

The Roadrunner

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

New group adds zest to club ride schedule

(Editor's note: SCCCC's newest D ride group is organized, friendly and its members ride on Monday and Thursdays, sometimes starting from locations 'over the hill'. **The Roadrunner** asked its leader, Chris Zemny, to elaborate on this welcome addition to the bike club's Rides Schedule. Here's what she said...)

We started as an Easy Rider Group for the UCSC Woman's Club two years ago. At that time, if we completed 10 miles, we would kiss the ground, proclaiming that we were bicyclists! By the end of 2014, we had worked up to 20-mile rides, and some of us completed the SCCCC Cycling for Starters class. However, since we still were unable to tackle a club C ride, we kept our own group going.

During the second year, our rides grew in length to at least 20 miles, with some rides 30-40 miles, depending on elevation. Susan Kent, another C-rider drop out, joined us, and she was pivotal in petitioning SCCCC to become a part of the club as D-level Thursday riders.

As we improved in strength and stamina, we added the Monday rides to SCCCC's schedule, modifying routes from the club's Ride Library. Now we ride C rides in their entirety, occasionally attracting some C riders. Monday's rides are always away rides,



Starting a Thursday "D" ride from Corralitos are, left to right: Chris Zemny, Matt Zemny, Randi DiCicco, Linda Havens and Barry Mangano.

featuring bike paths in Monterey, Morgan Hill, San Jose and Palo Alto. Today we know where the good and very cool away rides may be found.

I design the rides and send out emails, while Susan enters them on the club calendar. We share duties like leading from the front and riding sweep.

A big thank you to Jack Johnson, for motivating and encouraging us! We also want to thank Ralph Edwards for pushing us to ride more elevation and leading some Monday rides. (We needed the push!) Ralph also wrote a song for us!

We now offer Leisure C rides on Thursdays. These 30+ mile rides are slower than a C ride and cover at least 1,000 feet of elevation gain. All rides are at www.santacruzcycling.org.

We are a pretty friendly group. Come join us!
—CHRIS ZEMNY



C-level riders prepare to leave from Gateway Plaza on September 6 ride, a Tuesday



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Holiday party is Dec. 10

The SCCCC annual holiday party takes place starting at 2 p.m. on Saturday, Dec. 10 at the Felton Community Hall, 6191 Highway 9. The bike club will provide a main dish and soft drinks, while members bring appetizers, salads and desserts. The traditional white elephant gift exchange is optional.

Crawford would bike rail trail to Watsonville

Will Crawford, 49, would ride his bicycle Monday through Friday round trip to his job in Watsonville if he could ride via the Monterey Bay Sanctuary Scenic Trail (rail trail.) Will, a manufacturing engineer at Fox Racing Shox, participated in the recent Bike to Work Day sponsored by Ecology Action. His bicycle commute that day was 42 miles.



THURSDAY, OCT. 27TH
SCCC MEETING
7 P.M. SIMPKINS SWIM CENTER
979 17TH AVENUE

Club Shorts: Karen Nevis is moving to Ecuador

Local watercolor artist and enthusiastic SCCCC member **Karen Nevis**



(photo) is pulling up stakes and moving to Ecuador! Karen says the allure of a more natural environment and fewer people helped her make the decision to move. "I will miss everyone as I feel like the cycling club is my big family and I have met the very nicest people without exception, she says." Good luck Karen!

SCCCC members **Chris Zemny, Susan Kent, Ilene Wilson and Collin Bruce** challenged themselves and completed the metric Foxy Fall Century in Davis. **Barry Mangan and Linda Havens** rode the 50 kilometer version of the event, while **Jack Johnson** rode a metric century in Sacramento.

JoAnn Smith, Lilly Ann Popken, Betsy Schwartz and Marilyn Marzell rode their bikes on the Paul Bunyon rail trail Sept 11-17 in Northern Minnesota. Starting in Baxter, they rode 200 miles to Bemidji and return, with daily distances ranging from 35 to 52 miles, depending upon overnight accommodations. Lodging ranged from rustic cabins to a Hampton Inn on Lake Bemidji. The return ride to their rental car in Baxter, MN was via the Mississippi River rail trail and the Heartland rail trail.

SCCCC member **Richard Burton** spent four days in September climbing mountains on his bike near Bishop, CA. He rode the White Mountain Double Century and then climbed Rock Creek Road, Death Valley Road, Glacier Lodge Road and Pine Creek Road. Richard also rode the Grizzly Century out of North Fork and the Cold Springs Summit Climb in early October.

A list of films for the Nov. 12 Telluride Mountain Film Festival is now available at www.mountainfilm.org/

tour/upcoming. The annual adventure film extravaganza begins at 7 p.m. at the Rio Theater according to SCCCC member and organizer **Kathy Ferraro**. Tickets are \$18 and may be purchased at brownpapertickets.com. Mountainfilm for Students, a free educational outreach initiative for K-12 schools, will occur locally.

After 12 years doing business in Aptos, **The Bike Station** has moved to the Brown Ranch Shopping Center, locating a temporary store near Trader Joe's. "Life is like riding a bicycle," said owner **Joanne Thompson**, "to stay upright, you need to keep moving." The store will move to its permanent location in the shopping center near FedEx by spring.

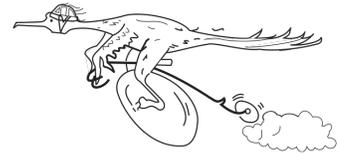
Gov. Jerry Brown has signed into law AB40, which allows pedestrians and bicyclists to continue crossing the Golden Gate Bridge for free. The bill allows free bike and ped crossing on all five state-owned bridges in the Bay Area.

Twenty two middle and high schools are benefitting from electric radar speed feedback signs, thanks to a \$829,000 grant to the Santa Cruz County Public Works agency. The signs were installed in July to inform drivers of their speed in school zones. The flashing speed signs will aid both Ecology Action and County Health Services with the Walk Smart program now in effect at schools in Freedom, Watsonville and San Lorenzo Valley. Students learn how to choose a safe route to school and how to "stop, look and listen" before crossing streets.

—RHODA BIKE



Back on his bicycle, this time with an electric boost is longtime SCCCC member Ed Kilduff, left. Ed reports he bought the bike from Costco, and that it helps on the hills, although one has to keep pedaling the entire time. We are glad to see Ed back on the roads!



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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Well, tis that time of year to wrap things up. This is the end of my three-year stint as president of the club, time for Catherine VanRhee to lead the peloton. Board positions are usually two-year appointments but somehow I agreed to a third year. I can't remember why, so I'll blame Bart. (grin) "Leading" is a term loosely used within the SCCCC because there is a consistent atmosphere of teamwork on the board. It has been almost effortless to participate with a group of people who are thoughtful, passionate and forward thinking when it comes to your club. Newcomers may not realize that they are riding with past presidents on club rides so I'll list them here: Richard Bedal, Bart Coddington, Janet Fogel, David Gill, John Marshall and Alex Miller. (shout out to past prez Dale Wickenheiser and club founder Robert

Liebold.) Apologies if I missed others, but this is who the club software lists as of this writing.

The club membership is up to 535 registered members – it was about half of that when I joined eight years ago. The website has improved (and is still evolving), the Rides Library continues to grow, the different levels of riding ability flex and change with the riders and the Mountains Challenge continues to fund cycling-related grants to our community.

I'm also stepping down as the director for the SC Mountains Challenge and leaving that role in the very capable hands of Kevin "Skippy" Givens, the infamous Competitive Sports Supervisor from UCSC. Now that Skippy is retired from UCSC, AND he rode the Mountains Challenge this past year, we thought

he'd need something to do with all his free time. Skippy was a little hesitant about taking over as director, until I explained that

every year we have so many awesome volunteers who come back to put on the ride. Please continue your excellent track record of enthusiasm and hard work for this event. (See story on p. 9)

I'll see you at the quarterly meeting on October 27th at Simpkins Swim Center, and out on club rides this winter.

—MAURA NOEL, SCCCC PRESIDENT



New bike lanes, sea wall for Twin Lakes project

While half a dozen kayackers drifted lazily off shore, seven VIP's broke ground on the Twin Lakes Beachfront Improvement Project on Sept. 15 at East Cliff Drive near the end of 7th Avenue. The new site will allow bicylists to ride more safely on East Cliff Drive due to the absence of cars which are parallel parked. (It's easy to be injured by a parked car when the driver opens his car door unexpectedly.)

The ceremony, held on a sun-splattered morning, is the dream of former Santa Cruz County Supervisor Neil Coonerty, (photo) who went door to door in 2006 to talk to neighbors about its value. Local businesses had questioned whether or not the project would be beneficial. The \$4.7 million facelift, which Graniterock will build over the next 10 months, includes a sea wall and a pedestrian walkway on the ocean side and two five-foot-wide bicycle lanes on both sides of East Cliff Drive, extending from the harbor



entrance at 5th Avenue to the intersection of East Cliff Drive and 7th Avenue. It includes public seating, public art and storm water infiltration. Parking for 20 cars is available. The area serves about 500,000 beachgoers annually.

Betsy Lynberg of Santa Cruz County Public Works called the project "the most difficult of my career," adding that she was guided by a vision of people being able to walk safely to and from the beach. John Laird, secretary of California's Natural Resources Agency, praised county officials for "a wonderful project that will stand the test of time." Neal Coonerty spoke of the future, saying, "I'm hoping my grandson will be able to bring his children to this beach. I'm so happy this day is here."

—GLIDE A. LONG

Safety tips for visibility

When riding a bicycle, try to do everything you can to make yourself more visible to cars. In most bicycle/car crashes, motorists say that they did not see bicyclists in time to avoid a collision.

Crashes happen, so you need to know how to reduce the risks of being a victim.

When riding after dark, you are required to have lights on both the front and back of your bike. Here are other suggestions,

#1. Wear brightly colored jerseys, jackets or vests with safety stripes and helmets in neon green, hot pink, orange, red or yellow.

#2. At night, make sure your shoes and clothing have reflective strips, such as arm and ankle bands.

#3. Equip your bike with a white headlight and red taillight. To make your bike visible from the side, add reflectors or reflective tape on the fenders, as well as to pedals and spokes.

#4. Always ride with the flow of traffic, not toward traffic. Place yourself where you may be seen, usually as far to the right as possible except for avoiding hazards or making a left turn.

Always stay alert and be prepared to ride defensively to avoid a collision. Most crashes occur at intersections, so as you approach an intersection, assume that the driver doesn't see you. Be ready to stop or make an evasive maneuver if necessary.

—BRYAN MAC MURRAY

Bicycle Safety with Pete: Importance of a good bike helmet

Several club members have inquired about purchasing new helmets, so I will shed some light on the newer technologies. By no means am I an expert on composites and design. Coincidentally, I have been shopping this year for a new ski helmet for my wife. The suppliers and technology are often the same for both types of helmets.

The old adage “You get what you pay for” applies here. After all, it’s your noggin you are protecting. I found that sale helmets or those on popular sites like Nashbar are usually last year’s model. At our age we should buy the best helmet we can afford! And then, the question arises how often should you replace your helmet? The only agreement here is any time you take a spill and hit your head. Whether damage is visible or not, you should replace the helmet. Damage to the core may not be visible; both ski and bike reps agree on this point. Otherwise, if you are careless with your equipment and have banged your helmet around in a hot, overheated garage and dropped it on the floor, then Bill of the Bicycle Off Ramp in Santa Clara says you should replace it. No visible dings or dents? The sales reps say replace your helmet every four to six years replace the helmet, as sun and other elements may weaken the foam and composites. Giro advises after “any significant single impact or every three years.”

NEWER TECHNOLOGY

MIPS (Multi Directional Impact Protection System) is a newer technology that has evolved over the last several years. MIPS was developed in 2008 by Swedish neurosurgeon Hans Van Holst and mechanical engineer Peter Halldin. This elastomeric slip system consists of bands on the inside of the helmet that shifts the shell on impact.

Another term you may see is AIM or Angular Impact Mitigation. Concussions are said to be reduced by 44% in helmets that reduce angular impact.

In a 2013 study, MIPS helmets reduced peak linear acceleration (a smash head first) by 14% over conventional helmets. Peak angular acceleration, described as the head turning at an angle on impact, whether forward or to the side, was reduced by 34%. Injuries to the neck, referred to as “neck loading” were reduced between 22-34%.

“In a crash, the outer shell of a MIPS



helmet absorbs the linear impact while the inner layer rotates (2-5mm) to absorb the rotational impact.”

But not all people are convinced. I spoke with a sales person at Sprockets who said the jury was still out on the effectiveness. Jennifer from the Spokesman said much the same. But, in my view, this and the new Smith helmets, are about the best we have to date.

PROGRESSIVE LAYERING

Bell Helmets claims their new Zephyr with integrated MIPS and progressive layering is the most advanced road helmet they have ever made. The Bell helmet consists of three components. Foam liner, low friction liner and elastomeric attachment system. This would be the MIPS system. Not all helmets adjust the same and this is paramount to a good fit. A round “quick twist” button at the rear of the helmet will allow you to adjust fit quickly when changing from a cap underneath to open air.

Giro employs MIPS technology generally in helmets \$79+ with the Foray model. Campbell added that the visible foam under the shell is reinforced. This hidden feature is not visible when shopping at a lower price. For full disclosure, I wear a newer Giro Foray with MIPS that was a gift from my wife and a Giro ski helmet with adjustable vents. Laurie of Calmar Bikes in Santa Clara added that for MIPS helmets to work, studies show that they must be fastened tighter than most riders will wear. She added that the Specialized brand offers the non MIPS Echelon model with an integrated tail light in the back of the helmet. Specialized also offers a ladies’ model made specifically to accommodate pony tails out the back of the helmet, and the Giro design leaves room for bundled hair to the rear also, so pay attention men! Surprisingly, none of the helmets carried at Calmar had MIPS.

Another option in new helmet design is the Smith Route and Overtake helmets that join MIPS advances with Aerocore

panels with Koroyd tubes. Imagine your helmet vents with a hundred little green Starbucks straws welded together above your temples. This Smith design is said to absorb more impact. The Route helmet is slightly larger and has the Koroyd tubes in four panels, whereas the Overtake adds Koroyd to additional vents to the sides for greater protection. The Overtake is said to not ventilate quite as well as the Route or other helmets without Koroyd tubes. Both integrate well with Smith eyewear.

SCCCC member Bart Coddington has brought our attention to a unique inflatable air bag helmet made by Hovding in Europe. This replaces the traditional foam and composite helmet with a collar you wear around your neck. On impact, the collar inflates, protecting your neck and head. Major injuries at 25 km or less are said to be reduced to 2%. This is a one-time use product only and sells for \$299 euros. Unfortunately, the Hovding air bag is only sold in Europe.

CONCLUSION

The conclusion of all this is to wear a helmet! As James Amont said from Mikes Bikes. “Scientific studies show that 70% of head injuries are reduced for those wearing helmets.” He added that the angle of the crash may determine the value of MIPS. Inflatable vests are currently available for the horseback riding industry. These may one day be available to cyclists too.

Information courtesy of Bicycle Roots and Giro U.S.A. —PETE PEARSON.



Four people who know the value of wearing a helmet are, l to r: Bart Coddington, Walt Brown, Richard Bedal and Janet Rose. They are currently riding the Natchez Trace for 440 miles from Memphis, TN to Natchez, MS.

Sparkling sunshine greets Santa Cruz Open Streets IV



Weekly Rides *Rider Levels*

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

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

Tuesday ride: Meet at 9:45 a.m. for a 10 a.m. start for this social/leisurely paced road ride. 1st and 3rd Tuesdays of month, start at Gateway Plaza (the shopping center on River St. near Hwy 1). No public water or restrooms available.. On the 2nd and 4th Tuesdays, meet at parking lot by the entrance to Nisene Marks Park, Aptos. The fifth Tuesday of the month is a leader's choice for start location. Distance will vary from 20-40 miles. Destinations include a lunch stop. Bring water and snacks. Questions? Contact: Ralph Edwards at rhedwardsiii@gmail.com. "Lite" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride. New D rides on Mondays and Thursdays begin from various locations. See schedule on page 7.

Saturday November 5th

A and B Ride: TBA - Check SCCCC website...
Lisa Beaudrau...206-321-4641

C Ride: Sand City to Pebble Beach via 17-Mile Drive; Start at 10 a.m. at Starbucks, Sand City... Jack Johnson...831-359-2501

Saturday, November 12th

A Ride: Climbing Montevina; Start at 9 a.m. at Felton Fair; 55 mi/5500'...Jeff Totten...831-465-4468

B Ride: Pebble Beach Loop; Start at 10 a.m. at Pezzini's; 49 mi/2300'...Skippy Givens831-535-2659

C Ride: Pescadero/San Gregorio; Start at 10 a.m. at Gazos Creek Parking Lot; 29 mi/1,755'...Marilyn Marzell...831 345-0567

Saturday, November 19th

A Ride: Hazel Dell/Mt Madonna; Start at 9 a.m. at Nisene; 60 mi/4500'; Chris Boman...831-475-5902

B Ride: Hollister Tour; Start at 10 a.m. at Target; 39 mi/2140'... Bruce Dau...831-234-5177

C Ride: Royal Oaks via Trafton/Elkhorn/Vega; Start at 10 a.m. at West Marine, Watsonville; 32 mi/1,246'...Barbara Moore...831 239-1790

Saturday, November 26th

A Ride: Big Basin/Jamison; Start at 9 a.m. at Felton Fair; 60mi/6900'...Richard Burton...408-540-4695

B Ride: Pebble Beach; Start at 10 a.m. at Pezzini's; 49 mi/2300'... Francis and Julie Kuo...831-588-8056

C Ride: Monterey Foothills; Start at 10 a.m. at Pezzini's; 35.4 mi/1662'...Paula Bradley...831 345-5482

Saturday, December 3rd

A Ride: Check club calendar as date approaches;

B Ride: UCSC/Bonny Doon; Start at 9 a.m. at Gateway Plaza; 35 mi/2900'...Larry Tierney...831-251-8199

C Ride: Seascape/Valencia Road/Corralitos; Start at 10 a.m. at Seascape Shopping Center; 24 mi/1,736'... David and Jeanni Kadotani...831 588-3561

Saturday, December 10th CLUB HOLIDAY PARTY in Felton

A/B Rides will start at Felton Fair; check club calendar;

A ride-Catherine VanRhee...408-219-8626; B ride...Skippy Givens...831-535-2659

Sunday, December 11

C Ride: Epicenter to Sunset State Beach; Start at 10 a.m. at Nisene; 25 mi/1225'...JT Hart...831 234-7726

Saturday, December 17th

A Ride: Fort Ord/Pebble Beach; Start at 10 a.m. at Sand City Starbucks; 50 mi/4,000'...Isabelle Magnin...831-325-2712

B Ride: Fort Ord/Pebble Beach; Start at 10 a.m. at Sand City Starbucks; 43 mi/2900'...Bruce Dau...831-234-5177

C Ride: Gilroy to Morgan Hill via Uvas; Start at 10 a.m. at Gilroy Sports Park; 34.2 mi/1177'...Jack Johnson...831 359-2501

Saturday, December 24th

A Ride: Check club calendar as date approaches;

B Ride: Eureka Canyon; Start at 10 a.m. at Nisene; 40.5mi/3265'...Doug Gotelli.....408-656-4314

C Ride: Chictactac Park to Morgan Hill ; Start at 10 a.m. at Watsonville Rd and Burchell Rd; 35.9 mi/1340'...Paula Bradley...831 345-5482

Saturday, December 31st

A Ride: Monterey Century; Start at 7:30 a.m. at Nisene; 100 mi/4400'; (lower mileage options offered)

Peter Jones...831-234-5555

B Ride: Check club calendar as date approaches

C Ride: Scotts Valley; Start at 10 a.m. in Gateway Plaza; 25.2 mi/1664'...Joe Kelly...831 234-1977

Saturday, January 7th

A Ride: Lockheed Gate; Start at Gateway Plaza at 9 a.m.; 50 mi/4460'...Ron Olson...408-218-3189

B Ride: UCSC/SV/Harbor; Start at 9 a.m. at CCC; 43 mi/2980'...Larry Tierney.....831-251-8199

C Ride: Hazel Dell/Gizdich; Start at 10 a.m. at Anne Saldo School 30.4 mi/1151'...Petronella Van dam...831 454-6010

Rides schedule features new “D” rides for Mondays and Thursdays

Thursday, November 3rd

D Ride: Corralitos Market to Gizdich via Hazel Del; Start at 10 a.m. from Corralitos Market; 24.6 mi/1045' <https://ridewithgps.com/routes/14811180>

Monday, November 7th

SPECIAL RIDE WITH RALPH EDWARDS
Scotts Valley Hills; Start at 10 a.m. from Gateway Plaza; 24 mi/1747'
<https://ridewithgps.com/routes/6413616>

Thursday, November 10th

C/D Ride: Laurel Glen–Branciforte; Start at 10 a.m. from Nob Hill; 22.1 mi, 1175'
<https://ridewithgps.com/routes/16127615>

Monday, November 14th

C/D Ride: Coyote Creek Trail; Start at 9:30 a.m. at South Ranger Station off Malaguerra Ave., Morgan Hill; Lunch in Morgan Hill; 20–40 mi/700+'
<https://ridewithgps.com/routes/11121069>

Thursday, November 17th

C/D Ride: Epicenter to Sunset via Valencia, Bonita and San Andreas; Meet at 10 a.m. at Epicenter, Aptos; 20.1mi/1029' <https://ridewithgps.com/routes/14472748>

Monday, November 21st

C/D Ride: Watsonville to Sunset Beach via Carlton, Vega, Salinas Roads; Meet at 10 a.m. at Ann Soldo School, Watsonville; 35 mi/1034' <https://ridewithgps.com/routes/6893816>

Thursday, November 24th THANKSGIVING – NO RIDE

Friday, November 25th

C/D Ride: Pezzini's to Monterey Wharf Café; Meet at 10 a.m. at Pezzini's;
33.4 mi/1,141' <https://ridewithgps.com/routes/16191831>



Left to right: Tuesday 'lite riders' are Barbara Moore, Harriet Brown, ride leader Joyce Rollins, Jackie Rall, Lilly Ann Popken and Petronella van Dam. Photo courtesy of Marilyn Marzell.

Monday, November 28th

C/D Ride: Aromas to Watsonville and Back; Meet at 10 a.m. at Aromas School;
33.3 mi/950' <https://ridewithgps.com/routes/16043132>

Thursday, December 1st

C/D Ride: Davenport Ride; Start at 10 a.m. at corner of Western/Mission
18.1 mi/1,187' <https://ridewithgps.com/routes/16126720>

Monday, December 5th

Leisure C Ride: Start at 10 a.m. at Corralitos Market; TOUR OF WATSONVILLE; 42.2 mi/1,717 ft.
<https://ridewithgps.com/routes/16107606>

Thursday, December 8th

D Ride: Corralitos Market to Valencia/Cox Roads; Start at 10 a.m. at Corralitos Market; 20 mi/ 1,054' <https://ridewithgps.com/routes/16780427>

Monday, December 12th

C/D Ride: Coyote Creek Trail; Start at 9:30 a.m. from south ranger station off of Malaguerra Ave., Morgan Hill; 20–40 mi/300'; Lunch in Morgan Hill <https://ridewithgps.com/routes/11121069>

Thursday, December 15th

D Ride: Corralitos Market to Gizdich Ranch; Start at 10 a.m. from market; 24.6 mi/1,045'
<https://ridewithgps.com/routes/14811180>

Monday, December 19th

Special Ride w/ Ralph Edwards; Start at 10 a.m. at Gateway Plaza

Thursday, December 22nd

Leisure C Ride: Strawberry Fields Ride; Start at 10 a.m. at Ann Soldo School in Watsonville;
34.6 mi/1113' <https://ridewithgps.com/routes/8187182>

Monday, December 26th

C/D Ride: Pezzini's to Monterey Wharf Café; Start at 10 a.m. at Pezzini's; 33.4 mi/1,141'
<https://ridewithgps.com/routes/16191831>

Thursday, December 29th

C/D Ride: Laurel Glen – Branciforte Ride; Start at 10 a.m. at Nob Hill; 22.6 mi/948'

True confessions of the bike club's Tuesday ride coordinator

About a year ago, Peter Jones announced that David Lawrence's two-year commitment as SCCCC's Tuesday Ride Leader Coordinator would end on Dec. 31. Peter asked for volunteers. Just as I did in school when I didn't want to be chosen to answer a question but wanted the teacher to think I was willing (and knew the answer) I slowly raised my hand. Just as in school, when your hand is the only one raised, guess who is chosen? That would be me.

HELPFUL ASSURANCE

Before I had time to panic, David reached out to offer his help. Did you ever fall overboard and have someone throw you a life preserver? I grabbed onto David's offer like the lifesaver it was. With his guidance and reassurance, I climbed down from the ledge. Okay, I thought, I can do this. I just need to send emails asking for volunteers to lead four or five rides a month. Huh. Sounded

Club members enjoy Italian bicycle holiday

Whenever possible my wife Lisa and I like to combine bike riding in other countries with gourmet food. Last summer, we decided on our trip to Italy to spend time in one area, while staying in the same hotel every night. We also persuaded Maura Noel and Peter Jones to join us in the Lake Garda region of Northern Italy. A UK-based travel planner, Hooked On Cycling, booked us into a hotel named Enjoy Garda Bike Hotel. Arriving in Peschiera, we found clean and modern décor, helpful staff, and new Pinarello carbon frame rental bikes.

Each day the company creates three different routes with a ride leader, equivalent to our C+, B+ and A+ ratings. Every morning we headed out, with a ride leader taking us along quiet country roads,



pretty easy. Piece of cake, actually.

Hearing a knock on my door, I answered it only to find it was Reality knocking. Sending the email was easy. Sending follow-up emails cajoling, joking and begging for volunteers turned out to be the hard part. Many of the experienced ride leaders volunteered quickly and frequently. The hard part (besides realizing how quickly the months fly by) was attracting new ride leaders. Somehow my emails weren't convincing enough. So, I made some changes. Instead of asking for volunteers two months in advance, I asked one month in advance. I offered to co-lead rides. I offered to choose the route. I almost offered a small payment (under the table, of course) to lead a ride. Nothing seemed to work. I felt like Casey

the kind of riding that would be impossible without a local guide. Some rides were challenging (be sure to ask Peter about the Mt. Baldo climb.) Others were more leisurely, including wine tasting and lasagna for lunch.

Back at the hotel we relaxed around the pool with a restorative late lunch. Another wonderful service offered by the hotel for cyclists is bike kit laundry. Drop it off before 7p.m. and it's ready the next day by 7a.m.

Besides bicycling, this region is famous for tortellini and other types of stuffed pasta, divine after a long day of riding. En route one day, we encountered an Italian family out for a day-long ride, as shown in photo, below.

—JOHN MARSHALL



on that fateful day in Mudville. Strike three! Only I wasn't out. I had committed to two years and, by golly, I was just going to have to try harder.

A couple of months ago Peter held a meeting for club members who coordinate the Saturday and Tuesday rides. We discussed a more personal approach, asking for volunteers while on a ride. I tried that approach recently and it worked, sort of. Turns out the club member volunteered to lead a "C" ride after Lilly Ann Popken looked him in the eye during her request. But I think I softened him up. Now I have the perfect solution: I'm going to ask Lilly Ann to ask for Tuesday "B" ride volunteers!

NO MAGIC BULLET

After nine months at this job, I haven't found the magic solution. Why do people remain reluctant to lead their first club ride? So, in this, my first article ever published, I'll come right out and ask: What is preventing you from leading your first ride? Shy? Not comfortable with computers? Directionally challenged? Afraid you can't keep up? Don't know what you are doing tomorrow much less next month? Well, raise your hand up high and volunteer to lead a ride in the sun! Your fellow riders will thank you! I will thank you! The world will thank you! And you will feel really good, I promise. Be brave. Volunteer. The need is constant and the gratification longlasting. Save me from failure. Volunteer to lead a Tuesday ride when you receive the request. Watch your inbox for this exciting invitation and respond quickly.

Send comments, suggestions, and reasons why you haven't volunteered to rhedward-siii@gmail.com. You're stuck with me for 15 more months and I'm enjoying the challenge. In about a year, someone may be asking YOU to be the Tuesday Ride Leader Coordinator. Do I see any hands?

—RALPH EDWARDS



Riding around Lake Tahoe in early October are, left to right, Tony Rall, Bart Coddington, Leonard Foreman and David Giannini.

Fall Bike to Work Day and free county-wide breakfast goes



Left photo, Janis and Peter Stanger (foreground) were among breakfast bicyclists at Oct. 6 Fall Bike to Work Day; center photo, l to r: Steve Toth, Bob Vorce and Judy Marsalis visited Soquel's Whole Foods Market, Bob and Judy as volunteers; right photo, Mike Harrison, Sue P. Thorley and Jane Ferguson visited Whole Foods and The Picnic Basket.

Kevin (Skippy) Givens, man of many talents, is new SCMC director

SCCCC members may indirectly thank the Amgen Tour of California for Kevin (Skippy) Givens, (photo), who is the new director of the Santa Cruz Mountains Challenge. In the fall of 2014, Givens was working with the UCSC Bike Racing Team when a request from Maura Noel came to his attention, asking if the bike club could use the campus as a starting point for its event. Givens knew of Maura from her efforts at organizing the TOC when it traveled through Santa Cruz County in 2012, finishing at Cabrillo College. He also realized the college's bike team could use some help with its first-ever Santa Cruz Grand Fondo, a bike tour in the Watsonville area.

What followed was a win-win arrangement, with about 30 bike club members riding the fondo and SCCC using the college's engineering school area for the Mountains Challenge start, finish and post-ride meal in 2015. This formula has worked well, with a bonus this year. Givens, again at Maura's request, has stepped up to be the 2017 director of the SCMC, having retired from a career as sports club organizer extraordinaire.

Starting in 1988, Givens, 62 was UCSC's intramural director on campus. Under his guidance, the sports club program grew from five to 47 clubs, serving today as an outlet for one out of every 17 students who want to play a sport but not compete at the varsity level. "I saw the program explode in



popularity", says Givens, a naturally enthusiastic and athletic person who became a national champion Ultimate Frisbee player at the age of 34. (He holds a -12 handicap in Disc Golf Frisbee at the DeLaveaga course.)

As intramural director, Givens oversaw each club, checking in with its members to make sure students were academically eligible and didn't overspend their budget. Some weeks involved so much overtime that he was on campus 80-100 hours a week! "I became so adept at organizing and communicating with club officers that I stopped taking notes!" says Givens.

Retirement has brought him more time with his family. His wife Andrea teaches elementary school in Watsonville and two sons, Kenny, 18, and Earl, 16, excel in track and drama respectively at Harbor High School. These days Givens walks the family's dog Lupine, a border collie/lab mix, then makes sure he rides his new Trek Emonda SLR8 road bike at least 75 miles, per week, while climbing 5,000'. (His favorite bike route is Eureka Canyon Road.) His name appears regularly on both the club's Tuesday and Saturday ride schedules, a big plus for ride coordinators.

Say hello to Skippy Givens when you see him at the start of an SCCC

ride. The bike club is lucky to have this energetic organizer in its fold! Oh, and don't forget that the 2017 version of the Santa Cruz Mountains Challenge, will take place on Saturday, July 29.

—GRACE VOSS

Which road sign is safer?

According to a web-based survey concerning effective signage along roadways, "Bicycles May Use Full Lane" signage was the best message to communicate that bicyclists may occupy the travel lane. It also was best at increasing perceptions of safety. 'Share the Road' signage did not increase a perception of safety and shared lane markings (aka Sharrows) fell somewhere in between.

Bicycles May Use Full Lane" signage showed notable increases in comprehension among novice bicyclists and private motor vehicle commuters, critical target audiences for efforts to promote bicycling in the US. Although limited in scope, the survey results are indicative and suggest that the US Departments of Transportation consider replacing "Share the Road" signs with "Bicycles May Use Full Lane" signs, possibly combined with Shared Lane Markings.

— GEORGE HESS AND M. NILS PETERSON



Local bicycle shops

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

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

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

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

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

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

The Spokesman Bicycles
231 Cathcart Street
429-6062
Monday-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-10AM,-6PM; Friday 10AM-7PM
Saturday-10AM-6PM; Sunday-Noon-5PM

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

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

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

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

831-234-4663 www.maverickmailing.com



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

Santa Cruz County Cycling Club Membership Application/Renewal Form

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

Member First Name	*Member Family Name	*Member Contact Email
*Member Contact Telephone	Member Ride Cell Phone	<input type="checkbox"/> New Member <input type="checkbox"/> Renewal Member <input type="checkbox"/> Include on Printed Roster <input type="checkbox"/> Add to SCCCC Email list
2nd Member First Name	2nd Member Family Name and Email	One Year Memberships <input type="checkbox"/> Individual \$25 <input type="checkbox"/> \$30 for RR Mail* <input type="checkbox"/> Family \$35 <input type="checkbox"/> \$40 for RR Mail* <input type="checkbox"/> Junior \$10 <input type="checkbox"/> \$15 for RR Mail*
2nd Member Contact Telephone	2nd Member Cell Phone	Three-Year Memberships <input type="checkbox"/> Individual \$60 <input type="checkbox"/> \$75 for RR Mail* <input type="checkbox"/> Family \$90 <input type="checkbox"/> \$105 for RR Mail*

*Street Address	*City	*State	*Zip	*Roadrunner Newsletter delivered by US Mail
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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

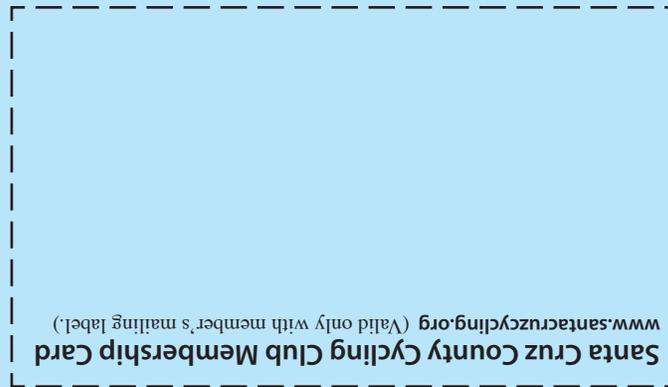
_____	_____	_____
Printed Name of Parent or Guardian	Signature of Parent or Guardian	Signature of Minor

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, 2016

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



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



SCCCC
 PO Box 8342
 Santa Cruz, CA
 95061-8342