

The Roadrunner

A BI-MONTHLY PUBLICATION OF THE SANTA CRUZ COUNTY CYCLING CLUB

Bike Week celebrates 30th anniversary

Now entering its third decade of celebrating all things bicycle, Bike Week is bigger and better than ever. More restaurants and breweries are offering discounts to bicyclists, while Ecology Action's Bike to Work/School Day remains packed with free breakfast locations across the county. Both the Museum of Art and History and The Bicycle Trip continue with their open house and outdoor festival at the start of a week of jam-packed activities. Here is a complete list of "to do" events for bicyclists of all ages.

FRIDAY, MAY 5

First Friday at the Museum of Art & History (5 to 9 p.m.) First Friday Bike Night at the Museum of Art & History represents the kick-off celebration for Bike Week and is hosted by Ecology Action and Bike Santa Cruz County! Bike Night is a chance to learn about local bike resources and celebrate biking. It features arts and crafts, interactive activities for kids, a costumed bike ride and live music from 6:30-9 p.m. with Dan P. & the Bricks.

SATURDAY, MAY 6

Bicycle Trip Bike Fest (Noon to 4 p.m.) Join this family-friendly festival at 1001 Soquel Ave. Young and old, roadies and mountain bikers, recreational and racer-types celebrate having fun on two wheels. BBQ, demo a dream bike and the famous raffle and prize wheel are included! (SCCCC's Saturday A/B/C rides begin and end at The Bicycle Trip.

SUNDAY, MAY 7

Girls Rock Mountain Bike Ride (9 a.m.) Hosted by The Bicycle Trip, this ladies' event explores the best local trails. Visit the Girls Rock website and sign in for a chance to win an Electric Bike!

Westside Trail Mixer: Connect the Arts to the Trail: (1-3 p.m.) Meet on the rail trail corridor between Fair Avenue and Swift Street for a community art party to welcome the trail. Bring an object of inspiration for the rail trail, your neighborhood or Santa Cruz.

Santa Cruz Classic Criterium



Racers approach back side of Beach Hill in the 49th annual Santa Cruz Classic Criterium on Sunday, March 26. (More race photos on page 7)



MONDAY, MAY 8

Activate the River Ride with Patagonia (5:30 p.m.) Meet at Patagonia store for refreshments and store coupons, followed by bike ride along San Lorenzo Riverwalk to learn about Engagement Plan. Ride ends at Solaire Restaurant with a happy hour. (15% discount from 4 p.m. to closing for bicyclists who show bike helmet.)

TUESDAY, MAY 9

Cycle & Dine: Ecology Action has partnered with local restaurants to provide cyclists with meal discounts. Show helmet to server upon arrival and ask for 'Cycle & Dine' discount! 10% off at Charlie Hong Kong; \$1 off all beers at Discretion Brewing; 5% off at the Ploughman's Lunch at The Kitchen; 15% off at Severino's Bar & Grill in Aptos.

WEDNESDAY, MAY 10

Beer Thirty Bottle Shop & Pour House ~ New Belgium Brewing and Bikes Night! (5-10 p.m.) Evening of movies ("Clips of Faith") and beer. Seating is limited, so purchase tickets in advance. Raffle prize is a New Belgium Detroit Bikes custom-made Anniversary Cruiser. Purchase at www.beerthirtysantacruz.com (limited supply).

THURSDAY, MAY 11

Bike To Work/School Day (6:30-9:30 a.m.) Visit Ecology Action's Breakfast Site page for complete list of 13 public breakfast sites across the county and 45+ school sites. Free breakfast, bike maintenance, raffle prizes and more! (www.ecoact.org)

FRIDAY, MAY 12

Bike Party Group Ride (6-9 p.m.) Green-themed Bike Party Ride organized by Santa Cruz Bike Party and Bike Santa Cruz County for riders of all ages/experience levels. Wear green costumes or decorate bike in green. Before the ride, join Bookshop Santa Cruz and Santa Cruz Indivisible for postcard writing campaign for climate change. Electric bike raffle.



May—June, 2017
Volume 44—Issue 3

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Mountains Challenge request

Wanted: four SCMC captains for Safety, Natural Bridges State Park Water Stop and Recycling (2). The 18th annual fundraiser takes place Saturday, July 29. Safety captain assigns volunteers to critical intersections to monitor traffic. The Natural Bridges Water Stop assignment is an excellent opportunity to 'meet n greet' the riders during the late morning and afternoon as they approach the last climb to UCSC. Recycling is critical for making the event as environmentally friendly as possible. Contact Event Director Skippy Givens at kidgivens54@gmail.com to volunteer.

New beginning bike class

A six-week Cycling for Starters class for new and returning riders begins at 10 a.m. Friday, June 23 at Capitola Community Center, located at Jade Street Park. Distances increase gradually from five to 20 miles. Teachers are Chris Zemny and Susan Kent. Class is free to club members. Non-member cost is club dues.

Register for all classes at : <https://sccc.clubexpress.com>.

THURSDAY, MAY 25TH

SCCCC MEETING

7 P.M. SIMPKINS SWIM CENTER

979 17TH AVENUE

Club Shorts: *Always time to celebrate birthdays*



L to r: Petronella van Dam, Cliff Barrett (rear), Janet Rose and birthday boys Richard Bedal and Jack Johnson at recent party after club ride to Davenport /Swanton.

Bart Coddington's Recent Road Report (mid-April) includes the following facts: a) Murphy's Crossing is open and dry. Both Santa Cruz and Monterey counties are still keeping up with their policy of benign neglect for this road; b) Hazel Dell is still legally closed, but clear and dry, with minimal mud on the road. The big equipment is gone. One may drive a car through, assuming you do not mind falling into one of the three washouts. A porta-potty is near the upper washout (not inspected by this reporter). A heavy fog could loosen up some of the slide areas!

Recent road repair efforts in Santa Cruz County do NOT affect the July 29 Santa Cruz Mountains Challenge. While upper Zayante and a small section of Bear Creek Road are limited to one lane for traffic, these diversions do not affect bicyclists. The road damage to Highway 35 does not affect any of the four routes for the road bike event. Go to www.santacruzmountainschallenge.com to register before April 30 at a reduced rate!



Steve Williams, left, is back on his bike after a serious accident on Anzar Road near San Juan Bautista. Steve was a course monitor at the annual Santa Cruz Classic Criterium in late March.



"New" octogenarian Jim Wheeler, left with Leo Moll, Ed Kilduff and John O'Hara, celebrates #80 at Ella's in Watsonville. In rear is Kathy Franks.

Road damage claimed another victim recently when the Fremont Freewheelers Bike Club had to cancel its April 23rd Primavera Century fundraising event due to bad roads. The club reported that instability to Palomares and Calaveras roads was too great to offer a safe ride.

Jim Wheeler and Harriet Wrye will be touring the San Juan Islands from June 26–30 on their new electric battery-enhanced tandem. Afterwards they will attend the Northwest Tandem Rally for four days starting July 1 in Seattle. To top it all off, they will visit Jim's daughter and her family in Seattle.

SCCCC member and vegetarian cook **Deborah Wine** advises campers who are into service trips for building trails to sign up for her Oct. 1–8 Sierra Club outing. It will take place in Fort Ord, and she suggests bringing bike and walking stick for recreational use after the work is done each day. Go to the Sierra Club website and click on outings, then Majestic Oaks & Service, Vegan Cuisine on the Central Coast. Early sign ups are suggested as trips fill quickly.

Thank you to race course monitors: **Richard Bedal, Steve Williams, Grace Voss, Michael Burns, David Gill, Ron Olson and Skippy Givens** who helped out March 26 at the Santa Cruz Classic Criterium. (See photos on page 7). Next year will be the 50th anniversary of this event!

—Rhoda Bike



THE ROADRUNNER is the official newsletter of THE **SANTA CRUZ COUNTY CYCLING CLUB**. It is published bimonthly, sent out via email to members and is available at local bicycle shops, the Santa Cruz Visitors Bureau and local libraries and chambers of commerce. Submissions (articles, photos, and letters) are gladly accepted. Email is easiest, but we'll entertain all options. Contact us at: **SANTA CRUZ COUNTY CYCLING CLUB P.O. BOX 8342 SANTA CRUZ, CA 95061-8342**

or www.santacruzcycl.org

THE **SANTA CRUZ COUNTY CYCLING CLUB** is a nonprofit organization pursuant to Section 501(c)3 of the Internal Revenue Service code. The club's mission is to bring cycling to all levels of riders and encourage healthy lifestyles through education, friendship, teamwork and fun. The club is known for its annual **Santa Cruz Mountains Challenge** held the last Saturday in July. Proceeds from this event go to the club's educational activities.

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In April the SCCCC gained three new League of American Bicyclist LCI's (League Cycling Instructors)—**Chris Zemny, Susan Kent and me.** This certification enhances our ability to teach many aspects of bicycling, including bike handling, traffic laws, riding in cities, bike repair and safety checks and nutrition tips.

Like most of us, I am a completely self-taught, monkey-see-monkey-do cyclist. As a result, I had to keep an open mind and do things differently as I went through LAB's Traffic Safety 101 and LCI curriculum. But it was well worth it, as I'm now more comfortable, confident and predictable in urban/suburban settings. While I still struggle with coming to full stops at traffic signals and stop signs, overall I am riding far more safely than I used to. So, you can teach an old dog new tricks!

Look for Chris, Susan and me to be applying these new skills to the Cycling for Starters classes, as well as to group rides. We are happy to share what we know, so please tell us if you'd like advice or guidance with your cycling goals.

Our members have been representing SCCCC and engaging the cycling community at various bike shop events and the recent Sea Otter Classic. As part of the Bike Week events, SCCCC is sponsoring a table at The Bicycle Trip's Bike Fest on May 6th. In fact, the Saturday A/B club ride will start that morning at The Bicycle Trip. On Sunday, May 7th if you are a MTB'r or MTB curious, join the Girls Rock ride. (Check our SCCCC Facebook page for more details or shoot me a line. I'd



love to have you join us in representing SCCCC in our community.)

The Santa Cruz Mountains Challenge (SCMC) is Saturday July 29, and Skippy Givens is doing a bang-up job in his first year as event director. Maura Noel is crushing it on sponsors, resulting in a super t-shirt for volunteers! To pull off an event of this magnitude, we need YOUR help! Please contact me or one of our amazing captains SOON to volunteer.

Finally, the next general membership meeting is Thursday, May 25th. Theme is 'Riding Longer, Stronger and Comfortably'. We have three super presenters and will be raffling off some top of the line bike fit, personal training and bodywork prizes. Mark your calendar with this date!

In the meantime, the sun's out and local roads are clear of the recent storm debris so.... LET'S RIDE BIKES!

—Catherine vanRhee, president

Ginger Anderson shares safety message from century bike 'bump'

On April 1, 2017, I rode the Tierra Bella Bicycle Tour with about 2,000 other riders. It was a beautiful day and a beautiful ride. As I finished the ride, and entered the parking lot, I thought I felt strong and that I could have ridden more miles than the 35 mile route I had chosen. However, I would not even make it the short distance to my friend Margo's car.

I had gone over one speed bump and saw that I was coming up on another one. It appeared to be steeper than I anticipated. I was thinking I needed to find the flatter part of that bump and that is all I remember. Margo was a few seconds behind me and saw me on the ground away from my bike. According to her, volunteers from the Almaden Cycle Touring Club (ACTC) called 911 and got me the help I needed. A woman on the ride, an EMT, held my head still while her friend stood where he kept me



shaded. Fire and EMTs arrived fairly quickly. An ambulance arrived shortly and took me to the San Jose Trauma Center where I received great care.

A concussion, broken rib, broken collarbone, road rash and a cracked helmet resulted from this bump in the road.

So as I think about the bump in my road that this created, I realize that I wasn't thinking about that moment, but was thinking about how good I felt. I also know that I was planning on doing this ride by myself if Margo couldn't make it that day, thinking I would find someone of similar ability and just tag along. This is a good reminder to keep my thoughts in the present time, and

to ride with someone who will stick with me for the whole ride, even if that means for hours after the ride is finished.

Speaking of bike safety...

Two classes in basic bicycling skills for both beginning and experienced riders attracted 26 students in March and April. Instructor Lorri Lew Lown taught balance and the physics of riding as well as quick stops, quick turns, counter-steering, and riding with no hands.

Lorri has two more upcoming classes: Bike Skills 202—Climbing and Descending on May 13 focuses on navigating straight, long, short or twisty roads. Basic Skills 203—Pacelines on Sunday, June 22 includes how to be a better group rider. Participants may sign up for one or both classes at \$55 per class.

SCCCC recent history: Membership grows; safety first!

(Editor's note: Bike club history 1996–2007.)

One day in 1996, Leo Moll, who had recently moved to Santa Cruz from Los Altos, walked into The Bicycle Inn near Park Avenue and Soquel Drive to ask about local bike rides. The mechanic referred him to Frank Pritchard, who invited Leo along on an informal ride to Davenport, saying the local bike club wasn't too well organized when it came to group rides.

A born organizer and champion map designer, Leo advertised for Tuesday riders in the Santa Cruz Sentinel. Within a week, he had a regular group of half a dozen reliable SCCC riders, who started each Tuesday ride from Deer Park Shopping Center in Rio del Mar to travel Valencia Road and beyond. The rides lasted for two years until the group "was encouraged to relocate" to Nisene Marks Park by the shopping center's parking crew. Leo's ride leadership skills, honed by his longtime membership in Western Wheelers Bike Club of Menlo Park, were valuable, and as he became more familiar with the territory, he designed a series of rides in the Pajaro Valley and beyond.

However, when the late Barbara Kilduff complained that the Aptos start neglected the Westside riders, Leo encouraged his prize pupil, the late Martha Bedal, to lead the Tuesday group. Martha, starting some of the rides from Natural Bridges, knew the ins and outs of Santa Cruz so well that she became THE Tuesday ride leader for two years, while sometimes making smart on-the-road decisions to shorten the ride for slower riders.

BEGINNING CYCLING CLASSES

Martha's concern for her riders eventually lead to teaching and developing a curriculum for a beginning cycling class (now held at least twice a year as Cycling for Starters.) "It was Martha who saw the need for today's Tuesday Lite Rides," explains her husband Richard.

In the meantime, Leo, wanting to gear up his skills for the Davis Double Century in May, began in 1998 to lead what became known as LDTSC or Long Distance Training Santa Cruz. Starting in January, Leo lead a series of Saturday rides that gradually increased in miles and elevation gain, ending a week or so before the 200-mile event near Sacramento. This training regimen lasted several years until Scott Campbell took it over. Some of the LDTSC rides started in Marin County

(Mt. Tamalpais), while others began in Palo Alto. Even the climb up Mt. Diablo was a destination ride.

"Gas prices were less in the 1990's, and I wanted to take a serious look at the countryside outside of Santa Cruz," says Leo, who at age 87 is looking today into an electrical assist for his bike.

LEO AS RIDE LEADER

Many of his former riders remember Leo's guidance. Myrna Sherman, who has become a licensed, certified instructor (LCI) by the League of American Bicyclists (LAB), speaks glowingly of having Leo as a ride leader. "Leo Mall is one of the reasons, I kept

encouragement of her friend Anita Dyer. Also enter Lilly Ann Popken, who had recently heard via the grapevine that "There's a bike club with Tuesday rides."

Janet became SCCC president in 2000–2001, with Anita serving as secretary and Lilly Ann as social chair. Club meetings eventually shifted from The Hub on River Street to Simpkins Swim Center. Club membership, which had hovered at about 200 members for years from 2005 to 2010, gradually began increasing until reaching today's total of 400+ members.

How did that happen? Former membership chair Steve Johnson made a big change in 2013 by establishing an annual January deadline for



Early SCCC "organizers" include, l to r: Leo Moll, Martha Bedal, Myrna Sherman and Janet Fogel.

riding after Martha's intro class way back when," says Myrna. "There were no rides for newbies, but Leo created this great series of rides, telling us we could do anything if we just showed up to ride. He shared beautiful gardens and taught us about safe cycling and the rest is history. Thanks Leo!"

Myrna, who lives in Maryland near a 40-mile long bike path, helped the club "readjust" its ride classifications to the present-day A level (advanced riders), B level (semi-advanced riders) and C level (recreational riders) to coordinate with other bike clubs. In 2016 the club added D-level rides.

Leo's rides also lead, indirectly, to a more organized SCCC. Due to a leadership void in 1998 after club president Dale Wickenheiser moved to New England for a better job, SCCC was, well, slightly disorganized. Yes, a lively Surf City Cyclocross Series of races, which started under founding president Robert Leibold in 1973, continued through the 80's until about 2013 under the guidance of Jeff Clark and David Gill. However, even though the series sponsored national C/X championships on the UCSC campus and in Scotts Valley in the 1980's, the race team members were not recreational riders and vice versa. In fact, most club members, unless they were a spouse or a parent of a C/X rider, rarely attended the races.

Enter Janet Fogel, a retired middle school principal with a skill for organization, who became a regular Tuesday rider at the

all club dues, instead of calibrating membership fees based on the month a member enrolls. It required changing the club bylaws, resulting in an easier bookkeeping operation. Finally everyone knew that club dues were due in January!

CYCLING FOR STARTERS

And, remember Martha's beginning bike classes? Janet and Lilly Ann began teaching the class, followed by Myrna. All three women studied the curriculum, changed the name to Cycling for Starters and required students to become SCCC members for insurance coverage. About 45 "graduates" each year for the past few years have become members through this process. (Some beginning riders become so proficient they have moved up to the A or B level on club rides.)

What's next for SCCC? The future is here as three newly-minted LCIs completed training this spring and two of them, Chris Zemny and Susan Kent, teach beginning classes. The club also sponsors safety clinics for intermediate and advanced cyclists. Leibold's 49th annual Santa Cruz Classic Criterium took place recently, with members helping as course monitors. The 18th annual Santa Cruz Mountains Challenge, formerly the Pajaro Valley Century, takes place on Saturday, July 29 with the help of about 110 club volunteers.

You never know what will happen when inquiring at a local shop about a bike ride!

—Glide A Long

Bicycle-friendly projects underway for three local cities

The City of Santa Cruz has begun construction of a \$2.4 million bike/pedestrian bridge over Branciforte Creek at San Lorenzo Park, with completion expected in November. The project includes a paved, multi-use path under the Soquel Avenue Bridge, which will complete the five-mile San Lorenzo Riverwalk. The project is funded by a Caltrans grant and local gas tax revenue. It will provide increased walking and bicycling safety and encourage more use of our levee paths, which offer a great car-free route between the Boardwalk and Downtown Santa Cruz, the Tannery Arts Center, Harvey West and the Emma McCrary mountain bike trail.

North Coast rail trail segment hits property snag

Property lines may be confusing. Recently the Regional Transportation Commission (RTC), architects of the 31-mile rail trail from Davenport to Pajaro, learned that its fully-funded North Coast trail segment has a property line which extends further inland than previously thought. The result is a delay in construction of the 5.5-mile trail from Wilder Ranch to Panther Beach until a new Environmental Impact Report (EIR) is completed. The RTC is in the process of accepting bids for this report.

The property line mix up needs to be resolved before trail construction may begin. To date the trail has received \$6.2 million in federal funding, \$3.3 million in Land Trust of Santa Cruz County funding, \$950 thousand from the California Coastal Conservancy and about \$300,000 in RTC money.

Clearing parcel titles as well as reviewing leases between North Coast farmers who lease land near the trail from California State Parks may be a lengthy process. The RTC needs to move expeditiously to meet the 2020 funding obligation deadline to begin construction.

At a recent meeting of the RTC's Board of Directors, Vince Auriemma of the Federal Highway Administration's Central Federal Lands Division presented two new trail options besides the current North Coast trail plan (Option #1), which places

In other city news, the Pacific Avenue Contraflow Bike Lane will be completed in May, allowing two-way bike travel on Pacific between Church and Cathcart Streets. The San Lorenzo Riverwalk has a brand new centerline to insure safe bicycling and walking. Remember to stay on your side of the path and let pedestrians know, with your voice or bell, before you pass.

Construction is underway for cross-ing improvements on Broadway. Marked crosswalks, islands, signage and lighting will be installed at the intersections of Broadway and Cayuga, Pennsylvania, Pine and Caledonia.
—**Amelia Conlen, City of Santa Cruz Transportation Coordinator**



the trail on the coastal side of the tracks. Option #2 would remove the railroad tracks, replacing them with a narrower paved path and shoulder on the coastal side. Option #3 is to move the path to the inland side of the tracks, using retaining walls to prevent significant environmental impact.

The RTC staff recommended Option #1, its original, wider path on the coastal side of the tracks, while continuing to secure right of way for this area. The new EIR will allow the public to give extensive input as well as meet Measure D's mandate for study of the rail corridor uses.

ENVIRONMENTAL REPORT

The RTC board unanimously approved the plan for an environmental report, saying it will inform a future decision on where to align the trail. The RTC continues to seek construction funding for 2.1 miles of trail connecting Panther Beach to Davenport.

Senior RTC trail planner Cory Caletti commented on the right of way snafu, saying, "All transportation projects encounter hurdles, that's par for the course. We will get through this and deliver a great trail project for the community."

—**Grace Voss**

OPEN STREETS COMING!



Beginning in July, the City of Watsonville will start funding its Bicycle Safety Improvement Program with \$750,000 for the next 30 years from Measure D, the transportation improvement project approved by voters last November. About 15% of funding will go to bicycle projects, thanks to the advocacy of Piet Canin of Ecology Action and Janneke Strause of Bike Santa Cruz County.

Bike improvements include a smoother Freedom Boulevard from Green Valley Road to Airport Blvd., more bike amenities downtown, a bike/ped path extending from Airport Blvd. to Pajaro Valley High School and Har-kins Slough Road, trail maintenance along the city's slough trail system and funding for Safe Routes to School programs (i.e. Bike Smart rodeos and Earn a Bike programs.)

The bike friendly Open Streets Watsonville will take place Sunday, May 21 in the downtown area for the second year in a row.

SCOTTS VALLEY NOTES

The Scotts Valley City Council may decide at its May 17 meeting to widen the bike lane on Glenwood Road from Scotts Valley Drive to beyond the high school, as well as repave and add sharrows and Bikes May Use Full Lane signage to Bean Creek Road.

The large and busy intersection of Mt. Hermon Road, Scotts Valley Drive and Whispering Pines Drive will be improved with green bike boxes extending the width of several lanes and left turn lights which allow bicyclists to begin their turn free of traffic.

—**Rhoda Bike**

Weekly Rides *Rider Levels*

C Rides are between 25-35 miles, at 10-14 mph, with up to 2,000 feet of elevation. B Rides are for intermediate riders and are between 25-50 miles, at 12-16 mph pace, with up to 3,000 feet of elevation; A Rides are for experienced riders looking for a challenge. These rides are from 40 - 80 miles, at a 15-20 mph pace, with over 3,000 feet of elevation.

Bicycle club members lead social group rides for the enjoyment and pleasure of the bicycling community. While riders regroup along the way, we recommend riding with a buddy. If you don't come with someone, feel free to ask one of the other riders if you can ride along with them. Come prepared with extra tubes and know how to change a flat tire. Bring water, a snack and ID. Before the ride starts, every participant must sign a League of American Bicyclist (LAB) approved waiver stating that the Santa Cruz County Cycling Club is not responsible for any incident occurring during the ride. Saturday bicycle rides (or carpools) may start from the Capitola Community Center (Jade St/45th Ave) in Capitola. Route sheets will be emailed to the club mailing list about two days before each ride. Rain cancels rides.

Tuesday ride: Meet at 9:45 a.m. for a 10 a.m. start for this social/leisurely paced road ride. 1st and 3rd Tuesdays of month, start at Gateway Plaza (the shopping center on River St. near Hwy 1). No public water or restrooms available. On the 2nd and 4th Tuesdays, meet at parking lot by the entrance to Nisene Marks Park, Aptos. The fifth Tuesday of the month is a leader's choice for start location. Distance will vary from 20-40 miles. Destinations include a lunch stop. Bring water and snacks. Questions? Contact: Ralph Edwards at rhedwardsiii@gmail.com. "Lite" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride. New C/D rides on Mondays and Thursdays on club calendar at www.santacruzcycling.org.

Saturday, May 6th

A/B ride: 9 a.m. start from The Bicycle Trip, 1001 Soquel Ave.; ride to Bonny Doon; Grace Voss....247-8878;
C ride: 10 a.m. start from Bike Trip to Davenport/Swanton; David /Jeanni Kadotani...588-3561; all riders please bike to start or park next door at Whole Foods Market; stay after ride for Bikefest activities and raffle!

Saturday, May 13

A/B Ride: Pescadero Figure Eight; start at 9 a.m. at Pescadero flag pole; A=61mi/4386'; B=45mi/2969'...Bruce Dau...831-234-5177; C Ride: Monterey foothills via bike path; start at 10 a.m. at Pezzini's; 35 mi/1,663'...Paula Bradley...831 345-5482



Saturday, May 20

A/B Ride: Carmel Valley Loop (Soledad/Laureles Grade); 9 a.m. start; B's at Creekside Trailhead at Hwy 68/Reservation Rd.; A's at Carmel Valley Community Park; A=85mi/5400' /B=70mi/4200'; Peter Jones...831-234-5555; C ride: Meet at 10 a.m. at Nisene Marks for Decide and Ride.

Saturday, May 27

A Ride: 9 a.m. start at Starbucks in Sand City for ride to Pebble Beach, Laureles Grade and Corral de Tierra; A=63mi/4400'; Richard Burton.....408-540-4695; B riders check on-line club calendar for details; Ric Eiserling...831-475-5397; C ride: Gilroy to Morgan Hill via Oak Glen, Uvas, Day Rd; 10 a.m. start at Gilroy Sports Park. Petronella van Dam...831 454-6010

Saturday, June 3

A/B Ride: See on-line club calendar; Skippy Givens...831-332-2977..... C Ride: Seascape, San Andreas, Larkin Valley; 10 a.m. start from Seascape Village. 17 mi/973'; David and Jeanni Kadotani.....831 588-3561

Saturday, June 10

A/B Ride: See on-line club calendar; Isabelle Magnin...831-325-2712; C ride: Sand City to Pebble Beach; 10 a.m. start at Starbucks; 34 mi/1,310'; Debby Joyce /831 247-1505

Saturday, June 17

A/B Ride: Check on-line club calendar; Gerald Rooney/Catherine vanRhee....831-489-9329; C Ride: Sunset SB via Carlton, Vega, Beach.; 10 a.m. start from Ann Soldo School; 32 mi/ 805'; Jack Johnson.....831 359-2501

Saturday, June 24

A/B Ride: Pescadero to Woodside; see on-line club calendar; Chris Boman...831-475-5902
C Ride: Chitactac Park to Morgan Hill via Uvas, Coyote Crk Trail; 10 a.m. start at Chitactac Park. 35.9 mi/ 1340'; Joe Kelly.....831 234-1977

Saturday, July 1

A/B Ride: Monterey Hills; start at 9 a.m. at Pezzini Market; Ric Eiserling.....831-475-5397;
C Ride: Royal Oaks via Beach, Lewis, 129, Carlton; 10 a.m. start at West Marine; 30.8 mi/ 875'; Bill McBride.....831 239-6081

Saturday participants of The Big Hole Ride, left, departed from The Bike Trip's new location at Browns Ranch Shopping Center before climbing Soquel San Jose Road to the Summit Store. Ric Eiserling's detour on the return via Skyland Road and Miller Cutoff, was a steep descent on a muddy, rocky road! A- ride leader was Isabelle Magnin. Thanks Bike Station for the starting point!

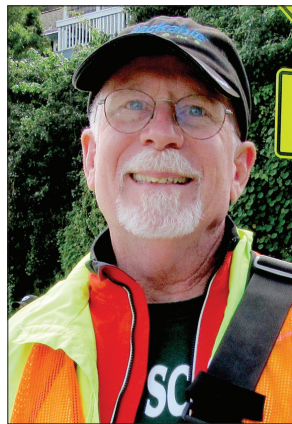
49th annual Santa Cruz Classic Criterium comes to town March 26th



Racers at top of Beach Hill pause to pay tribute to Robert Leibold for Velo Promo's organization of annual race



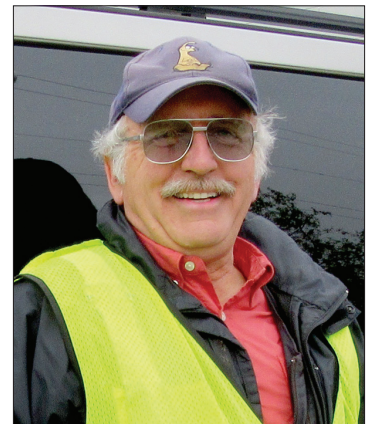
Winner Jennifer Schwartz of San Francisco



Course Marshall Ron Olson



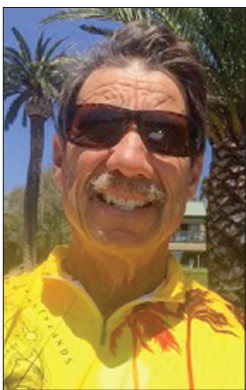
SCCC Race Director David Gill



Robert Leibold of Velo Promo

Bike Safety: Conversation continues on what makes a safe helmet

When should you buy a new helmet? Generally speaking, if the helmet is five or more years old, you need a new one. And, if you have taken a fall and bumped your noggin, you need a new helmet, regardless of its age. (Over time, the helmet's foam absorbs ultra violet light and weakens internally.) In the case of a fall, the foam may break down internally. The outer shell becomes brittle over time from sunlight exposure.)



The biggest error I see, in skiing as well as biking, occurs when the wearer leaves the strap loose around the chin. For the helmet to work properly in a fall, the strap must be tightened below the jaw so that the strap does not slip. (This will allow the helmet to roll towards impact.) Otherwise, the helmet will slip. Helmet manufacturers also have learned that a more rounded helmet works better when striking a hard surface, than an oval, racing helmet. (A rounded helmet allows the head to slide on a hard surface rather than stop abruptly.)

New helmets are improving in design all the time. Unfortunately, price is often a main consideration. I find that bike shops carrying

less expensive bikes also carry less expensive entry-level helmets. Specialized offers a nifty helmet with an integrated red light on the back, but without advanced technology. Other helmets offer an opening for pony tails.

A new technology to watch for is Angular Impact Mitigation Systems, which contains a suspended aluminum honeycomb liner that absorbs angular and linear acceleration. AIM helmets reduce the risk of concussion between 27 and 44%, as well as 22-33% reduction in neck loading.

VISUAL AWARENESS JACKETS

Developed by a student at Cambridge University. "Visijax" is a cold weather jacket with motion sensors to set off 23 LED lights on the arms, front and back. Both red and white lights are employed to signal when you raise your arm for a turn. The lights stay on for five seconds after a signal so the rider may quickly return hands to the bars. This commuter jacket is both rainproof and breathable, and warm on winter rides. It uses a single Lithium-ion battery. In daylight the signals are both visible and entertaining to other riders!

EXTRA WATER BOTTLES?

Most of us have a half dozen or more water bottles from various fundraising rides. For on-the-road maintenance, fill an old water bottle with environmentally-friendly chain degreaser mix and water. Put the bottle back in your bike frame holder and use a soft bristle brush to clean the cassettes, wheels, pedals, chain and underframe bottom.

—Pete Pearson

Jackie's story of (infamous) Nelson Road washout, circa 2017

Before the first big rainstorm in January, we noted a sinkhole near Nelson Road's later failure site. (It had been reported to the county around two weeks before the road collapsed.) With the big storm imminent, Tony and I escaped to Hawaii to bicycle in the sun. Two weeks later, we returned to Scotts Valley, driving the final stretch in the dark over some ominous-looking steel plates in the center of Nelson Road.

Later that night, the storm sent those same steel plates and a couple of culverts, along with the road, down the creek to an unnamed grave. Welcome home! Road washed out. No exit. No food in the fridge. (We had pineapple guavas growing along our driveway in case we got hungry.)

Two days later, the authorities who hadn't fixed the sinkhole, arranged one-way passage through a neighboring religious retreat's property. This bypass scaled the steep ridge to the northwest, descending into the canyon, eventually disgorging travelers on the other side of the washout. To prevent head-on collisions the detour was controlled, first by humans standing in the rain with walkie-talkies and flashlights, later by humans sitting in trucks monitoring go-no go stoplights, and finally, by unmanned, timed stoplights.

Three weeks later, two railroad flatcars (sans wheels) were lowered by crane into place to span the washout



Tony and Jackie Rall at "new" bridge site. before being welded side by side to form a one-lane bridge. Wires strung along the outer edges of the bridge were a visible means of determining the drop-off point. Cones placed one-lane apart down the middle of the bridge to keep vehicles away from the edge were knocked helter-skelter by passing cars. Finally, tall reflective posts were glued onto the roadbed to guide drivers down the center of the single lane bridge.

Road repair took three weeks, although the bridge is temporary. Still, it's better than the three years it took the county to repair the rockslide that closed Nelson Road, funneling residents through neighbors' front yards!

One of my fearless grandsons was terrified to go on the bypass. Strapped

into his car seat, he could not see the road beneath us because our car took up its entire width and the terrain dropped straight down from the road edge! The unmanned stoplights failed occasionally, either allowing no one in or out, or allowing cars to proceed from both directions at the same time on the one lane road. Fortunately, nobody was killed!

As with the rockslide several years ago, the Nelson Road washout helped mountain residents rediscover their neighbors, and to appreciate their many acts of kindness. —Jackie Rall



Left to right: Emma Joyce, 23, and her mother Debby in Davenport. Emma attends Yale University in New Haven, CN, where she is studying to be a nurse practitioner.

Thank you to SCCCC ride leaders

JT Hart, Gayle and Irish Meusel, Isabelle Magnin, Ric Eiserling (2), Toby Ferguson, Paula Bradley, Bruce Dau (2), Petronella van Dam, Richard Burton, Jack Johnson (2), Judy and Osman Isvan, Bill McBride, Chris Boman, Joe Kelly, Grace Voss, Chris Zemny, Ron Olson, David and Jeanni Kadotani, Marilyn Marzell, Janet Starr, Dan Spero, Debby Joyce, Lilly Ann Popken, Peggy Seltz, Judy Marsalis, Skippy Givens (2), Larry Tierney (2), Tony Rall and Michael Harrison.



Saturday A,B riders ready to tackle April 15 climb up Eureka Canyon Road; ride leaders were Judy and Osman isvan. Did everyone make it?

Road damage runs rampant throughout Santa Cruz County



Top left photo, Deb Berardo on Soquel–San Jose Road; top right photo, Grace Voss, Connie Gabriel Wilson and her daughter Margaret Jade Wilson on Highway 9; lower left photo, Hazel Dell work crew before and, middle right photo, after; near right photo, Hazel Dell Trail Crew Captain Bart Coddington with wheelbarrel; far right photo, Paul Barsami and Ric Eiserling on Soquel–San Jose Road.

Local bicycle shops

These shops are supporting our bicycle club with discounts on bicycling accessories. Discounts vary according to the shop. Ask sales clerk for club discount.

Another Bike Shop
2361 Mission Street
427-2232
Open daily–10AM–6PM

The Bicycle Trip
1001 Soquel Avenue
427-2580
Monday–Saturday–10AM–6PM
Sunday–10AM–5PM

Bill's Bike Repair
2826 Soquel Drive
477-0511
Open daily but call first!

Dave's Custom Bikes
910–A Soquel Avenue
423-8923
Tuesday–Sunday–9AM–5PM

Family Cycling Center
912 41st Avenue
475-3883
Monday–Saturday–10AM–6PM
Sunday–10am–5pm

The Spokesman Bicycles
231 Cathcart Street
429-6062
Monday–Saturday 10AM–6 P.M.
Sunday–Noon–5PM

Cycle Works
1420 Mission St.
316-7671
Monday–Friday 10AM–6PM
Saturday–Sunday 9AM–6PM

Bike Station
(New Location)
3555 Clares St., Capitola 95010
831-226-5050
Monday–Friday–11AM–6PM
Saturday–10AM–5PM
Sunday–Appointment only

Scotts Valley Cycloport
245 Mount Hermon Road
Scotts Valley
440-9070
Tuesday–Thursday–10AM–6PM; Friday 10AM–7PM
Saturday–10AM–6PM; Sunday–Noon–5PM

Watsonville Cyclery
25 East 5th Street
724-1646
Monday–Saturday–11AM–6PM;
Sunday–Noon–5PM

Epicenter Cycling
Aptos Station, 8035 Soquel Dr. Suite 23
662-8100
Monday–Friday–11AM–7PM; Weekend–8AM–4PM

AND...

1730 Mission Street, Santa Cruz
423-9000
Monday–Friday 10AM–7PM; Weekend 9AM–6PM

Current eBikes
131 Front Street, Suite D
831-621-2309
831-588-0936 (cell)
www.currentebikes.com

*The Roadrunner is printed by **Maverick Mailing**, which is owned by Peter Glynn, right photo, who sometimes delivers by bicycle. Call him for your mailing/printing needs. Peter has been serving Santa Cruz for over 20 years; Maverick Mailing uses 100% PCW recycled paper created with wind power and is the only 100% solar powered printing and mailing service in the nation.*

831-234-4663 www.maverickmailing.com



JOIN AND RENEW ONLINE at www.santa-cruz-cycling.org/club

Santa Cruz County Cycling Club Membership Application/Renewal Form

The Santa Cruz County Cycling Club is a group of bicycling enthusiasts with a wide variety of interests and abilities. The mission of the SCCCC is to promote bicycling for all ages through education and organized bicycling events. Included in your membership is a subscription to The Roadrunner, the club's award-winning, bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, local bicycle shops offer a 10% discount for club members. The club's website, www.santacruz-cycling.org provides a home base for your club activities. Annual membership dues must be paid to remain a member in good standing. **Dues become due on Jan. 1st of each year based upon the term of your membership.**

| | | |
|------------------------------|----------------------------------|---|
| Member First Name | *Member Family Name | *Member Contact Email |
| *Member Contact Telephone | Member Ride Cell Phone | ___New Member ___Renewal Member ___Include on Printed Roster ___Add to SCCCC Email list |
| 2nd Member First Name | 2nd Member Family Name and Email | One Year Memberships ___Individual \$25 ___\$30 for RR Mail* ___Family \$35 ___\$40 for RR Mail* ___Junior \$10 ___\$15 for RR Mail* |
| 2nd Member Contact Telephone | 2nd Member Cell Phone | Three-Year Memberships ___Individual \$60 ___\$75 for RR Mail* ___Family \$90 ___\$105 for RR Mail* |

*Street Address

*City

*State

*Zip

*Roadrunner Newsletter delivered by US Mail

League of American Bicyclists (LAB)

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")

Each applicant for membership shall read and sign the following Release Agreement

In Consideration of being permitted to participate in any way in Santa Cruz County Cycling Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. Fully Understand that: (a) Bicycling Activities Involve Risks and Dangers of Serious Bodily Injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "Releases" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the Activity.

3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the Club, the LAB, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the Activity takes place (each considered one of the "Releases" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releases" or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Signature of Applicant

Date

Signature(s) of additional family members 18 years or older

Date

Please complete the following for any minor (18-year-old) family members:

Minor Release

And I, the Minor's parent and/or legal guardian, understand the nature of bicycling activities and the Minor's experience and capabilities and believe the minor to be qualified, in good faith, and in proper physical condition to participate in such activities. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or any cost that may incur as the result of any such claim

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Signature of Minor

Please sign waiver — Incomplete Forms Will Be Returned

Enclosed is \$_____ dues for membership in the Santa Cruz County Cycling Club which entitles me to all the rights and privileges of membership.

Make check payable to SCCCC and mail to: Santa Cruz County Cycling Club, P.O. Box 8342, Santa Cruz, CA 95061-8342

May—June, 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--------------------------------------|---|---|---|--|---|
| | 1 | 2 <i>Club Ride GP</i> | 3 | 4 <i>6 p.m. SCMC 7 p.m. SCCCC board</i> | 5 <i>Bike Night MAH</i> | 6 <i>Club Ride Bike Fest at Bike Trip</i> |
| 7 <i>Go for a bike ride!</i> | 8 | 9 <i>Club Ride NMP</i> | 10 | 11 <i>Bike to Work/ School Day</i> | 12 <i>Bike Party Group Ride</i> | 13 <i>Club Ride</i> |
| 14 | 15 | 16 <i>Club Ride GP</i> | 17 | 18 | 19 | 20 <i>Club Ride</i> |
| 21 | 22 | 23 <i>Club Ride NMP</i> | 24 | 25 | 26 <i>Go for a bike ride!</i> | 27 <i>Club Ride</i> |
| 28 | 29 <i>Ride Safely!</i> | 30 <i>Club Ride Leader's choice</i> | 31 <i>Be a bicycling ambassador</i> | 1 <i>6 p.m. SCMC 7 p.m. SCCCC board</i> | 2 | 3 <i>Club Ride</i> |
| 4 <i>Go for a bike ride!</i> | 5 <i>Sign up to lead a ride!</i> | 6 <i>Club Ride GP</i> | 7 | 8 | 9 | 10 <i>Club Ride</i> |
| 11 | 12 | 13 <i>Club Ride NMP</i> | 14 <i>Clean your bike</i> | 15 <i>Sign up to lead a ride!</i> | 16 | 17 <i>Club Ride</i> |
| 18 | 19 <i>Go for a bike ride!</i> | 20 <i>Club Ride GP</i> | 21 | 22 | 23 <i>Cycling for Starters</i> | 24 <i>Club Ride</i> |
| 25 <i>Clean your bike!</i> | 26 | 27 <i>Club Ride NMP</i> | 28 | 29 | 30 <i>Cycling for Starters GP is Gateway Plaza</i> | <i>NMP is Nisene Marks Park</i> |

Santa Cruz County Cycling Club Membership Card
www.santacruzcountycycling.org (Valid only with member's mailing label.)



SCCCC
PO Box 8342
Santa Cruz, CA
95061-8342