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
Ride Host: Wendy Cosin

**MON/THUR** 2M 20-25 miles, conditioning,
9:30 am Livermore Cyclery, Dublin
Ride Host: Bob Heady

**Friendly FRI** 2L/M no-drop 25-35 miles, 10:00 am, Sports Basement, San Ramon
Ride Hosts: Gail Blanco and Terry Cunningham

**FRI/SAT/SUN/TUE/WED** Various Club Rides, see www.valleyspokesmen.org/ridecalendar

---

About Valley Spokesmen

It is Fall and the holiday season is upon us! Please come join one of our many Valley Spokesmen rides so you can experience the camaraderie of our Club and the joys of group 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 October, the Club hosted its famous Mt. Diablo Challenge and its weekend TOSRD (Tour of the Sacramento River Delta) ride to Sacramento and back. In November, there is a progressive dinner ride!

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!
Mt. Diablo Challenge is a Devil of a Ride!

Sunday, October 7th marked the second successful Diablo Challenge organized by the Valley Spokesmen! It was a beautiful morning with some gusty winds that made the ride a bit more challenging! The ride started at The Athenian School at 8:00 am where 549 cyclists waited to conquer the Mountain - 11.2 miles and 3249 feet of climbing! The first cyclist crossed the finish line in 47 minutes and the last in 2 hours and 30 minutes! Everyone returned to Monte Vista High School for their t-shirts, the awards ceremony, to shop vendors and the delicious food truck! Thanks to all the cyclists and volunteers who made this event a huge success!

Top 3 Men
Cooper Shanks 00:47:47
Kirk Carlsen 00:48:10:4
Josh Dapice 00:48:43:2

Top 3 Women
Susannah Breen 1:00:35.7
Jean Harvey 1:01:49.8
Jenny Slawta 1:02:17.4

For all the results and photos, go to www.mountdiablochallenge.org

Editors note: Many thanks to Karen Kaiser, Jane Moorhead, Jim Duncan, Bob Heady, Dianne Thompson and the numerous volunteers who helped make this year’s Mt. Diablo Challenge a great event!

Thanks to our sponsors: Save Mt. Diablo, CA Technologies, Livermore Cyclery, 6-Fifteen Cyclery, Liv, and Hammer Nutrition

2018 VS 3rd Quarter Meeting

The September 5th quarterly meeting was at Mountain Mike’s Pizza in San Ramon where members received a positive VS Club report from VS vice president Rob Delfosse, received an update on the Mt. Diablo Challenge from Karen Kaiser, and enjoyed a presentation about the VS Kentucky Tour by Rebecca Wood! Be sure to attend the next meeting on Wednesday, December 5th which will include voting for new officers. Look for details on the Valley Spokesmen calendar!
Valley Spokesmen Racing Team (VSRT) Update

Jim English won the M55B race at the West Sacramento Cyclocross Prix. Jim rode a perfect race. He used his great technical skills to navigate the difficult course mistake-free.

Climbing/Descending Clinic Helps Make VS Members Strong and Safe

Meredith Nielsen, a USAC Level 2 Cycling Coach, (meredithnielsen@wenzelcoaching.com) and her partner, Hal, held an excellent Climbing/Descending Clinic for 15 VS members on a beautiful Sunday in September. After a one-hour bike handling session in the Monte Vista High School parking lot, cyclists headed over to Mt. Diablo to practice climbing techniques and then descended so Meredith and Hal could provide tips. Thanks for making us better and safer cyclists, Meredith and Valley Spokesmen!
Upcoming Valley Spokesmen Events

**Progressive Dinner**
Sunday, November 4, 2018
10:00 am
Escalon, California

**Annual Martinez to Davis Ride**
Saturday, November 10, 2018
8:30 am
Martinez Waterfront Park

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

Valley Spokesmen Membership Provides Amazing Benefits

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**: 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.

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 www.valleyspokesmen.org

Like us on Facebook!