attend!
Join Valley Spokesmen Today

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**: Full featured ‘Ride with GPS’ account free when using ‘Ride with GPS’ VS club routes.
- **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 Yahoo 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.

Like us on Facebook

Come Ride With Us!

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**Upcoming Valley Spokesmen Events**

**Feather Pedals Conditioning Rides**
Saturday, January 13, 2018
10:00 am
Sycamore Valley Park & Ride

**Quarterly Club Meeting**
Wednesday, March 7, 2018
6:30 pm Pizza, 7:00 Meeting
All Members Welcome
Mountain Mike’s Pizza, San Ramon

**VS Carnival Party**
Dinner & Awards
Saturday, March 31, 2018 5:00 pm
Rossmoor, Walnut Creek
Bonnie Powers (925)828-5299

**Cinderella & Cinderella Challenge Women's Only Metric Century**
Saturday, April 14, 2018
Registration opens January 10th
Check valleyspokesmen.org for details.

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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. 46 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 April, catering to women riders. The Feather Pedals' conditioning rides begin in January to help women build endurance for the Cinderella.

Every year. the club sponsors many events and rides that benefit the community we live in and others that are just for fun. Join is online at www.valleyspokesmen.org