Valley Spokesmen Overview

Happy Summer! Welcome to prime cycling season! We invite you to come out and join one of our many Valley Spokesmen rides. Our members welcome everyone! The Club organizes weekly road and mountain bike rides as well as trips, progressive dinners and other social activities and events. In June and July, the Club went to Kentucky for a 2-week tour with 40 members. In August, there is a VS birthday ride and bbq! 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!!

Standing VS Club Rides

Go to valleyspokesmen.org for up-to-date details

MON/WED  2 L/M 25-50 miles, 8:30 am
Heather Farms Park, Walnut Creek
Ride Host: Wendy Cosin
MON/THUR 2M 20-30 miles, conditioning, 9:30 am Livermore Cyclery, Dublin
Ride Host: Bob Heady
WED  WAW (Wednesday after work) rides 3B 20 miles, 6:30 pm Les Knott Park, Livermore
Ride Host: Doug Ondricek
Friendly FRI  2L/M no-drop 25-35 miles, Sports Basement, San Ramon
Ride Hosts: Gail Blanco and Terry Cunningham
SAT  3rd Saturdays, Feather Pedals Ride
Check VS Ride Calendar for times and location
TUE/SUN 12-24 miles Mt. Diablo Challenge Conditioning Rides  Every Tuesday after work and every other Sunday morning to help all levels climb the Mountain!
FRI/SAT/SUN/TUE/WED Various Club Rides, see www.valleyspokesmen.org/ridecalendar

Mt. Diablo Challenge is October 7th

Mark your calendar and register today to ride the 2018 Mt. Diablo Challenge, a timed bike ride to the summit of Mt. Diablo on Sunday, October 7th! The road is closed to the public during the ride and there are 16 categories of prizes awarded. After the ride, participants and their friends and family are invited to enjoy music, food, vendors, awards and libations. We look forward to seeing everyone on the Mountain! Go to http://mountdiablochallenge2018.itsyourrace.com/event.aspx?id=11068 to register today!
2018 VS Kentucky Tour

June 23 - July 9

In June, 40 VS members toured Louisville, Ky the day before they started their ride around the Commonwealth state. They visited Churchill Downs, one of the many bourbon distilleries, walked across the bridge to Indiana and visited the Slugger museum or took in a Bats game. It was an exciting and fun ride filled with the nicest Kentucky folks, beautiful scenery and challenging weather including thunderstorms, heat and humidity. But the camaraderie of the group was the best part of the ride! We were accompanied in and out of Louisville by Bekki Livingston, a former VS member, and members of the Louisville Bicycle Club. We had 3 evenings of amazing fireworks shows courtesy of Gary Hseuh! And there is not enough praise for the support of Bonnie & Bob and Lynette. Always there when they were needed with ice, water, food and a lift for those who needed it!

Along the way, cyclists ate at the world famous Moonlite BBQ restaurant and visited the Everly Brothers museum in Central City (Muhlenburg County).

More highlights were the Corvette Museum, Lost River, Mammoth Cave, the longest cave in the world at 412 feet, a tour of horse country and the Keeneland racetrack and a tour of the Buffalo Trace Distillery, the oldest continually operating distillery in the country.
In Campbellsville, the editor of the local newspaper came to the afternoon VS meeting and gave an overview of the area. He ended up writing an article for the newspaper about the VS tour with a photo of the group!

All in all, it was 12 days of cycling, 570 miles, and 24,928 feet of climbing! Another successful tour planned and supported by Bonnie and Bob Powers. Thank you!

Editor’s Note: Many thanks to all those who helped develop the routes on Ride with GPS and load the truck with 36+ bikes, load and unload the truck every day and pack it up at the end of the ride!

**Valley Spokesmen Racing Team News**

The Valley Spokesmen Racing Team has been busy adding new racers and hitting the podiums this season in addition to sponsoring the Wente Road Race!

Selim Elhadj 4th place Regalado RR Cat3
Alex Lloyd 5th place The Bump Race Cat5
Alex Lloyd 4th place Red Kite Criterium (July) Cat3/4/5
Alex Lloyd 1st place Red Kite Criterium (July) Cat 5 (back-to-back races!)
Alex Lloyd 3rd place Red Kite Criterium (June) Cat 5
Adam White 2nd overall and 2nd M19-39 CA Dirt MTB series#3, Hoot Trail

**VS Ride Photos**
Join Valley Spokesmen Today

We encourage cyclists to join the Valley Spokesmen Bicycle Club and enjoy these amazing 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:** Free full featured ‘Ride with GPS’ account 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.
- **Strava Club:** Club members are eligible to join at Strava.com.

**Come Ride With Us**

Like us on Facebook!

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**Upcoming Valley Spokesmen Events**

**Annual VS Birthday Ride & BBQ**
Saturday, August 11, 2018
9:30 am
(RSVP on Ride Calendar)

**Quarterly Club Meeting**
Wednesday, September 5, 2018
6:30 pm Pizza, 7:00 Meeting
All Members Welcome
Mountain Mike’s Pizza, San Ramon

**Mt. Diablo Challenge**
Sunday, October 7
Registration Open for Individuals and Teams

**TOSRD**
Tour of the Sacramento River Delta
Saturday, October 20 - Sunday, October 21
Registration Open for Overnight Tour
https://www.valleyspokesmen.org/tosrd

**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. 47 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 Wente Road Race in April and the Mt. Diablo Challenge in October. Every year, the club sponsors many events and rides that benefit the community we live in and others that are just for fun. Join us online at...