

Summer Cycling in Santa Cruz

By Janet Fogel
SCCCC President

This is it, isn't it? The ultimate season - the ultimate place. Would I rather be cycling than writing this? Would you rather be cycling than reading this?

We're in the process of moving my mother to Scotts Valley (she lives in San Jose) and as happy as I am to have her close by, I'll miss that great excuse to ride over to San Jose. If you haven't yet ridden around the back of Lexington Reservoir on Alba Bridge Road, join us on Saturday, July 7. You'll get a refreshingly different perspective of the "Highway 17" landscape.

Your club officers and others of generous spirit have been busy revitalizing SCCC. Fancy Bulley is about to publish an updated membership roster, after hours of calling and emailing former members. Our goal is 100 official (paid) members by January 2002. Encourage your fellow cyclists to join if they haven't yet, and if you are owing dues, harumphh...cough up the big \$15.00!!!

Lilly Ann Popkin organized a highly successful hospitality rest stop for the CA AIDS ride with some special features: Helga Wiench prodding riders in her devil costume and Taiko drummers Steph and Jim Keenan inspiring

riders up the hill. Lilly Ann and her crew worked hard all day and hope to have more of us out helping next year. This is sure to be an annual event, and well worth the effort of all involved.

mauled by pit bulls the first time he took his new bike out for a ride. We hope he will be riding again some day soon.

Jim Keenan and his Century Team are well on the way to a successful event. Registrations are steadily coming in, and we need every club member to kick in a little so no one is overwhelmed. See the needs list inside.

Come to the July 23 General Meeting - 7 pm at Simpkins Swim Center. We'll have members lists and club clothing orders (you may want to get some club gloves!) and final century plans. A great program is planned. Come early and swim!

See you there!

Summer General Meeting

When: Monday, July 23, 2001, at 7:00 pm.

Place: Simpkins Swim Center, 17th Ave (next to Shoreline Middle School)

Agenda:

- Ideas, events, rides
- Report on Club Activities
- Recognition

Program: A double hitter with our own Betsy Schwartz, who has bicycled through dozens of countries, and Hans Schultz, who owns the Bikefriday company. Betsy will talk about her recent bicycle trip through Tunisia, and Hans will talk about the company that produced the bike Betsy has used around the world, including the Sahara Desert

Jim Schwartz took charge of the club jersey order. The board voted to front the cost of extra items so that we could meet the minimum numbers required to place an order. These extra items are listed inside. Orders should be ready in August. If you want to claim one of the extra items, call Jim and send him the deposit ASAP!

Club member Elizabeth Bertrand Russell prompted us to send an honorary membership and a club t-shirt to Sean Jones, the 10-year-old Richmond boy who was

Patches are Permanent

Don't worry about a patched tube being any less reliable than a new one. As long as you use a quality patch (I don't recommend glueless patches) and apply it properly, the patched section will actually be stronger than the rest of the tube (because there's now an extra layer). In fact, you can patch a tube a dozen times or more and keep right on using it.

by Jim Langley
www.jimlangley.net

Bicycle Hazard Report Program

The Regional Transportation Commission accepts Bicycle Hazard Report Forms from cyclists or any other commuters who have identified a potential cycling hazard during their travels. These forms are forwarded to the appropriate local jurisdiction for their action. Typically, 50 report forms are submitted a year. Report forms may be submitted at any time throughout the year. The forms are available on the web: <http://scrtc.org/bike.html> in a pdf format. Simply view the form on your Acrobat Reader, print it, complete it and return it to the address or fax number listed on the form. For additional information on this program or to get a form mailed to you, call (831) 460-3200.

Club Memberships Expiring in July and August

The following memberships expire in July and August. Please send a signed application with your dues.

Steve Clifton
Patti, John, Alison & John Stetak
Richard & Martha Bedal
James Graham & Fancy Bulley
Ed & Barbara Kilduff
Mike Andalora
John Pancalla
Judy & Osman Isvan
Marc Callander & Marisa Abzug

Safety Reminder

Carry a photocopy of your drivers license and medical card. Add daytime phone numbers for several close friends and relatives. Finally, include any information about medical allergies, especially drug allergies, and medical conditions, such as diabetes or high blood pressure

Supporting the Mountain Challenge

We have lots of support from our sponsors for the Santa Cruz Mountains Challenge. Let them know how much you appreciate their support with your business and thanks!

Local bicycle shops: *Sprockets* on Mission St. and *The Bicycle Trip* on Soquel Ave. in Santa Cruz and *Scotts Valley Cyclesport* in the Safeway Mall on Mt. Hermon Rd. in Scotts Valley. *Wylder* is new in town, building mountain bikes especially for women and planning to add road bikes to their line soon.

If you haven't discovered *Krebs Maps*, look for these definitive maps in the bookstore or bike shop. *CycleAware* mirrors allow you to see who is about to catch you and to check approaching cars. *Cycle California* magazine is available in our local bike shops with good stories and a great calendar listing our ride and all the other century rides you may want to try this year.

Whether you ride to eat or eat to ride you already love our food sponsors: *Odwalla*, *Beckman's Old World Bakery*, *Pacific Cookie Company*, *Clif Bars*, *Marianne's Ice Cream*, *Sofia's Tacqueria*, *Peet's Coffee*, *Calistoga Mountain Spring Water*, and *Gayle's Bakery and Rotisserie*.

Volunteers Needed

There are still volunteer openings for the Santa Cruz Mountain Challenge. If you act now you can still be part of our club century. We need all the help we can get so get your name on the roster. Barbara Kilduff is the volunteer coordinator (724-2501).

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

Contact us at: SCCCC P.O. Box 8342 Santa Cruz, CA 95061-8342, or on the web at www.santacruzcyling.org SCCCC is a nonprofit organization pursuant to Section 501(c)3 of the IRS Code.

OFFICERS

President

Janet Fogel 438-0706

Vice President

Scott Campbell 425-4936

Secretary

Anita Dyer 335-5792

Treasurer

Chris Boman 479-1817

Membership

Fancy Bulley 684-1231

Social Directors

Barbara Kilduff 724-2501

Lilly Ann Popken 427-3438

Ride Director

Ed Kilduff 724-2501

Race Team Director

David B. Gill 423-0897

Newsletter

Richard Bedal 460-1818

E-mail popadee@cruzio.com

Webmaster

David B. Gill 423-0897

E-mail

webmaster@santacruzcyling.org

Club Donation

The Santa Cruz County Cycling Club recently donated \$60 to the Public Library system. The gift is to be spent on periodicals related to bicycling. With the Club's assistance, the library subscribes to Bike Culture Quarterly, Dirt Rag, Bicycle USA, and Mountain Bike Action. Since 1983 the Club has given the library \$840, in addition to several books.

Swanton Road Time Trial

Results of the June 7, 2001 Time Trials.

Conditions: Medium wind from the north, warm

Rider	Time
Jimmy Aparisi	28:53
Steve Heaton	28:54
Gilles Pelzer	29:05
Hans Heim	29:20
Tate Howe	29:54
Arlo Buijten	30:07
Mingo Graham/David Gill	30:46*
David Washburn	31:23
Steve Hess	31:53
Jim Gentes	32:07
Eric Gutierrez	32:42
Farid Hamidieh	35:27
Frank Drees	37:40
Saskia Lucas	39:14
Robert Ramirez	39:58
Justine Heaton	43:40
Barbara Duron	46:40
Rosemary Anderson	51:15
Lilly Ann Popkin	53:59
Simone Montez	63:12

Timing: B. Lee, J. Holmes

Turnaround: G. Gogol

*New Tandem Record

Post Events:

Pizzas Consumed: Five

Swagger factor: Low

Rambler Factor: fair to midland

A free event, the Swanton Road Time Trial Series is presented by Team Santa Cruz, the race team of Santa Cruz County Cycling Club (SCCCC). For photos and more information, please visit <http://www.santacruzcycling.org/teams/timetrial/> or you can email us at teams@santacruzcycling.org.

Recipes for the Santa Cruz Mountain Challenge

Volunteers will be asked to make one of the following breads to be served at rest stops on the Mountain Challenge.

LEMON BREAD

1/2 C butter
1/2 C sugar
2 eggs
1/2 C milk
1 1/2 C flour
1 tsp baking powder
1/2 tsp salt
Grated rind of 1 lemon
1/2 C pecans, chopped

Glaze

Juice of 1 lemon
1/2 C granulated sugar
Cream butter and sugar, add eggs one at a time beating well after each. Add dry ingredients alternately with milk. Add lemon rind and nuts.
Bake in greased loaf pan 45 minutes at 350 degrees. Cool half hour. Combine lemon juice and sugar, pour over loaf in the pan after loosening loaf from sides of pan. Serve warm or cold.

ALMOND POPPY SEED BREAD

2 eggs
1 1/2 C sugar
3/4 C oil
1 tsp almond flavoring
1/4 C poppy seeds
1 tsp salt
2 C flour
1 tsp baking powder
1 C evaporated milk
Beat eggs; add sugar, oil, vanilla and poppy seeds. Stir in well. Add flour, salt and baking powder. Stir in milk. Bake in greased loaf pan for 50 minutes at 350 degrees.

Free Breakfast for Cyclists

Bike It! takes place the third Wednesday of every month at Simpkins Family Swim Center. Free breakfast for cyclists from 6:30 a.m. to 9:30 a.m.

Program is sponsored by the County Parks Department, the Silver Spur, Noah's Bagels, SunRidge Farms, Metro Santa Cruz, Java Junction, Trader Joe's, Family Cycling Center and Santa Cruz Area TMA.

For more information, call Piet Canin, Program Director Bike to Work & Electric Bike Program Consultant (831) 423-9569.

Mechanical Perfection

The bicycle is mechanical perfection. When man invented the bicycle he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it, the fitter his body became. Here, for once, was a product of man's brain that was entirely beneficial for those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle!

From the Literary Cyclist.

Patching a Tube

When you're patching a tube, the easiest way to mark the hole so that you don't lose track of it when you put the glue on (the glue usually obscures ink marks), is to simply tear the hole to about 1/4 inch. That way, you'll be able to find the hole no matter what! (And any good patch won't have any trouble repairing the hole).

by Jim Langley
www.jimlangley.net

Travels With Betsy

[SCCCC member Betsy Schwartz is currently bicycling around the Mediterranean. What follows is an email she sent from Greece on June 26, 2001]

Kalemera! (Good Morning!)

Let me begin this newsletter with a bit of an apology for not having written for so long. (I know it has been a long time as I keep receiving emails asking where am I, or if I am already home!) This last month has been very difficult. In case any of you don't know, the Peloponnese of Greece ain't flat! And it's MIGHTY HOT, (over 100 degrees) also! So, let me begin my story by telling you that it is only now that I have both the time and energy to write. Let me also tell you a little secret — I am writing this letter from a small internet cafe in the southwest corner of the Greek island of Crete and I am writing it in my PAJAMAS!!! Why on earth? Because, in my haste to lighten my load for cycling Greece, I decided I didn't really need shorts, so I sent them home! Going on the good advice of a friend from a number of years ago, everything you take on a cycle trip has to serve 2 purposes, so my cute little Japanese-made shorty pajamas have now become my hiking shorts, my go-to-town shorts, and my PAJAMAS! This is kind of a former hippie town so they are used to seeing people dressed in weird clothing, so who cares?

I must now go back to early May to finish the last incident in Tunisia. As you recall, Jane and I went to Malta for 4 days, then returned to Tunisia for another few days to cycle for another few days in the northwest corner from Bizerte to Tabarka, next to the border with

Algeria. We had 2 long cycling days through hills lined with cork trees and eucalyptus trees. Very beautiful. (Did you know you must grow cork trees for 10 years before you can take your first crop of cork?) The sky threatened rain storms which also brought winds that kept us pedaling hard, but moving slowly. We made it to the one coastal hotel en route. Happy to find it open, but a bit concerned as we were the only women checking in to this lone hotel/bar that happens to be the only one in 100 miles that sells alcohol in this Muslim country. At least 20 - 30 men were scattered in every available space - smoking, drinking, playing cards, or eating. Lonely Planet describes this hotel, "The view of the sea from this hotel makes it all worthwhile." However, we had not that pleasure as it was almost dark when we arrived and stormy the next morning when we left! I complicated things by locking the key in the room and as there was no extra key, the sleepy hotel man had to hire someone to come and take the window out then climb in and get the key so we could get our stuff out!!

We encountered a fierce headwind most of that next day as we continued up the hills. Our work was rewarded as we found a beautiful beachfront hotel in Tabarka which offered a room with buffet breakfast for only \$21 per person. We had decided to take a layover day here to enjoy this mountain area by the sea only 21 km from Algeria, and planned to cycle about 90 km the next day on a different route and catch a train the rest of the way back into Tunis. Good idea, right? But no one could tell us exactly what time the

morning or afternoon train passed through El Fahs en route to Tunis. However, they did know that there were 2 trains daily, and thought the PM was about 5:00 PM. Perfect, we thought! We'll catch the one in the afternoon. We left early, cycled through wheat fields and large areas of beautiful red poppies; the few cars and trucks that passed us always gave a wide berth making cycling Tunisia a pleasant experience. As the day heated up we would take rests in cafes drinking BOGA, a lemon drink, and playing a few hands of Bridge before moving on. We were doing fine, had only 27 more km to the train station when we turned into a horrendous headwind. Jane was quite tired so I slowed my pace to stay closer together. It was a beautiful ride. Reaching the city of El Fahs, we asked where the train station was. A kid on a blue, small-wheeled bike that looked similar to mine led us to the station. There were many train officials standing around outside. We asked if there would be a train to Tunis today. A man in a blue uniform answered yes. We said we would like to buy tickets. The man said, "NO BIKES!" We said, "They fold!" He said, "Fold them, NOW!" We started to take our packs off. He said, "Hurry! Train coming now!!" We rapidly started pulling the packs off and getting out the wrench we need to fold the bikes, and the duffle bags to stuff them in. The train came. It stops for less than 60 seconds. The kid on the small blue bike came to my rescue, helped me stuff Blueie in his bag and helped me carry everything to the train.

The train men, in frustration, yell to Jane to HURRY! Then they run

over, grab her stuff out of her hands to throw it on the train. The train man whistles for the train to leave! The kid on the small blue bike is on the train handing up my bike. I am on the platform! It finally gets sorted out! Jane and I, Blackie and Blueie are on the train; the kid is back on the platform!! What a close call!

But the excitement is not over yet! When we check into our favorite Carlton Hotel, the clerk asks for my passport. My PASSPORT? I realize I had not collected it from the Tabarka Hotel nor had the clerk there returned it to me on checkout. A moment of panic is resolved after a phone call to the Hotel and an agreement is reached that the passport will be sent by taxi to me in Tunis for only 100 Tunisian dinar (\$70). It will arrive in 4 hours! What choice do I have? We are leaving for Athens the next morning at 6:00AM. What a relief when it DID arrive.

In summary, Tunisia was a wonderful choice of a country to cycle. Great food, scenic cycling roads, incredible Roman ruins and spectacular desert scenes, friendly and curious people. I highly recommend a visit to Tunisia.

To continue our journey, 13 members of my family met on May 8th in Athens for a 10 day cruise to the ancient ruins of Ephesus on Turkey's southern coast; the Greek islands of Rhodes, Santorini, and Crete; then on to Italy's lovely ports of Naples, Rome and Livorno; with a last port of call at Barcelona. It was a fantastic time for all of us who were able to attend. We were heart broken when at the last minute my niece and her adorable young family were unable to attend due to health reasons. There were

many highlights but one special one for me came on Sunday, May 13th. I had not realized it was Mother's Day so when my 3 sons (and 2 girlfriends) presented me with a bouquet of beautiful flowers they had purchased earlier on Crete, I was greatly touched. Then a procession of gifts followed. We spent much of the day together as it was a day at sea. Eric had arranged for a meeting for all of us in a special conference room where he showed us a video of an Ultimate Fighting Match of his best friend, Chuck, whom most of us know. (Chuck won the match in a great fight.) Challenge games of miniature golf followed, with meals later, then we all attended the ship's evening entertainment. What better treat for my Mother's Day then to have the whole day to spend with my 3 sons and their girlfriends. Thank you again, guys, for that special day!

At Barcelona, we all went our separate ways. Jane and I, along with my sister Anne and her husband David went off for a week's visit to the island of Corsica. We rented a car and drove around most of the picturesque island. We learned how the Genoese in the 14th century built a series of 80 watch towers all around the perimeter and within 1 hour they could relay a message about approaching enemies. Today there are about 60 of these circular towers left in some stage of ruin. The island is a bit more than 100 miles long and about 52 miles wide. It is a popular spot for cyclists with most of the mountain roads dropping dramatically to the sea. Today there are about 265,000 Corsicans living on this rugged island which received

independence from the Genoese in 1760 by the Treaty of Versailles. We did lots of day hikes in the different areas we visited. It was great fun.

I will close here and give you the last edition of this newsletter, including Greece, in a few more days.

Love to all, Betsy

Always Carry Boots

Boots are tire patches (not to be confused with tube patches). Boots are used when you ride over some glass or swipe a sharp rock and put a gash in your tire. If you just put in a new tube, when you pump it up, it'll expand through the hole and KERFLOW! explode. Bummer.

But, if you're packing a few 1- x 2-inch boots (made of any tough material such as denim or nylon or sail cloth), during tire installation you can slip one between the tube and tire and you'll be rolling again (though the tire will have a bulge, the tube should stay inside long enough to get you home).

by Jim Langley
www.jimlangley.net

Bike Websites

Santa Cruz County Cycling Club
www.santacruzcyling.org
Mountain Bikers of Santa Cruz
www.mbos.org
Northern Calif/Nev Cycling Assoc.
www.ncnca.org
Cycling News
www.cyclingnews.com
TV guide to bike related programs
www.bikesontv.com
Bay Area Roaming Tandems
www.artcycles.com/tandems
Almaden Cycling Touring Club
www.actc.org

SCCCC Membership Application/Renewal Form

The Santa Cruz County Cycling Club is a group of cycling enthusiasts with a wide variety of interests and abilities. A bimonthly newsletter is published with a schedule of rides and announcements. Annual membership dues are \$15 for individuals, \$20 for Family, \$8 for Juniors (under 18)

Applicant First and Last Name (please print)		Family Members (if family membership)		
Address		Date of Application		
City	State	Zip Code		
Home Phone	Work Phone	E-mail		
Please check the appropriate box	<input type="checkbox"/> New Member <input type="checkbox"/> Membership Renewal <input type="checkbox"/> Information Change	Please check the appropriate box	<input type="checkbox"/> Individual <input type="checkbox"/> Family	<input type="checkbox"/> Race Team <input type="checkbox"/> Junior (under 18)

Please publish only my name & phone number on club membership list .

**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
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Please complete the following for any minor (<18 years old) family members:

Name	Age	Name	Age
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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
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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 95065-8342

Club Sponsored Weekly Events

Tuesday mornings: Multi-leveled bicycle training ride, 10:00 a.m. Train or just ride for fun with the Santa Cruz County Cycling Club. 25 to 40 miles. Departs from the parking lot on Aptos Creek Road, off Soquel Drive in Aptos. For variety, on the first Tuesday the ride starts at a different location. For information call 460-1818.

Thursday mornings: Start at Corralitos Market at 10:00 a.m.. Decide and ride, usually 30 to 40 miles. Rain cancels.

Saturdays: Long Distance Training Rides. See schedule in this Newsletter.

Non-Sponsored Weekly Events

Sundays: Sunday morning ride. Meet in front of Sprockets at 1420 Mission Street. Average pace is about 14 mph for the 25 to 30 mile loop. Helmets are required and rain

cancels. Call 426-7623 for details on this ride and upcoming leisure rides.

Second Saturday of each month: Fifty plus Fitness Association group ride. Starts at 9:00 a.m. at different locations. Bring: water and helmet. Spare tube is recommended as well. For more information, call 464-7340.

Saturday Mountain Biking: 10:00 a.m. at Wilder Ranch State Park. Depart from the information sign near freeway underpass tunnel. Rain with 48 hours cancels. Helmets required. All ride levels welcome. For more information, call 427-9937.

First Sunday of every month: Help maintain some of the State's finest off-road cycling trails. Meet at 10:00 a.m. in Wilder Ranch parking lot to work approximately four hours. Bring gloves, water, food, etc. Free swag.

Friday Mountain Biking: Starting April 6th, Friday at 6:00 p.m. and every Friday thereafter, meet at Delaware entrance of natural bridges. For more information call Barnaby Lee at 471-0842.

Club Social Ride. A social gathering for all mountain, tandem, road, recumbent and unicyclists, to be held on the last Sunday of each month, and include a leisure ride and potluck. For details call 427-3438 or email LAP3BPV@cs.com.

Scotts Valley Lite Ride. Several people have expressed an interest in a Scotts Valley "lite" ride on Thursday or Friday afternoon about 4 pm beginning in mid March. If interested, contact Anita at 335-5792 or at swann@cse.ucsc.edu

[The club assumes no responsibility for the actions of riders or occurrences on these rides. It is strongly suggested that all riders wear ANSI/SNELL approved helmets)

SCCCC

Santa Cruz County Cycling Club
P.O. Box 8342
Santa Cruz, CA 95061-8342

DATED MATERIAL

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