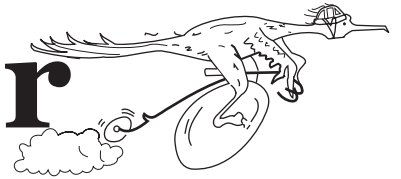


The Roadrunner



A Bi-monthly Publication of the Santa Cruz County Cycling Club

November–December 2008

Volume 36–Issue 6

Amgen Tour of California to Arrive Feb. 16 in Santa Cruz

By Grace Voss

When bicycling enthusiast and race promoter Matt Twisselman read an article in the *Santa Cruz Sentinel* two years ago about the Amgen Tour of California pro bicycle race coming to Santa Cruz, he was surprised. So he made a few phone calls to local contacts, only to hear they knew nothing about the rumor. “At that point, I realized the tour wasn’t coming to Santa Cruz,” admits Twisselman, whose business interests involve food concessions at the Santa Cruz Boardwalk, a family-owned operation for the past 75 years.

But what happened next brought eventual success, and a date with the tour for a Santa Cruz finish to Stage 3 on Monday, Feb. 16, 2009. Twisselman brought some of the city council members to stops along the first tour, resulting in “three fantastic race proposals”, all written primarily by Public Works Department employee Tina Shull. This year the proposal went through. (Amgen wanted large city markets for its first-ever event in

California, and Santa Cruz is a small city market. Then the city didn’t line up geographically for tour organizers the second time around.) Those setbacks, however, have now set the stage for the Feb. 16 finish next year in Santa Cruz, as organizers broaden their base of support to include central California cities. And it doesn’t hurt that many bicycle industries have Santa Cruz as their headquarters (i. e. Giro helmets, Calfee bicycle frames.)

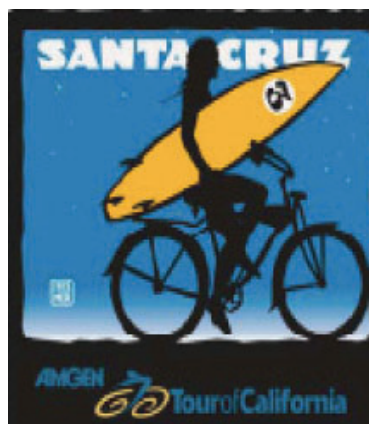
While the exact route for Stage 3 (starting in Sausalito) won’t be announced until December, Twisselman says preparations are well underway for what he calls “the most spectacular stage so far.” The city has hired a race coordinator, Jennifer Karno, to oversee the event. About 100 of the necessary 300 volunteers have signed up to monitor the course, while various fundraising events are in the works to benefit local cancer organizations like Jacob’s Heart. (The Peloton Club will offer special bicycle rides prior to Stage 3 with professional racers to donors who give \$500 to a cancer fund-raising effort.)



Local Chairperson for Tour of California, Matt Twisselman

Twisselman is head of the Santa Cruz LOC (local organizing committee) for the Amgen Tour, and says he works about 30 hours a week at this volunteer position. That has cut into his weekly bicycling time which he usually spends riding up Mt. Charley near his home in Scotts Valley, but he says he doesn’t mind. He can get his miles in after Feb. 16. Twisselman lives with his wife Paula, a PE teacher at Calabasas School in Watsonville, and two daughters, Lauren and Allison.

**SCCCC
Meeting
7 p.m. Thursday
October 30
Simpkins Swim
Center**



Day 3 logo for Amgen Tour

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Mike Cox 's Philosophy of Life Was "Keep Moving"

Mike Cox, who passed away at home Oct. 9, surrounded by family and friends, was born near Cambridge, England on Nov. 28th, 1935. As a child, Mike lived in several places in England as his father was a rail station master. He graduated in physics from Durham University, England. He emigrated to Canada in 1959 and met his future wife, Maureen in Montreal in 1960. In 1962, the couple moved to California, where Mike was part of the 'brain drain' hired to work for the developing semiconductor industry. The couple moved to Sunnyvale in 1965, then in 1972 to Los Gatos where he lived at Redwood Estates in the Santa Cruz mountains..

Mike retired from Hewlett Packard in 1997 after 30 years working in research and development. Besides Maureen, Mike is survived by three adult children: Paul Cox, M.D., Catherine

Cox and Philip Cox, and five grandchildren. Mike has one sister, Sheila Lyon.

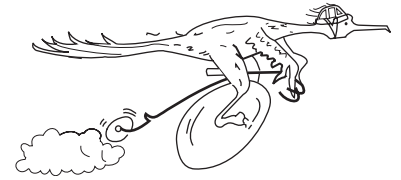
Mike was an avid runner, cyclist, hiker and table



Mike Cox

tennis player, as well as a constant reader and crossword puzzle solver. He was a loving, supportive, loyal, helpful husband, father, grandfather and friend.

He was diagnosed with non-Hodgkin's lymphoma in July, 2004. His slogan was "keep moving." A memorial service and mass will be held on Saturday, Oct. 25 at Resurrection Church in Aptos.



THE ROADRUNNER is the official newsletter of the Santa Cruz County Cycling Club. It is published bimonthly, mailed free to all members, and is available at local bicycle shops, etc.

Submissions (articles, photos, and letters) are gladly accepted. Email or a diskette are easiest, but we'll entertain all options.

Contact us at:

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Santa Cruz, CA 95061-8342
or www.santacruzcycling.org

The Santa Cruz County Cycling Club is a nonprofit organization pursuant to Section 501(c)3 of the Internal Revenue Service code.

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Club Shorts: Tax Credits for Bicycle Commuting

- Bicycle friendly rankings have gone nation-wide. As well as individual cities applying for the platinum through bronze rankings, all 50 states will be ranked by the League of American Bicyclists (LAB). The league has established standardized criteria, and now bicycle coordinators in all 50 states are filling out the online questionnaire. Ranking will be released in September at the Pro Bike/Pro Walk in Seattle.
- Starting in January, bicycle commuters will receive a monthly tax credit of up to \$20 which may be spent on maintaining, repairing or buying bicycles. Employers will establish how they administer the bicycling tax credit.
- Local founder of BIO-LUBE, Troy Boone, has announced that Phil Wood is now selling BIO-LUBE to

individuals via its website: <http://www.philwood.com/Phil%20%20BIO-LUBE.htm>

- A four-color safety brochure advising bicyclists on how to ride safely in or around truck traffic is in the works. The effort is spearheaded by Piet Canin of Ecology Action, with a preview form handed out to bicyclists on the Oct. 2 Bike to Work/School Day. Tips include not passing trucks/buses on the right, remaining away from a truck's "No Zones" (see illustration below), riding predictably and wearing visible clothing. When riding on narrow roadways, avoiding doors of parked vehicles or merging across lanes to turn left, bicyclists are advised to act like motor vehicles and take the lane. Copies of the pamphlet should be available soon.



No Zones (left) are areas on the sides of trucks which bicyclists should avoid.

Turn in Those Grant Applications by Oct. 31 Deadline

From My Handlebars to Yours

By Bart Coddington

When asked to describe our club, the following statement is frequently used: The Santa Cruz County Cycling Club (SCCCC), a non-profit organization, was founded in 1971. Its mission is to bring cycling to all levels of riders and encourage healthy lifestyles through bicycling, education, friendship, teamwork and fun.

The SCCC is known for its annual Santa Cruz Mountains Challenge, a 100-mile and 100-kilometer bike ride with 6,000–10,000 feet of climbing, held the last Saturday in July. Proceeds from this event go to the club's educational activities, such as bicycle safety rodeos for elementary school children.

Over 250 people are members of the club. Many club members participate in weekly recreational rides every Tuesday, Thursday and Saturday throughout the calendar year.

To fulfill its mission statement, the club awards grants to organizations or people doing work in bicycle-related activities that have an educational focus. (For example, one grant funded race fees for the Harbor High School Mountain Bike Team, while another grant went towards the establishment of a secure bicycle rack at Santa Cruz High School.) The board reviews these grant requests twice a year. If you know of an organization that could benefit from a club grant (usually \$500), please direct them to the forms page on our website to obtain an application. <http://www.santacruzcycling.org/forms.shtml> The next deadline is October 31.

The Mountains Challenge is the club's main source of funds for these grants, as well as other club activities. A big thank you to everyone in the club for making this year's event the most successful in the 10 years we have run

it. Successful in both the number of riders and the funds raised for the club. (See accompanying story for financial details.)

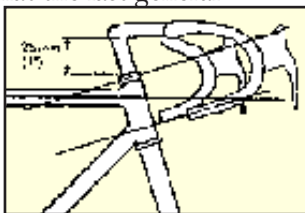
In my column in the last *Roadrunner*, I asked if someone would be willing to take over as Publicity Director for the club. I have not been able to do all that the position requires while being President. Most of the activity involves publicizing the SCCC, but the position could be expanded to include general marketing activities for the club. Please let me know if you are interested or would just like to chat about doing this important job for the club.

A reminder that the last general

membership meeting of the year is on Thursday, October 30.

The meeting starts at 7 p.m. at the Simpkins Swim Center at 979 17th Ave. Matt Twisselman, the head of the Local Organizing Committee for the Amgen Tour of California next February, will be showing some videos and talking about the Stage 3 ending at the Clock Tower in Santa Cruz. Specifics of the final route will not be announced until the beginning of December. Matt will give us the latest news on all of the local activities associated with the most well-known bicycling race in the US. Maura Noel, the tour's volunteer coordinator, will be encouraging all of us to sign up as volunteers for Monday, Feb. 16. (President's Day)

We also will be voting to elect new board members at the general membership meeting. Enjoy the Ride!



Bart Coddington
SCCCC President

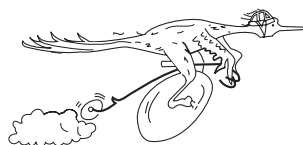
SCMC Nets \$12,000 With Record Turnout and Cost Cutting

By Clarissa Checkbook

This year's Santa Cruz Mountain Challenge turned in the largest profit in its 10-year history, mostly due to cost containment, but partly due to the record turnout of 500+ riders who participated on Saturday, July 26.

The decision not to order event jerseys or publish a brochure saved money, as did serving burritos instead of lasagna at the post-ride meal. (Jerseys last year cost more than \$5,000, while the post ride meal savings this year was nearly \$3,000.) The decision not to design, print and distribute a publicity brochure this year resulted in a saving of \$1,611. Total cost of food decreased from \$6,649.80 last year to \$3,775.62, a savings of 43.2%. (Food donations were at an all-time high this year.)

More people than ever participated in the 2008 SCMC, with many signing up the day of the event, once it became known that the air was clear after the June forest fires. For full financial disclosure, ask Bart for a cost spread sheet!



80th

for Ed Kilduff



Ed Kilduff, left, with Colleen, one of his three daughters, celebrated his 80th birthday Aug. 30 on a club ride of 40/80 kilometers with SCCCC members, right. All of Ed's daughters and their families attended the occasion, along with grandchildren. SCCCC members were happy to recognize the 80th birthday of one of its favorite members.

Condor Classic is a Windy Adventure

By Rhoda Bike

When organizers of the inaugural four-tier Condor Classic bicycle ride near Hollister decided to hold their event in celebration of the 100th anniversary of The Pinnacles National Monument, they didn't realize Mother Nature was going to throw 15–20 mph winds into the mix. October 11 proved to be a blustery day, especially for the 100-mile bicyclists on the long stretch of Highway 25 extending south to the Pinnacles. Actually, the ride south on 25 was a breeze, literally, as my cycling buddy Pat Lawson and I had the wind at our backs. Why is it you barely notice a tailwind except for the feeling of pleasant surprise at seeing those higher numbers on your odometer? But the return ride was a different story, as we struggled back up Highway 25 against a strong headwind. Impromptu pace lines were the name of the game. Fortunately, Pat and I found refuge behind Bill, all 6'6" of this 250-pounder

from San Jose, who graciously provided us with a sheltering human windshield.



Grace Voss, left and Pat Lawson

This well-organized ride, a benefit for Pinnacles Partnership which sponsors condor recovery efforts and science camps for kids, started at the posh location of one of its own sponsors, San Juan Oaks Golf and Country Club. Extra touches included a mandatory bike check, wristbands in one of four colors for the 20, 40, 62 and 100-mile routes, rest stops every 15 miles or so,

attractive condor t-shirts (free with \$55 entry fee), a gorgeous orange and black condor jersey (\$90), packets of trail mix and dried apricots from B & R Farms and a gourmet post-ride buffet at the country club which made up for the final 10 stressful miles of the 100-mile route on the truck-laden Highway 156.

Two glitches marred an otherwise scenic and peaceful ride. The first three rest stops offered only water, no Gatorade, and the 100k route turned out to be 75 miles. The event attracted 482 participants, and the "goody bag" contained both a first aid kit just the right size for a bicycle jersey pocket and a CD featuring music of San Benito County. A raffle ticket offering free entry into next year's ride was issued to every finisher. Let's hope the winds calm down by then!



Ron Riley is 4th in State XC

Race Team Posts Good Results

By Winona Hubbard

Do you know that the club has a racing team? Many club members don't. Who's on this team? You!... hopefully. Every club member is automatically on the team once that person starts racing

Team riders of all abilities and ages try their mettle at all kinds of racing on two wheels: road, mountain biking, downhill and track. But the team's forte is cyclo-cross. This is when the team comes out in full force.

During cross season, team captain Mike Evans and dictator-for-life David Gill arrive early at all local races to set up a fully stocked team tent that includes a trainer, water, tools, chairs and spare parts. Team spirit really comes out here as members who aren't racing support members who are. Water bottles, food, encouragement (and a few insults) are handed out. Just like the rest of the club, Team Santa Cruz is the friendliest team out there. We have no attitude and are supportive of all abilities. Winning is great but fun and camaraderie are the focus. We're even known for supporting non-team members!

Come check us out! Even if you're not interested in racing, watching a cyclo-cross race is a lot of fun. It's a sport made for spectating because the races are short (around 45 minutes) and fans can walk around and view the race from any part of the course. Our local races series is only a 45-minute drive from Santa Cruz. Here's the race website for times and venues: <http://www.cccx.org/>

Nosey? Get the dirty details in our race reports on the team web page: <http://www.santacruzcycling.org/teams/>

Recent team stats

2008 CCCX Downhill Series: Expert Men 19 – 34, 2nd place: Ryan Randall. Sport 35 – 44, 5th place: Grant Stoner. Single Speed, 2nd: Grant Stoner. Sport Women, 1st: Deborah Vitale

2008 CCCX MTB Series: Junior Men 14 – 18, 6th: Darik Thunstrom. 15th: Jesse Nickell. 16th: Oliver Nickell. Beginner 45 – 54, 2nd: Peter Jones. 3rd: Andrew Murray. 14th: Mark Knutson. Beginner Women, 23rd: Dawn Holman. Expert 35 – 44, 18th: Matt Wocasek. Expert 55+, 3rd: Ron Riley. Pro Expert Single Speed, 5th: Erik Thunstrom. 6th: Michael Mann, 8th: Dan Henderson.

Single Speed World Championship: survivor: Troy Boone.

California State MTB XC Championships, Expert 65+, 4th: Ron Riley.

SCCCC Eat 'N Ride is Big Success

By Myrna Sherman

Did you wake up on October 11, 2008, with a burning desire to "Eat and Ride"? If so, you were among the many riders of SCCCC who were treated to breakfast, appetizers, main courses, and desserts just for riding your bike throughout Santa Cruz County.



Lilly Ann Popken, left, and Janet Fogel

Eating began and ended at Meredith Fuhrman's home at the top of Thurber Hill, where coffee, juices, and a variety of breads, muffins, jellies and jams were in abundance. (Kudos to Michael Hudick for his tasty array of homemade jams.) Loaded with carbs, we were off to our next eating spot via Scotts Valley. What a rush coming down Glen Canyon Road! It made the climb up worth it.

On to appetizers at Mary Maier's lovely home near Corcoran Lagoon, where we sat out on the deck overlooking the bay. We dined on a fabulous prosciutto and fig pizza as well as wonderful veggies and dips. A marvelous (secret recipe) punch quenched our thirst.

Back on our bikes, we rode down the coast through Capitola Village and on

to Aptos, only to make an about face and head back to Capitola to the main course at the Sorrento Oaks Clubhouse near 7th Avenue and Brommer St. Meat and vegetarian lasagna, the main

course, was served up in a unique fashion. Apparently the oven did not warm the lasagna in a timely manner. What to do? Lilly Ann Popken and Janet Fogel (the dynamic duo who created this fabulous day) instinctively knew what to do. "We'll use the microwave!" they shouted in unison, and proceeded to serve up, piece by piece, microwaved and nicely-warmed lasagna. The vegetarian enchiladas were delicious, as was the potato and yam dish.

Back on our bikes, we road to dessert, back where we started. What is there to say about a ride up Thurber Lane? Not much, except I made it and where's the dessert? Wonderfully tasty desserts—apple crisps, carrot cake, chocolate cake, cookies. It was worth the ride to sample all these goodies. Thanks to all who brought food. It was all so good and a big hit with the enthusiastic eaters. Thanks to Lilly Ann and Janet for creating such a good day.

Weekly Rides

Tuesday

Meet at 9:45 AM for a 10:00 AM start for this social/leisurely paced road ride. 1st, 3rd and 5th Tuesdays of month, meet at De Laveaga Park on Branciforte Road; 2nd and 4th Tuesdays meet at entrance to Nisene Marks Park, Aptos. The distance will vary from 20–40 miles and will always be an adventure. Destinations always include lunch stop. Bring water, snacks, and money for lunch.
 Contact: Janie Tibbals.....336-1040

Wednesday

Beginners Ride –starting at 9:30 AM Start at Lighthouse Field State Park ENTRANCE at front of the restrooms on West Cliff Drive. Park in the parking lot. Riders decide destination.

Thursday

Meet at 10 AM in front of the Corralitos Market in Corralitos for a moderately paced road ride of 25–45 miles. This is a No Leader—Decide and Ride. Bring water, snacks, and essentials for bicycle repairs.

Rider Levels

A = Novice: you can ride 15 miles on a mostly level road at a leisurely pace.

B = Intermediate: you can ride 40–60 miles with some hills at a moderate pace.

C = Experienced: you can ride 80–100 miles with hills at a brisk pace if you choose.

We wait for riders at all levels, although the C level riders are not obligated to wait, particularly when a map/queue sheet is provided. Most Saturday rides begin at the **Capitola Community Center, which is located at the intersection of 45th Avenue and Jade Street.**

Saturday, November 1

Why Do They Call it Boulder Creek?

Carpool from CCC at 8:00 AM. Start the ride at 9:00 AM behind Johnnie’s Market in Boulder Creek. Please park along the road near the post office not in the lot. Ride will take you into Big Basin Park for the answer to our question above.

Janie Tibbals336-1040

Saturday, November 8

Beautiful Downtown Redwood Estates

Meet at the Scotts Valley Park and Ride/ Metro Center on Kings Village Rd., at 9:00 AM. Lunch in Scotts Valley for A riders, Redwood Estates (buy at Nonno’s Italian or bring) for B and C. A=20mi/1000’, B=35mi/3000’, C=50mi/3500’

Ric Eiserling.....475-5397 or 336-1040

Saturday, November 15

From the Slough to the Mission

Start at 9:00 AM from Kirby Park on Elkhorn Rd. between Watsonville and Castroville. A = 20 Miles, B = 37.50 Miles, C = 52 Miles

Mike Andalora.....462-4332

Saturday, November 22

Birthday Ride

Start at 9:00 AM from CCC. Note: “A” riders start ride from Five–Mile House in Corralitos. Lunch at Gizdich Ranch, save room for pie. A Riders 22 Miles, B Riders 40 Miles, C Riders 52 Miles

Scott Campbell..... 426-0989

***Bicycle Helmets Save Lives
 No Bike Helmet=No Ride***

Saturday, November 29

Decide and Ride

Start from CCC at 9:00 AM. Those in attendance will discuss ride options. No ride leader.

Saturday, December 6

Head for the Mission

Carpool from CCC at 8:00-8:15 AM. Start at 9:00 AM from Kirby Park on Elkhorn Rd. between Watsonville and Castroville. Lunch at Windmill Market in San Juan Bautista.

Ed Kilduff.....724-2501

Saturday, December 13

Eureka, I’ve Done the Canyon

“B & C” Riders start at 9:00 AM from CCC. Note “A” Riders start at 10:00 AM from Five Mile House (Freedom Blvd. and Corralitos Rd) and ride to summit and return. A = 35mi/1400’, B = 55mi/2800’; C =60mi/3400’ Everyone eats yummy lunch at the Summit Store. It can be chilly on Highland, so bring warm clothes.

Shalom Compost.....345-2017

Saturday, December 20

Half Moon Bay Scramble

Carpool from CCC at 8:00 AM to start the ride at 9:00 AM from Pescadero. Please park along Stage Rd., not in the church lot at the north end of town. Ride will follow Purissima/Higgins Roads into Half Moon Bay. Lunch at any of the many cafes in town.

Meredith Fuhrman.....475-0758

Tuesday Riders Visit Seacliff Beach; Scott and Pam Return; Janie, Charley, Rick, Bob and Linda Visit the Lost Coast



Left to right: Gerry O'Hara, Janet Fogel, Linda Brodman, Sharon Curtaz, Lilly Ann Popken and Steve Hickman with his Yorkshire Terriers visit at Seacliff Beach on an October ride. Two of Steve's dogs are named Sargent Yorkie and Laura Bush.



Scott Campbell and Pam Slocum are back in California after a three-month bicycle tour of the Western United States. They traveled 4,735 miles and climbed 154,234 vertical feet.

Wow!



Touring the Lost Coast north of Mendocino are, left to right, Janie Tibbals, Charley Fisher, Ric Eiserling and Bob Carroll. Linda Brodman was the photographer.

Saturday, December 27

Do You Know the Way to Monterey?

Carpool from CCC at 8:00 AM. Start at 9:00 AM from Pezzinin's Produce Stand on Nashua Rd. Take the bike path to Monterey for lunch at our favorite Taqueria. A = 18 mi., B = 32 mi., C = 56 mi.

Jeff Totten.....465-9223

Thursday, January 1

New Years Day Celebration Meal and Ride

Start at 10AM from 2307 Vine Hill Road; coffee, hot chocolate, tea and bagels before the ride; pot luck supper after the ride. Two routes (15-20 miles and 30-40 miles).

Daphne Gulling.....438-4321

Saturday, January 3

LDTSG #1 Ride to the Far Side

Starts from CCC at 9:00 AM to ride across town for lunch at the harbor. A = 16 mi/325 ft., B = 21 mi/745 ft., C = 30 mi/1200 ft. Call if you don't know what CCC or LDTSG means.

Scott Campbell.....426-0989



Welcome New SCCCC Members

Jennifer Lucia

Doug Kehn

Siobhan Saunders

Brian Johnston

JoAnne Smith

Sharon (Jamie) Jamieson

Steve Yatson

Conrad Sudduth

Nick Thelen

George Bunch

Doug Blaisdell

April Masters

Brent Ruhne

Janyce Johnson



Thank You September-October Ride Leaders!

Jim Denton

Mike Andalora

Tony Rall

Ed Kilduff

Robert Seelig

Lilly Ann Popken

Janet Fogel

Judy Isvan

Shalom Compost

Janie Tibbals

David Lawrence

Linda Brodman

Ric Eiserling

Harriet Wrye

Meredith Fuhrman

Charley Fisher

Bill Fenley Enjoys Challenge of Knoxville Double Century

By Bill Fenley

My second try at a double century (bad weather kept me from finishing the Bass Lake Powerhouse Double last year) came last month at the Knoxville Double near Vacaville. I rolled out the gate at 5:30a.m. towards Fairfield, up the 1.5 mile, 500-foot Mt. George climb, and down a fast, twisty descent to Napa Valley and the Silverado Trail. Silverado was the flattest part of the ride, with beautiful scenery, famous wineries, and brightly-colored hot air balloons. At St Helena, we turned east for the seven-mile, 1,800-foot climb over Howell Mountain, followed by rollers to Lake Berryessa to start the tougher signature climb up Knoxville Road. From here on, it was basically all climbing, with a few 10% sections and lots of 5%–6% rollers, all the way to lunch at Clear Lake. About two thirds of the way up, we ran into the Cliff Bar people doing a company team building event—they



Bill is still smiling at Knoxville Double Century in Vacaville

had everyone out riding road bikes in Cliff and Luna team kits.

After lunch at mile 107, we rode up Siegler Canyon to the infamous Loch Lomond Road climb, only one mile long, but very steep with some 10–12% grades. Here I saw exhausted riders splayed out along the road all the way up. But, after Loch Lomond, the organizers promised an easier ride south to Pope Valley, then around Lake Berryessa and down Pleasant Valley to Vacaville.

This was mostly true, so we made much

better time to the rest stop at mile 160. There I asked one of the volunteers about the remaining 40 miles, and he said “just easy to moderate rollers except for Cardiac Hill.” What? The ride description hadn’t mentioned “Cardiac Hill” after 175 miles of riding! But, after finally reaching the top of Cardiac, it was easy rollers until we saw the lights of Vacaville in the distance.

I finished the ride at 10:30PM, tired and happy, safely within the midnight cutoff time. Finally finishing my first double, after falling short last year, and thinking about it all winter, was a wonderful feeling that took almost a whole week to wear off. Of course, there was a price to pay—a number of body parts took a week to feel better too!

I haven’t decided on next year’s cycling goal yet—maybe a different double, or even the California Triple Crown series. Three doubles in one year. Now that would really be something to shoot for!

Freewheelin’ Farm is Site of Bike Smart! Appreciation Brunch

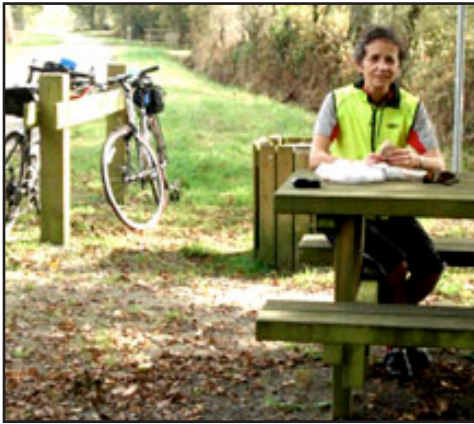


Left to right, Saskia Lucas, Bart Coddington, Ben Jaffe, Grace Voss, Lilly Ann Popken, Molly Deich, James and Fancy Graham and Jas Cluff. All are volunteers/educators in the Bike Smart! program, which teaches bicycle safety skills to elementary school students. Saskia treated her volunteers to a farm-fresh brunch in September at Freewheelin’ Farm located north of Santa Cruz. One acre of Freewheelin’ produce serves 40 families once a week.



Kirsten Yogg, above, runs Freewheelin’ Farm with her business partner Darryl Wong. The Community Supported Agriculture organic farm delivers fruits and vegetables weekly to 40 subscribers in Santa Cruz. It is located along Highway One about 10 miles north of Santa Cruz. All deliveries are made by bicycle, with Kirsten and Darryl taking turns pedaling produce.

Jeannine Travels the Bicycle Paths in France — “C’est la Vie”



Jeannine along a bicycle path in France

(Editor’s note: SCCCC members Jeannine and David Peerless are living in St. Nazaire, France, after spending nearly 40 years in the US. Jeannine has been observing French bicycling facilities, and here is her report.)

By Jeannine Peerless

Now that we’re more settled into our house we are starting to bike more regularly. As the roads around here are pretty flat they don’t give me the workout that I got in Santa Cruz; but it

means that David can bike farther with his heavier bike – not that we’ve gone great distances. The maps for the bike route from St. Nazaire to the Black Sea have been published but I doubt that we’ll ever attempt that!

We have joined a newcomers club with a bike group that goes on an outing once every two weeks for a distance of somewhere between 20–30 miles at a pretty mild pace. I want something rather faster, but the other groups seem to be road racers, so it may be a challenge to find a group like SCCCC.

Our first outing was, unfortunately dramatic, as one of the group suffered a fatal heart attack on the return. David and another rider gave CPR to no effect. Being in the depths of the country on a little road, it took some time for help to arrive. After about two hours delay, we had to cycle hard through increasingly heavy rain and darkening skies to get to our cars before night fell as we didn’t have lights or reflective jackets. It is now the law in

France that, if you ride at night, you must wear a reflective jacket.

Today (Sunday Oct. 12) we went for a ride on some of the small roads and bike paths that crisscross the region, getting routes ready for visiting cyclists! The weather was sunny and rose to 70F in the shade. There are lots of bike paths marked with green on the roadway and little direction panels. Usually they’re well visible, though the odd one is hidden. The marked routes sometimes leave the blacktop, but all the bike paths we found today were well graded and with little gravel. This isn’t true always as the bike path past the tumulus (a 5000–year–old burial site) is rather rocky.

We had lunch at a picnic table on the bike path. We think it’s rather advanced to have picnic areas solely for the use of cyclists! St. Nazaire has just announced that all new developments will have bike paths separated from the roadway and all new buildings should have accommodations for bikes. Where a bike path crosses a road junction there are green squares or arrows to make it obvious to entering vehicles that they need to look out for cyclists. We find most drivers are more courteous than in the US. Many times on our ride today, a car would hold back patiently until it was safe to pass.

I want to finish by wishing the very best to all my cycling friends.

Java Junction Hosts Bike to Work/School Breakfast Site



17–month–old Emma McBurney, left photo, came along for the ride with her mother Adeena (not pictured), who volunteered for Bike to Work/School Day on Oct. 2. Also helping serve coffee cake, bagels, juice and coffee in the Seabright neighborhood were Nils Tikkanen, lower left, who rides to work in Mountain View three days a week. Enjoying the ambience is William Lemos, below, who bikes to work daily as he doesn’t own a car. He works for Learning in Motion.



Holiday Party Set for Dec. 6

The SCCCC annual Holiday Party and White Elephant Exchange will be at 6 p.m. Saturday, Dec. 6 at the home of Pam Slocum and Scott Campbell, 311 Pine Ridge Road, Bonny Doone. Take Empire Grade six miles past the West Entrance to UCSC (if you reach Ice Cream Grade, you missed it by one mile). Turn left on Pine Ridge Rd., 311 is 3/10 mile on the left side. Please bring a side dish or dessert to share. The club will provide the main dish and soft drinks.

Local Bicycle Shops

These shops are supporting our bicycle club with discounts on bicycling accessories. Discounts vary by shop, but generally run 10% off the regular price. Ask the sales clerk if they offer bicycle club discounts.

Another Bike Shop
2361 Mission St., Santa Cruz
427-2232
Open 7 days 10 a.m.–6 p.m.

Want to advertise here?
Contact *The Roadrunner*
at www.santacruzcycling.org

Bike Station Aptos
8061 Aptos Street
688-4169
Monday 12–6; Tuesday to Saturday 10–6

The Bicycle Trip
1127 Soquel Ave., Santa Cruz
427-2580
Monday–Saturday 10–6; Sunday 10–5

Terry Precision Cycling
Women's Clothing and
Bicycle Parts
www.terrybicycles.com

Bill's Bike Repair
2628 Soquel Drive, Santa Cruz
477-0511
Open 7 days—9 a.m.–5 p.m.

Amsterdam Bicycles
2-1231 East Cliff Drive
475-1394
10 a.m.–6p.m. —Closed Sunday– Monday

Watsonville Cyclery
1202 Freedom Boulevard
Watsonville, CA; 724-1646
Monday–Saturday 11–6; Sunday 12–5

Dave's Custom Bikes
910-A Soquel Ave., Santa Cruz
423-8923
9 a.m.–5 p.m.—Closed Mondays

Family Cycling Center
912 41st Ave., Santa Cruz
475-3883
Monday–Saturday 10–6; Sunday 10–5

Mr. E's Cyclery
8059 Aptos St., Aptos
662-2973
Tuesday–Saturday 11–6; Closed Sun–Mon

Scotts Valley Cyclesport
245 Mount Hermon Rd., Scotts Valley
440-9070
Tues—Fri. 10–6; Sat. 10–5; Sun. 12–5

The Spokesman Bicycles
231 Cathcart St., Santa Cruz
429-6062
Mon–Thurs–10–6; Fri–10–7; Sat–10–6; Sun–12–5

Sprockets
1420 Mission St., Santa Cruz
426-7623
Tuesday–Friday 10–6; Saturday 10–5
Closed Sunday

The Bike Coop
1156 High St., Santa Cruz
457-8281
Open Monday–Friday 10–6

Trey's True Wheels
227-6731
Call for Appointment

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 bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, a 10% discount at local bicycle shops. Annual membership dues must be paid to remain a member in good standing. Dues become due yearly in the month your membership is received.

Applicant First and Last NAME (please print)		FAMILY Members (if fAMILY membership)		Application Date
Address		City	State	Zip Code
Home Phone	Work Phone	E-mail		Birthdate (mott/day)
Please check the appropriate box		Please check		
<input type="radio"/> New Member Membership <input type="radio"/> Renewal Membership <input type="radio"/> Information Change Only		Individual (\$25)____ 3 years (\$60)____ Junior (under 18) (\$10)____ FAMily (\$35)____ 3 years (\$90)____ Business Membership (\$50) Newsletter delivery: I want to be green; send newsletter via e mail____ I want to receive my newsletter via 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 "RELEASEES" 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 leasers of the premises on which the Activity takes place (each considered one of the "RELEASEES" 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 "RELEASEES" 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:

NAME Age

NAME Age

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 "RELEASEES" 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

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

November–December–2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Club Ride
2	3 Board Meeting	4 Club Ride	5	6 Fun Ride	7	8 Club Ride
9	10	11 Club Ride	12	13	14	15 Club Ride
16	17	18 Club Ride	19	20 Race Team 6 p.m.		22 Club Ride
23	24	25 Club Ride	26	27	28	29 Club Ride
30	1 Board Meeting	2 Club Ride	3	4	5	6 Club Ride
7	8	9 Club Ride	10	11	12	13 Club Ride
14	15	16 Club Ride	17	18 Race Team 6 p.m.	19	20 Club Ride
21	22	23 Club Ride	24	25	26	27 Club Ride
28	29	30 Club Ride	31			



THE ROADRUNNER

PO Box 8342

SANTA CRUZ, CA 95061–8342

**Santa Cruz County Cycling Club
Membership Card**

www.santacruzcyling.org - P.O. Box 8342 Santa Cruz, CA 95060
(valid only with member's mailing label)