

The Roadrunner

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

Bicyclists rumbling over Highway 1 strips

The recently installed rumblestrips on four miles of Highway 1 north of Santa Cruz are here to stay, and so is the controversy about their placement. While bicyclists appreciate the new road surface, they are critical of varying widths of the shoulder areas, which they say should remain five feet wide. However, Caltrans, according to Project Manager Doug Hessing, must allow 12 feet of roadway from the centerline to the shoulder for traffic safety. Sometimes this requirement encroaches on the desired area of travel for bicyclists.

Longtime bicycle advocate and writer Jim Langley has been outspoken on the discrepancies of the shoulder widths, which vary from four to five feet across. At a recent meeting of the Regional Transportation Commission's Bicycle Advisory Committee, Langley said such inconsistencies can cause trouble for bicyclists. "People have already crashed due to rumblestrips. There's no statistics on whether they are safer for cyclists or not."

Caltrans, which tracks accidents as carefully as insurance companies, says overall traffic fatalities and injuries decrease 25% with rumblestrips in place. However, these stats pertain to automobiles, while bicycle injuries often go unreported.

Another issue is the white line, or fog line on each side of Highway 1. Caltrans said this line will be repainted so it is on top of the rumblestrips, not to the right, and that the local contractor erred in its placement. No date has been set for the repainting, according to Jennifer Wilson of Caltrans.

Leo Jed of the Community Traffic Safety Coalition (CTSC) cited other complaints to Hessing and Kelly McClendon, Caltrans planner. According to Jed, illegal parking, especially near the Wilder Ranch intersection of Highway 1, is a problem, as well as steep edge dropoffs and compacted soil which is failing to give proper support to the road shoulder in places. More signage to motorists regarding bicyclists on the road was strongly recommended.

Members of the Bicycle Committee voted unanimously to ask Caltrans to remove the rumblestrips from shoulder areas less than five feet wide. Hessing said "top management" would meet and discuss



Bart Coddington leads Tuesday ride group on Highway 1, staying to the right of rumblestrips.

the committee's request.

SCCCC members gave both positive and negative reviews to the new rumblestrips. Judy Marsalis, who lead her first club ride to Davenport on a recent Tuesday, said "They were not nearly as objectionable as anticipated," while longtime Highway 1 rider Conrad Sudduth gave a mixed review. "If you drift onto them and are running in line with them, you may well be in trouble. They make it very difficult to control your bike. If you cross them briskly at as much of an angle as you can, they present no real problem."

Joe Ferguson warns that changing peloton leadership may present a problem since the rumblestrips are lurking for the leader who gives way to a new leader by going to the left and out of line. But he also appreciates the safety factor of the rough road as protection. "Rumblestrip cuts do a fantastic job of alerting drivers to the fact that they are straying from their lane. Over the last few weeks I've been up and back from Davenport, Swanton and Bonny Doon several times, (on the bike and in the car). Passing drivers have been remarkably courteous regarding their poaching of the shoulder. That was definitely not the case prior to the recent repaving."

Howard Connor recommends "hopping the bike" over rumblestrips. "To do so," Connor says, "you pull the pedals up by the cleats at the same time that you pull up on the handlebars. The bike literally jumps over pot holes, road debris or other road obstacles."

—Grace Voss



November—December, 2015

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Holiday party on Dec. 19

The popular SCCC holiday party takes place from 6 to 10 p.m. Saturday, Dec. 19 at Seymour Marine Discovery Center, 100 Shaffer Road on the Westside of Santa Cruz. Parking is available in front of the facility and on the street. The bike club will provide a main dish and dessert, and members are asked to bring either a side dish, hors d'oeuvres or salad, whichever they wish. Docents will be available for the first two hours to give tours of the center. A voluntary white elephant gift exchange will take place, or members may make a cash donation for the Second Harvest Food Bank. Volunteers needed to help set up at 5 p.m. and clean up after. RSVP will be forthcoming.

THURSDAY, JANUARY 28
SCCCC MEETING
7 P.M. SIMPKINS SWIM CENTER
979 17TH AVENUE

Club Shorts: Capitola thanks Dave Dominguez

Congratulations to SCCCC member **Dave Dominguez**, (photo at right) who has received a Mayor's Proclamation from the City of Capitola for running the Capitola Bicycle Helmet Distribution Program. For the past year Dave has given out about 40 helmets to kids at the Capitola Community Center. The program is funded from grant money through the Community Traffic Safety Coalition (CTSC).

Film festival organizer extraordinaire and club member **Kathy Ferraro** announces the arrival of Telluride Mountainfilm at 7 p.m. Nov. 13 at the Rio Theater. Similar to the Banff Mountain Film Festival, Telluride features snow and rock films, mountain biking and other types of environmental adventure films. A Mountainfilm presenter will introduce the films and engage the audience in discussion following the films. Cost is \$18.

Mountainfilm in Education also will visit several local schools: Branciforte Middle School, Scotts Valley Middle School and Harbor High School.

Tickets for the Nov. 13 show are available at *Tomboy* or online at brownpapertickets.com. Complete playlist at <http://www.riotheatre.com/>

Two SCCCC members will be joining the club's Board of Directors starting soon. **Catherine vanRhee** will be the new vice president, replacing **John Marshall**, **Isabelle Magnin** will be secretary, taking over from **Bill McBride**. And, although not a board



SCCCC gives a big thank you to Jim and Harriet Wheeler, with canine friends, for hosting the club's annual fall potluck party-after-the-bike-ride!



member, **Ron Olson** will replace **Peter Jones** as Saturday Ride Coordinator while Jones remains on the board as overall rides coordinator.

Did you do a double take at the sight of 30 motor rail cars on the Santa Cruz Branch Rail Line on Oct. 10? The Regional Transportation Commission, which owns the rights to the rail line, approved the excursion from Watsonville to Bonny Doon Beach. Organizers are the North American Railcar Operators Association. Excursions may occur twice a year.

For future ride leaders who love to climb Mt. Diablo in the East Bay, the going just became easier. Electronic signs have been installed at the bottom of North Gate and South Gate Road. A third electronic sign will be installed at the Ranger Junction. These signs flash: "Do Not Pass Bikes on Blind Curves". Kiosk attendants are providing this message verbally and in writing to all drivers. The road bed is smoother also. Recently, eight bicyclists patched over 100 potholes/cracks on North Gate Road.

The **California Bicycle Coalition** has worked successfully with state legislators to allow bicycle diversion programs, which reduce ticket fines for people who take bicycle education classes. Governor Jerry Brown signed into law Assembly Bill 902, to allow these programs. The law takes effect Jan. 1, 2016. **The City of Santa Cruz**, which is ahead of the curve, has been holding bike safety programs for ticket violators for several years.



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.santacruzcycling.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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FROM MY HANDLEBARS TO YOURS New year brings biking resolutions

As 2015 winds down, most of us are probably looking back on the year in review. Did you meet your New Year's resolutions? Did you ride your bike as much as you wanted? Did you take the plunge and lead a club ride for the first time? I know some of you did (thank you!) and others are thinking about it. It's not complicated, and your fellow ride leaders will appreciate you helping fill the bi-monthly ride schedule. Hopefully, we'll see more new ride leaders this winter.

Speaking of pushing one's comfort zone, I went to a networking event at sports giant BRG in Scotts Valley recently. Whether for work or a hobby, these social functions are not my favorite way to spend an evening. (I know that will surprise some of you!) But I believe it's good to know what's going on in and around your community, so I grabbed a glass of wine



and jumped in.

Over 100 women showed up to network with other women in sports-related careers. The mood was definitely energized,

although being in a tile and glass foyer made it really hard to hear. Fellow club members Grace Voss, Mryna Sherman, Arleen Pietrzak and Catherine vanRhee also braved the audio challenge. And club member Andrew Murray was there, representing his gender and hoping to convince more women to come mountain bike.

The organizers were Outdoor Industry Women's Coalition (OICW), and I'd say at least half the audience had come from the Bay Area. The three panelists were Roxy Lo of Ibis

Bikes, Heather Cooper from Cliff Bar and Lisette Cooper from Juliana Bikes. As the speakers explained how they'd arrived at their current careers, I looked around the room of mostly 30 somethings. OIWC said this was the largest turnout to date for one of these events, and I was glad to see so many interested young women. I looked through OIWC's website under employment opportunities afterwards, and was glad to see so many job postings all across the country. (Check it out at www.oiw.org)

The organization has individual and corporate memberships to foster women in this (traditionally) mostly male field. That situation seems to be changing. A free webinar on Oct. 27th gives more detail on how to get the most out of your membership. Check it out.

—Maura Noel, SCCCC President



\$5M in grants fund Branciforte bridge, green lanes, rail trail extension

It's been a great year for Santa Cruz County bike projects. In addition to funding for the North Coast Rail Trail Segment and green lanes in Santa Cruz, Capitola and Live Oak, Santa Cruz County just received over \$5M in funding for four local bike and pedestrian projects through the statewide Active Transportation Program (ATP). Here are the projects that received funding:

BRANCIFORTE CREEK BIKE/PED BRIDGE This new bridge will fill the final gap in the San Lorenzo Riverwalk, allowing bicyclists and pedestrians to travel across Branciforte Creek and under Soquel Avenue without leaving the levee path.

WALKER STREET RAIL TRAIL SEGMENT IN WATSONVILLE A section of rail trail near Lee Road was funded in 2013, and this grant funds an extension of that segment to Walker Street in downtown Watsonville. The rail trail



Amelia Conlen

County are so excited about this project, which will create a network of signed bike routes through Santa Cruz County. This will help new bicyclists and visitors find the best routes.

SANTA CRUZ CITY SCHOOLS CROSSING IMPROVEMENT PROGRAM This program funds crosswalk improvements around Santa Cruz City Schools, as

will give residents access to the Watsonville Slough Trails.

COUNTYWIDE BICYCLE ROUTE SIGNAGE PROGRAM Call us planning nerds, but we here at Bike Santa Cruz

well as education and encouragement programs to get more kids walking and biking to school

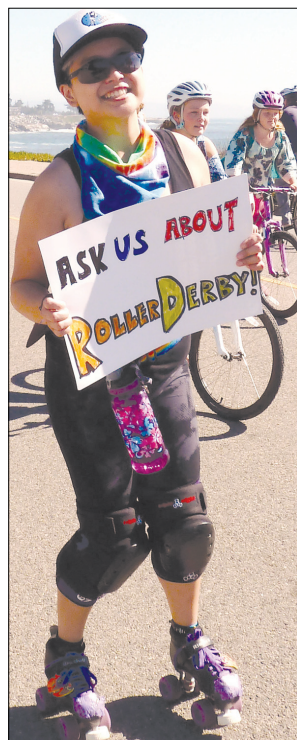
NEW GREEN LANES ON HIGHWAY 1 will be installed early next year at the Soquel Drive interchange near Dominican Hospital, which is often cited as a scary spot for people on bikes. Back in February, Bike Santa Cruz County launched a campaign for green lane treatments at freeway interchanges. The green lanes connect the bike lanes across the on-ramps, reminding drivers to check for people on bikes before merging onto the freeway. Huge thanks to County Public Works staff for moving this project forward and finding the funds, as well as to the RTC's **Bicycle Advisory Committee** and members of the public who wrote letters of support.

—Amelia Conlen,
Bike Santa Cruz County Director



Third Open Streets on West Cliff Drive is better than ever

Thanks to Saskia Lucas, the third version of Open Streets was popular with families who wanted to walk, ride scooters, inline skate or ride their bicycles on West Cliff Drive on Sunday, Oct. 11. More than 70 volunteers and 50 sponsors/musicians made the day special for all. Lucas has also organized Open Streets events in Capitola and Watsonville.



Riding your bike to Moss Landing or Monterey? Food for thought

(SCCCC member Judy Isvan wants everyone to know about the following two eateries in the Moss Landing/Monterey area. The Roadrunner would love to know more about club members' favorite eateries.)

THE HAUTE ENCHILADA, 7902 MOSS LANDING RD, MOSS LANDING, CA 95039 (831) 633-5843

Unlike the nearby Whole Enchilada, this charming restaurant is further off of Highway 1 and tucked into an old Victorian house with bike-friendly outdoor seating in the garden. The food is freshly prepared, from roasting the chili peppers over a grill out back, to mashing fresh avocados daily for the excellent guacamole. I especially enjoyed the taster trio of soups for \$9. Recommended for a snack



Judy Isvan, left photo, likes to ride her bike long distances. Here are two of her recommendations for places to eat when traveling to the Monterey or Moss Landing areas.

or lunch stop on the way to or from Monterey or before turning inland for the Elkhorn Slough loop.

PARIS BAKERY CAFÉ, 271 BONIFACIO PL, MONTEREY, CA 93940, (831) 646-1620

This is a tasty, older-style working man's bakery, inexpensive and off the

beaten track, which may be why we never go there on Monterey bike rides. Another problem is a lack of outdoor seating (two chairs at each of three tiny tables) or places to lean bikes. They do make a wonderful almond croissant for under \$3, and they offer several variations made with fruits in season. Since it is right around the corner from our popular Turtle Bay Taqueria lunch stop, it is possible to slip out and bring back goodies to the outdoor tables there, if the club has already overtaken them. Seating is also available at a nearby plaza in front of the bike shop on the next block (Aquarian at Bay Bikes 480 Washington St.) The bakery also has a water cooler inside with cucumber and lemon slices scenting the water, very refreshing on a ride. Recommended for any bike ride through Monterey that requires pastry!

New state laws reveal what type of electric bikes may use bike lane

Do you ride an electric bike or know someone who does? Governor Jerry Brown recently signed legislation that legalizes electric-assist bikes for bike path use. The first state-wide law of its kind, the legislation is designed to encourage e-bike use and set guidelines for how cities should treat this relatively new class of bikes. The law takes effect on Jan. 1, 2016.

The law splits e-bikes into three categories: Type 1 are pedal-assisted machines with a maximum assisted speed of 20 mph; Type 2 are throttle-assist with the same max mph cutoff; Type 3 are pedal-assisted bikes with a max assisted speed of 28mph. (The assisted speed refers to the point at which the motor cuts off; a rider can go faster, but only under pedal power or with

gravity.)

Under the California law, Type 1 and 2 e-bikes would be allowed on off-street multi-use paths (i.e. Monterey Bay Sanctuary Scenic Trail), while Type 3 e-bikes would be restricted to roads and bike facilities adjacent to roads (bike lanes). Helmet use would be mandatory for Type 3 e-bikes, but not license plates. Starting in 2017, bikemakers will be required to label their e-bikes Type 1, 2, or 3. The law does not prevent local authorities from further restricting e-bike use if necessary, and applies only to roads and bike paths governed under state and federal vehicle code. Natural surface paths in parks and open space areas, like mountain bike trails, are not covered by the new law.



Photo at left: SCCC's Tuesday riders stop for coffee and pastries at Casaiegno's Store at intersection of Laurel Glen and Soquel/San Jose Road before proceeding to Cafe Carbonero in Scotts Valley for lunch.

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: David Lawrence at thewizarddavy@gmail.com. "Light" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride.

Thursday ride: Meet at 10 a.m. in front of the Corralitos Market in Corralitos for a moderately paced road ride of 25-45 miles.

Saturday, November 7 A,B,C ride

Pescadero/Half Moon Bay/Gazos Creek

Meet in Pescadero Parking Lot at 9 a.m. A's and B's ride to HMB on inland roads; A=56 mi/5288'; B=43 mi/3488'; C's=San Gregorio/Hwy1/Gazos Creek Road/Pescadero (29 mi/1755) Lunch for A/B's at San Benito Hotel; C's lunch in Pescadero.

Grace Voss.....(cell) 831-247-8878

Saturday, November 14 A/B Ride

Eureka Canyon Loop

Meet at Nisene Marks Park entrance at 8:45 a.m. for 9 a.m. start; A Ride - Eureka Canyon, Mt. Bache, Loma Prieta, Old San Jose Rd.; B Ride skips Mt Bache and Loma Prieta. Lunch at Summit Store; A=52mi/5000'; B =40.5mi/3265'

Richard Burton.....408-540-4695

Saturday, November 14 C Ride

Monterey Foothills via Bike Path

Start at Pezzini's on Nashua Rd off of Hwy 1. Park on side of road. Restrooms at market. Arrive by 9:45 a.m. for 10 a.m. start. Lunch at Turtle Bay Taqueria in Monterey. 35.4miles/1543', FPM44

JT Hart.....831-234-7726

Saturday, November 21 A/B Ride

Carmel Valley and Cachagua Loop

Meet at Mid-Valley Shopping Ctr (near C.V. Coffee Roasting Co) at 8:45 for 9 a.m. start; A Ride Robinson Canyon, Cahoon Pass, Dum Dodo Grade, Cachagua Loop; B Ride Carmel Valley Rd, Cachagua Loop, Dum Dodo Grade; refreshments at Cachagua Store; A=62mi/6100'; B=39mi/3200'

Lisa Beaudreau.....206-321-4641

Saturday, November 21 C Ride

Sand City to Pebble Beach via 17 mile Drive

Start at Starbucks in Sand City, 2160 California Ave, in Edgewater Shopping Center. Arrive by 8:45 a.m. for 9 a.m. start. 31.7miles/1579'; FPM 49.

Petronella van Dam.....831-454-6010

Saturday, November 28 A/B Ride

Big Basin

Meet behind Johnnie's in Boulder Creek (Park behind market) at 8:45 for 9 a.m. start; Big Basin - Lodge Rd for B's - Hwy 9 to Saratoga Gap for A's; Bring lunch and snacks; A=45mi/4700'; B=25mi/3000'

Ric Eiserling.....831-336-1040

Saturday November 28 C Ride

La Honda via Stage, Pescadero Creek

Start in Pescadero at signal light by flagpole. Arrive by 8:45 a.m. for 9 a.m. start. 28.0 miles/2249'; FPM 79.

Bruce Dau.....831-234-5177

Saturday, December 5 A/B Ride

Pescadero Hills

Meet in Pescadero by signal light at 8:45 for 9 a.m. start. (Carpool 8 a.m. from CCC). A Ride - Tunitas, Kings Canyon, Old La Honda; B Ride - Stage, Pescadero Creek, Cloverdale; A=51mi/6600'; B=45 mi/3850'

Tony Rall.....831-332-9216

Saturday December 5 C Ride

Royal Oaks via Trafton, Elkor, Vega

Start in West Marine's parking lot off Harkins Slough Rd. Arrive by 9:45 a.m. for 10 a.m. start. 32.1miles/1193'; FPM 37.

Petronella van Dam.....831-454-6010

Saturday, December 12 A/B Ride

Gulches and Creeks

Meet at CCC at 8:45 a.m. for 9 a.m. start; B Ride - Rodeo Gulch/ Granite / Bean Creek/Glen Canyon/Mtn. View; A's continue to Felton Empire/Empire Grade/Jamison; A=64mi/5700'; B=37mi/3000'

Ride Leader Needed



Left photo: Bill McBride, SCCCC jersey, lead club ride from Pescadero. Top photo, Cycling for Starters with Myrna Sherman, Janet Fogel and Lilly Ann Popken on Week 1 at Watsonville Recycling Station.

Saturday December 12

C Ride

Chitactac to Morgan Hill via Uvas, Coyote Creek Trail

Start at Chitactac Park at Watsonville Rd/Burchell Rd. Take Hecker Pass Rd/Hwy 152 east, L Watsonville Rd, 1.3 mi. Arrive by 8:45 a.m. for 9 a.m. start. 35.9 miles/1340', FPM 37.

Karen Burman.....831-246-2141

Saturday, December 19

A/B Ride

Valleys and Mountains

Meet at Scotts Valley Park and Ride at 8:45 for a 9 a.m. start
B goes up E. Zayante/Quail Hollow, A adds Big Basin and Jamison; A=55mi/5500'; B=27mi/2500'

Catherine vanRhee.....408-219-8626

Saturday December 19

C Ride

Gizdich via Corralitos, Hazel Dell, College

Start at Ann Soldo School, E. Lake Ave. Watsonville. 9 a.m. start. Pie/lunch at the Gizdich Ranch. 29.8 miles/1128', 38 FPM.

Barbara Moore.....831-239-1790

Saturday, December 26

A/B Ride

Elkhorn Slough Ramble

Meet at CCC at 8:45 a.m. for 9 a.m. start; Aptos Hills, San Andreas, Moss Landing – Add Hazel Dell for A's; A=68mi/3800'; B=52mi/2600'

Isabelle Magnin..... 831-325-2712



SCCCC members and friends headed out on Bike to Work/School Day on Oct. 8 to visit as many free breakfast sites as possible. Here they are at The Picnic Basket near the Santa Cruz Boardwalk.

Saturday December 26

C Ride

Sunset Beach via Valencia, San Andreas, Larkin Valley

Start at Nisene parking lot. Arrive by 9:45 a.m. for 10 a.m. start. Stop in La Selva Beach. 27.6 miles/1392', FPM 50.

JT Hart.....831-234-7726

Saturday, January 2

A/B Ride

Around the Monterey Bay

A's meet at 7:45 a.m. for 8 a.m. start at Nisene Marks Park Entrance; B's meet at 9:45 a.m. for 10 a.m. start at Kirby Park at Elkhorn Slough. Lunch at Turtle Bay Taqueria in Monterey; A=95mi/3667'; B=49mi/1763'

Peter Jones.....831-234-5555

Saturday January 2, 2016

C Ride

Davenport/Swanton via Wilder, Hwy 1

Start on Delaware Ave near entrance to Natural Bridges SP. Arrive by 8:45 a.m. for 9 a.m. start. 33.6 miles/2039', FPM 60.

Jack Johnson.....831-359-2501

Easy tips for becoming a ride leader

Do you want to bike your favorite route? Consider becoming a ride leader. It's easy! First, go to the SCCCC Rides Library at www.santacruzcycl.org to see a list of rides, distance, elevation and starting point. Do so by Dec. 15th to lead a ride in January/February. Then, tell Ron Olson for A/B Saturday rides at ron@ednainc.com or Jack Johnson for Saturday C rides at jdj@baymoon.com). To lead a Tuesday ride, contact David Lawrence (A/B rides) at thewizarddavy@gmail.com or Lilly Ann Popken (lite rides) at lapedals@aol.com. Leading a ride is a good way to contribute to SCCCC, and you will meet nice people.

Thank you to September/October ride leaders

Judy Marsalis, Bruce Fihe (2), Lilly Ann Popken (3), Janet Starr, Jane Ferguson, Marilyn Marzell (2), Joyce Rollins, Janet Fogel, Lilly, Myrna Sherman, Joan Moore, Maura Noel, Peter Jones (2), Rick Eiserling, Petronella van Dam, Toby Ferguson, Ralph Edwards (2), Catherine vanRhee, Bill McBride, Alan Eklof, JT Hart, Tom Mattison, Chris Boman, Richard Burton, and David Kadotani.

Ron Olson and family enjoy ACTC's Russian River Rally

Last August my family and I joined the Almaden Cycle and Touring Club (ACTC) in San Jose so that we could take part in the Russian River Rally, a wonderful weekend campout held at Casini Ranch Campgrounds in Duncan Mills, Sonoma County. The event is a real community effort, with everyone pitching in to prep for meals, cook, and clean up before the day's ride. (ACTC provides route sheets and individuals decide where and with whom they want to ride.)

Back to camping, the variety and amount of food was astounding! (I missed out on the shrimp but certainly had my fill of tasty treats at every meal.) And all the while, people were catching up with old friends or making new ones, as I did. The camaraderie was a wonderful part of the experience for the 55+ folks who attended.

With such large number of people riding, many different routes were chosen. Chris Bowmen, Jeff Totten,



Ron Olson

to the east from wildfire, the scenery was wonderful. Luckily for me, Chris and Jeff stopped at key intersections up on the ridge to regroup.

After Kings Ridge, we were treated to a long, steep downhill to the coast. I love descending and this one did not disappoint! The funniest moment of the ride for me was seeing Chris, who was

Gerry Rooney and I rode 53 miles to Kings Ridge, then to the coast and back via Route 116, a 4,000 feet of elevation effort! Despite light smoke

waiting for us to regroup down at the coast highway, putting his finger up to his lips to say "quiet" as I bled off speed with my front brakes squealing.

Highway 1 north of San Francisco has many more twists and turns than here in Santa Cruz, as well as spectacular scenery. Another long downhill to Jenner was great fun after all our climbing. No cars passed us there due, in part, to the fact that we could make such good speed through the tight turns! Okay, so maybe they were slowing to take in the scenery...

When we returned to camp I learned that my wife and grandson had been out picking blackberries. Shae, age 9, and I went for a swim and then an adventure along the riverbank to the west. That night we went down to the river where the campground personnel invited all the kids to roast marshmallows for S'mores. Afterwards, they built a huge bonfire near the river's edge for all to enjoy.—**Ron Olson**

Bicyclists ride on Oct. 24 in support of homeless garden and breast cancer



Top Left photo: Megan Westersund helps with registration at the Homeless Garden Project's Swanton Loop Challenge. Registering are, left to right, Mark Walker, Yolanda Walton and Alan Whitsett. Top middle photo: Allison Garcia, Homeless Garden Project Board Member, and Pat Lawson. Top right: Ready to roll on their Ohana Ride are, left to right, Renata Russo, Mike Van and April Davis. Bottom left: Janet Fogel, Ohana Ride Director, and Paul Edwards.

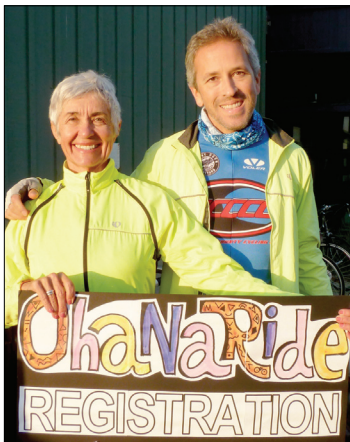


Photo above, l to r: Jamie Lee, Rosanna Rosenberg, John and Claudia Garza at Davenport stop on Ohana Ride. Right photo above, l to r: Betsy Schwartz, Bayje Pomeroy, Richard Bedal and JoAnn Smith volunteer at start of Ohana Ride.

Bicycle tour in Adirondacks Mountains is pleasant surprise

The Adirondack Mountains, located in northeastern New York, came as a total surprise. Not tall or imposing (elevation 1,600' max), they are a fascinating combination of dense, old-growth forest, quiet, swampy bogs with skeletal trees reaching their bony branches to the sky and bucolic farmlands dotted with cornfields and dairy cows. In late August, along with two friends, I took part in the first-ever Cycle Adirondacks, a week-long, 400-mile bike tour for 160 riders to benefit the Wildlife Conservation Society (WCS). It was, hands down, the best red carpet treatment I have received on a bike tour!

The tour succeeded thanks to Event Director Jim Moore, a planning veteran of Cycle Oregon and Cycle Greater Yellowstone bike tours, and Zoe Smith, Adirondacks director for WCS, whose dream has always been to expose more people to the beauty and serenity in her neck of the woods. The planning process took two years. Since 2013, Moore and Smith have worked with local communities as well as conservation experts before recruiting volunteers, convincing the WCS to free up \$45,000 to offer hospitality stipends to the seven overnight communities to show the riders a good time.

The results were stupendous! The Star Lake community created handmade Hawaiian leis of cloth maple leaves to welcome each bicyclist at the end of Day One's 68 miles from Saranac Lake, as well as raft transport to a "sand bar bar" in a nearby lake on a warm afternoon. The town of Camden, located in a narrow glacial valley, revved up its colonial-style Drum & Bugle Corps to march and play for the cyclists after their 78-mile journey there. Talented vocalists serenaded bicyclists at dinner after a 76-mile ride into Boonville in the Black River Valley. Local bands played each evening, while volunteers staffed booths offering local crafts and maple syrup for sale.

Dinners, box lunches and breakfasts



Privately-owned islands in Long Lake are home to summer estates of the rich dating back to the early 1900's.

were five-star in quality, the result of a dedicated catering company from Saranac Lake serving "a taste of New York", meaning meals came from fresh, organic produce. A beer and wine garden at each night's campsite offered riders one complimentary refreshment. A day off in the town of Old Forge, coming after almost 300 miles in the saddle, was a welcome respite, and we explored Old Forge Hardware, a never-ending cornucopia of general store items, including more cookie cutters (100+) than I thought possible! The town was a mix of history and modern-day kitsch, like a water park. Old Forge was a hunting/logging settlement after the Civil War, only to become a summer colony for the very rich when the New York Central RR reached it in 1892. Many "old money" great camps or estates still exist on nearby lakes—W.W. Durant built his own road to his family's summer estate, while J.P. Morgan constructed the Raquette Lake RR to serve his family's lodge.

The final two days of riding were my favorite, dense forests on both sides of the roadway. I saw spruce, pine and deciduous trees like birch and cedar, interspersed by the glimmer of a lake through the woods. Traffic was scarce, adding to the overall ambience. Lunch on Day 5 came at the end of a long climb up to the Adirondack Museum, a series of buildings highlighting local history—the use of horses for logging, railroads, authentic Adirondack cabins and lean-to's and a demonstration of canoe paddling in the museum's lake. (I perused an entire book in the gift shop

titled *The Adirondack Chair*!) A view from the deck of the cafeteria featured Long Lake in its entirety, as well as its privately-owned islands.

Our last night in the town of Long Lake featured ATV-transport, as local teens carried us and our luggage to our tents. (Luggage transport was a welcome service, also offered by Cub Scouts and sports teams throughout the tour.) I chose to rent a Comfy Camper, a tent complete with assembly and disassembly by youthful and helpful CC staffers, a fully-inflated air mattress, cloth deck chair and fresh towel. (Camping need not be difficult!) A shower truck traveled with us during the week.

Cycle Adirondacks was a wonderful experience benefitting a good cause. The Adirondack Mountains cover six million acres, more than all other national parks combined. They boast 10,000 lakes and 30,000 miles of rivers and streams, some draining to Lake Ontario and others to the Hudson River. They are a forest preserve, with 52% of the land privately owned but heavily regulated by the Adirondack Park Agency. This inclusion of human communities makes the park one of the great experiments in conservation anywhere.

—Grace Voss



Bob Vorce and Judy Marsalis on recent Bike to Work Day outing which included a stop at The Picnic Basket near the Boardwalk.

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 seven days–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 seven days 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–Thursday 10am–6pm
Friday–10AM–7PM
Saturday–10AM–6PM
Sunday–Noon–5PM

The Bike Coop
1156 High Street
457-8281
Monday–Friday–10AM–6PM

Bike Station Aptos
36 Rancho del Mar
688-4169
Monday–Friday–11AM–6PM
Saturday–10AM–5PM
Sunday–Appointment only

Scotts Valley Cycloport
245 Mount Hermon Road
Scotts Valley
440-9070
Tuesday–Thursday–10A,–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

The Bike Church
703 Pacific Avenue 425-2453

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

Sprockets
1420 Mission Street
426-7623
Monday–Friday, 9 AM to 6 PM
Saturday—8 AM to 6 PM
Sunday—9 AM to 5 PM

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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

November–December, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <i>Club Ride GP</i>	4	5 <i>Board Meeting 7 p.m.</i>	6	7 <i>Club Ride</i>
8	9	10 <i>Club Ride NMP</i>	11	12	13 <i>Sign up to lead a ride!</i>	14 <i>Club Ride</i>
15	16	17 <i>Club Ride GP</i>	18	19 <i>Ride Safely!</i>	20	21 <i>Club Ride</i>
22	23	24 <i>Club Ride NMP</i>	25	26	27 <i>Go for a bike ride!</i>	28 <i>Club Ride</i>
29 <i>Go for a bike ride!</i>	30 <i>Ride Safely!</i>	1 <i>Club Ride GP</i>	2 <i>Clean your bike!</i>	3 <i>Board Meeting 7 p.m.</i>	4	5 <i>Club Ride</i>
6	7	8 <i>Club Ride NMP</i>	9	10	11 <i>Sign up to lead a ride!</i>	12 <i>Club Ride</i>
13	14	15 <i>Club Ride GP</i>	16	17 <i>Volunteer to lead a ride</i>	18	19 <i>Club Ride SCCCC Holiday Party 6 p.m. Seymour Cntr.</i>
20	21 <i>Go for a bike ride!</i>	22 <i>Club Ride NMP</i>	23	24	25	26 <i>Club Ride</i>
27	28	29 <i>Club Ride Leader's choice</i>	30 <i>Clean your bike!</i>	31		
					GP is Gateway Plaza	NMP is Nisene Marks Park

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



SCCC
 PO Box 8342
 Santa Cruz, CA
 95061-8342