

# The Roadrunner

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



Pam Slocum and Scott Campbell at 40th annual Kinetic Sculpture Race in Eureka. Story p. 4. Photo by Tony Ornellas

## New routes for Mountains Challenge

The 2009 version of the Santa Cruz Mountains Challenge will match the rugged and strenuous climbs of past rides while offering breathtaking ocean views for the first time on both the 100-mile and 100-K routes. And, the SCCCC race team-sponsored time trial up Jamison Creek Road will take place for the second year in a row, with the top male and female climbers coming back to defend their titles and hoping to win \$100 each. All these highlights begin with registration at 6:30 a.m. Saturday, July 25 at Scotts Valley High School. Early registrants pay \$45; latecomers (after July 10) pay \$55, still one of the best bicycling deals around.

It may have taken 10 years, but this 11<sup>th</sup> version of the SMMC gives 100-mile riders a chance to descend Bonny Doon Road, then turn north for the Swanton Loop before returning via Highway 1 to climb back up Bonny Doon to Smith Grade (ala Tour of California racers). 100-K riders will turn left on Smith Grade from Bonny Doon, and all riders will then descend Empire Grade into the UCSC campus and meadow bike path, with its glorious ocean view, before eventually heading down Western Avenue to scenic West Cliff

Drive. Also part of the new route is the San Lorenzo River Bike Path with its new ped/bike bridge. Gone is the busy Saturday afternoon traffic on Mt. Herman Road for the 100-K riders and the onerous ascent up East Zayante for the 100-milers. Grand totals: 105.1 miles with 10,314 feet of climbing and 66.8 miles with 6,559 feet of climbing for the rides.

Map guru Leo Moll says both routes achieve his goal of 100 feet of elevation gain per mile as an average. He calls the 100-miler "a climber's delight without being a Tour de France killer." Leo adds that the time trial gives winners "bragging rights as serious climbers throughout the greater Bay Area." SMMC Director Maura Noel says she is excited to see that planners have come up with a course that showcases both the beauty of the redwoods and the sparkle of the ocean. Art director Janet Fogel calls the routes "spectacular." She says "I look forward to the Greyhound Rock Rest Stop, a new site, as the ideal coastal break in the afternoon ride. For visitors, the chance to descend the bike path on the UCSC campus is a real gift. Kudos to our permit guy for pulling that off!"

SCCCC has 27 team captains managing all the jobs it takes to pull off an event that attracts upwards of 500 serious riders. Each captain needs volunteers. To volunteer your help with the only club fund-raising event of the year (and receive a cool mountain lion t shirt), contact Paula Berman at [pbermantnt@yahoo.com](mailto:pbermantnt@yahoo.com). Do it today!

**SCCCC meeting**

**7 p.m. July 23**

**Live Oak Senior Center**



July-August 2009  
Volume 37-Issue 4

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To vie for time trial champion, you need to climb Jamison Creek Road faster than 20:04 (men's record) or 22:50 (women's record)—Rhoda Bike

## Tim McCloskey (1942-2009)



Tim McCloskey lost his 10-year battle with cancer and passed away June 1 at his home. Obituary p.3

## Club shorts: Pritchards on the move, Arana Gulch update

Frank and Vita Pritchard have a bicycling summer and fall ahead of them. They are currently bicycling the West Coast, having flown to Seattle on June 16. After a short stop in Santa Cruz in mid-July, they will continue to San Diego, returning to the Central Coast in mid-August. Then they will fly to France with their bicycles, visiting David and Jeannine Peerless in northwest France before continuing on to the French Riviera and Sestri Levante, a sister city of Santa Cruz located south of Genoa. Eventually they will travel from Venice to Croatia to join other Cyclists for Cultural Exchange (CCE) for a tour of Croatia. The Pritchards expect to return to Santa Cruz towards the end of October. Good luck Frank and Vita!

The fate of a bike/ped trail through Arana Gulch just above the Santa Cruz Small Craft Harbor hangs on the decision of an appeals court in San Jose, which is set to hear arguments on the merits of the trail June 25. The City of Santa Cruz has \$1.3 million in transportation grants set aside for the trail, although another \$2 million will be needed to complete a bridge access at Frederick Street. The California Native Plant Society and Friends of Arana Gulch have filed a lawsuit, arguing that the path would endanger the tar plant, which is classified as a weed. Both the city council and county planning commission have approved the trail for bicyclists and pedestrians.

Scott Campbell is co-leader of an Adventure Cycling Association bicycle tour traveling across country to Eugene, OR. Scott flew to Wichita, KS on June 19 to join his group, which started bicycling May 16 from Yorktown, VA. Scott will co-lead through Colorado, Wyoming, Montana and Idaho, before ending in Eugene. Scott will ride one day and drive the van every other day over 45 days and 2,386 miles. Highlights include Grand Teton National Park and Yellowstone National Park.

People Power reports that an extension of the river levee system under Highway One to the Tannery Arts Center is going out to bid next month and should be



Vita and Frank Pritchard are traveling the West Coast

completed by the end of 2009. Thanks to City Public Works and Redevelopment staff who got this project this far!

Ecology Action's Folding Bike program will be ending in August, so take advantage of the \$200 rebate on folding bikes by attending a two-hour class on July 22 in bicycle safety. The class is free to all Santa Cruz County residents. Call Ecology Action 426-5925 ext. 128 or email [bmcpike@ecoact.org](mailto:bmcpike@ecoact.org) to sign up for a class. All participants must pre-register, as space is limited.

Also, save up to \$70 on two monthly bus passes. Folding bikes are ideal to combine with a bus trip since you can bring a folded bike into the bus, as long as the bike doesn't block the aisle. (Often the bike racks on buses are full.) Presented by Ecology Action. You may purchase folding bikes at: The Bicycle Trip, Sprockets, The Spokesman or Trey's True Wheels (831 227 6731).

The Watsonville Bike Shack, located at 555 Main St. is open from 4-6 p.m. Tuesdays and Thursdays. On Friday, it is at the Watsonville Farmers Market from 4-7 p.m. "We are a hands-on operation where we teach each other, especially youth, to fix their bikes. We gladly accept donated bikes (especially bikes with training wheels). We provide them free or at a low cost to folks in the community. We also need bike helmets. Summer hours may be expanded. All energy snacks, bike parts and volunteers welcome. Donations are tax deductible. Call us at 831-238-5290."



**THE ROADRUNNER** is the official newsletter of the **SANTA CRUZ COUNTY CYCLING CLUB**. It is published bimonthly, mailed free to all members, and is available at local bicycle shops, etc. Submissions (articles, photos, and letters) are gladly accepted. Email or a diskette are easiest, but we'll entertain all options. Contact us at: **SANTA CRUZ COUNTY CYCLING CLUB P.O. Box 8342 SANTA CRUZ, CA 95061-8342** or [www.santacruzcycling.org](http://www.santacruzcycling.org)

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Bart Coddington is going to Rye, NY

This whole trip is Adventure Cycling Association's fault. In July, 2006, I was reading the latest copy of *Adventure Cyclist*, especially the article, "Class Act" by Michael McCoy, a collection of stories about people who had bicycled to class reunions. I made a mental note that I could do that for my 50<sup>th</sup> high school reunion in 2012 (our class has only had one reunion – our 25<sup>th</sup>). The article's motto was "Inspiring people of all ages to travel by bicycle." And

it sure worked on me.

Then a surprise came in December, 2008, with an email from a high school classmate, Sally Oberbeck, announcing a class reunion Oct. 2-4, 2009. PANIC! That was only 10 months away, but I was going there by bicycle, no matter what.

The "what" was a 4,000-mile bike ride in three months, a huge accomplishment considering that I had only put in 3,700 miles for all of 2008! Since last December's phone call, I have been madly trying to get into reasonable shape, a novel concept for me. However, with the Sierras and Rockies in the first third of my trip, I really cannot afford to ride myself into shape. So, I am riding every day with 40 pounds of weights in my bags and plans to up my weights to 50 pounds by the time I leave. Of course, I could shut my mouth and eliminate my budda belly, but that's too much work.

Adventure Cycling Association is the source for most of the routes I will be following. <http://www.adventurecycling.org/routes/network.cfm>. I will be taking the Western Express, Trans-Am (to western

Kentucky) and then the Underground Railroad route to Northeast Ohio. From there I will cross northern Pennsylvania, following State Route Y. [ftp://ftp.dot.state.pa.us/public/pdf/bikes/state\\_mapY.pdf](ftp://ftp.dot.state.pa.us/public/pdf/bikes/state_mapY.pdf). This will take me into New York, and in a couple more days I will be in Rye, my destination.

If you wish to follow my adventure, go to <http://www.crazyguyonabike.com/doc/5436>.

I will be dipping my front wheel in the Pacific Ocean at 6 a.m. on July 1 (at the Capitola Esplanade) to mark my departure from Santa Cruz. Then I ride north on Highway 1, either to the state beach at Half Moon Bay or the hostel at Montera. Day 2 will take me to San Francisco to catch the Vallejo ferry and head out towards Davis and Folsom. I plan to camp as well as use both motels and Warmshowers, a bicycling overnight guest service. In Ely, NV, I plan to spend the day riding steam trains and exploring the railroad museum.

See you all in October. Enjoy the Ride!—Bart Coddington

## Memorial bicycle ride June 27 in honor of Tim McCloskey

Tim McCloskey, longtime SCCCC member and club webmaster, lost his 10-year battle with lymphoma June 1<sup>st</sup> and passed away at his home. A memorial bike ride starts at 1:45 p.m. from the Scotts Valley Park n Ride followed by a 4 p.m. celebration, June 27, at the home of Daphne and Larry Gulling, 2307 W. Vine Hill Road. A plaque in Tim's honor will be placed on the club's Memorial Bench at the Capitola Community Center.

"Tim McCloskey gave graciously of his time to our club in many ways and was the host of some fantastic club parties at his house. Who else has a wood-fired pizza oven in his yard?" commented Bart Coddington, club president.

Timothy Alan McCloskey was born Dec. 10, 1942 in Eureka, CA, spending his early childhood in Humboldt County. His father, a WWII naval officer, built a 34-foot sailboat which the family lived on in Seattle for two years after the war.

Then the family moved to the Philippines, where Tim attended elementary school. He graduated from high school in Guam in 1961 and attended the Coast Guard Academy in Groton, CN. In the early 1970's, Tim was one of the original employees of Seagate Technology of Scotts Valley, where he wrote software programs for hard drives and was an all-around trouble shooter for the company. He traveled to the Orient frequently, and built a home on Glen Canyon Road. When that home was destroyed in a mud slide in the 1980s, Tim rebuilt on the same lot.

Tim is survived by his mother Cecil, 96, his son Michael, 26, his brother and sister-in-law, Denis and Jean McCloskey of Los Gatos, and his sister Kathleen Richardson of Soquel. He also has seven nieces and nephews.

As an uncle, Tim was tops! According to his sister-in-law, Jean McCloskey, "Tim was 'Uncle Timor' to our children growing

up. Jenner, Amy and Kevin adored their uncle. Tim took them to exciting places and bought the best gifts. (These gifts always involved very, very loud noises and things flying off.) He spent quality time with his nieces and nephew and was the best uncle ever."

Tim also gave to others his love of bicycling. According to Jean, "Tim's enthusiasm for cycling was joyful. He convinced me that I should take up biking again after 25 years and got me started with the SCCCC beginners class led by Vita (Pritchard) and Martha's (Bedal) Wednesday rides. Cycling opened up another world for me filled with wonderful friends and great, great cycling experiences. Like Tim, cycling is my joy and I shall always remember Tim for his encouragement and sense of humor in trying to help me develop into a better rider."

For more details on the memorial ride/celebration, contact Daphne at 438-4321.

# Huggin' Dogs vie for an ace in three-day kinetic race

For the past 40 years, on Memorial Day Weekend, the Northern California city of Arcata has hosted the Grand Championship Kinetic Sculpture Race, involving human-powered, all-terrain vehicles over land, sand and water. Each vehicle must carry all gear necessary to travel on three different terrains for three days. I first viewed this race in 1992 and was hooked immediately, but not until 2002 did I participate. Since then I have raced three vehicles constructed by my father, brother and me. Our current configuration is a tandem tricycle called Huggin' Dogs. (Think Haagen Dazs for ice cream lovers.)

At noon on May 23, a loud siren blasted the beginning of the race. My tandem partner, Pam Slocum, and I mounted our racer and circled the town square three times before exiting. We were fast, passing several other competitors and even catching up to our escorts, an old fire truck and a vintage police car.

In the small town of Manilla, we readied our racer for the sand by placing stiff plastic over the front wheel and changing to our lowest gear. Although we pedalled at high RPMs, our wheels moved slowly across the sand. (For each 20 spins on the pedals we moved about one inch!) No traction on the loose sand. Several other contestants passed us en route to the shoreline, where we found faster going.

After moving down the shoreline for a couple of miles, we wound up at "Dead-man's Drop," a steep dune with an off camber turn. Here we had to pedal down the sand with no brakes!

We returned to Eureka and arrived at the town gazebo before the cut-off time, having raced 12 miles. Our doggy costumes were drenched in sweat, and the cool wind chilled our bodies.

Day 2 : As we unloaded the vehicle for the water crossing, our crew attached special braces to our pontoons and added air. At the racers' meeting, the rules for earning an Ace were stated. (An Ace is awarded if the team completes the race without outside assistance.)

Pam and I were the first to enter the

water, but it wasn't long before several faster vehicles passed us. I wasn't feeling too badly because I knew we could catch up on the road. We were the fourth to arrive at the boat ramp exit. As we approached the ramp, we shifted the chains into the lowest gear. However, once we moved the front wheel up onto the ramp, I knew we were in trouble. In my overconfidence, I had decided to leave the chain on our highway gears instead of moving it over to the lowest gears used on the sand. This meant we could not get out of the water without the assistance of our crew. We were ineligible for the long-desired Ace and feeling sad.

WE WERE INELIGIBLE FOR THE  
LONG-DESIRED ACE  
AND FEELING SAD.

—SCOTT CAMPBELL

But we were still competitive. Not long after heading out to the highway, we passed other competitors, and our confidence grew. We also stopped safely after a steep downhill, leaving a two-foot long patch of rubber in our wake!

On the hill climb, we made the necessary gear change, and as we entered the

last stretch of road leading to the beach, we were giddy with joy over the prospect of crossing the finish line first.

Day 3: From the shoreline, we took a few moments to see the mouth of the Eel River, the trees, the clouds and the sea life. As the competitors lined the river's shore, the sun started to burn through a layer of clouds, signifying warmer weather.

Racing in the river was more shallow than in the bay, and we rolled over a sand bar or two before reaching the water exit. On the road again, we rapidly gained ground, passing all but two competitors. The crowds lining Main Street in Ferndale were fabulous, and we crossed the finish line with hands raised, just like the pros.

I was happy the race was over but also sad. It was so much fun, one of the hardest things I have ever done. I look forward to coming back next year. Pam says she remembers best hanging out over the vehicle for balance while looking straight down Dead Man's Drop!—Scott Campbell

(Editor's note: Scott and Pam finished 11th out of 36 competitors, even though they were among the top competitors on two out of the three days. Points are awarded for art and engineering, as well as speed. They vow to earn that elusive ace next year!)

## City recovers almost \$100,000 in TOC race

Tina Shull, key organizer of Stage 2 of the Tour of California, reports that Santa Cruz loved the results of the Feb. 16 TOC finish downtown. She says, "From the city's perspective, we are thrilled with the outcome of the race. The stage finish provided a great community event that people enjoyed, from hardcore cyclists to novices to families. Despite the early rain, the crowds were huge—10,000 people in the downtown area and 15,000 total counting areas outside of town. It was a bright spot for Santa Cruz in what has been a trying past few months.

"As for financials, the city has recovered \$95,500 of the \$117,000 it spent to host Stage 2, mainly due to sponsorships, Peloton Club memberships, merchandise sales

and fundraising events, such as the *Road to Roubaix* movie. We also received unprecedented exposure, with images of Santa Cruz broadcast to over 200 countries on Versus. We had over 150 traveling and local reporters covering the race.

"Much of the Stage 2 success was due to our fantastic volunteers, community members and city staff, like Mary Alsip who did not sleep for five months."

Dates for next year's race are May 16-23. While the city has applied to host a stage, and Amgen officials are upbeat, California's budget crisis may rear its ugly head and force withdrawal of the 2010 TOC proposal. Shull says the city is "playing it by ear, with a decision expected in July."

# Pat Lawson completes Davis Double in 100-degree heat

Thinking it was time to increase my bicycle mileage, I decided to tackle the 2009 Davis Double. Pulling into Davis on Friday afternoon, May 15, I had an eerie feeling due to a power outage from the overuse of A/C due to a heat wave. Had I made the right call? Was I nuts? Riding to the start at 4:45 a.m. the next day, I slipped into a men-only paceline, illuminated with bright bicycle lights.

Let the ride (40<sup>th</sup> annual Davis Double) begin! Cruising along country roads around Lake Berryessa and Pope Valley, stopping at rest stops to re-hydrate and eat was comfortable. In fact, the first century was pretty much a piece of cake. However, those sweet feelings disappeared as I hit Cobb Mountain and the mid-day temperature hit 100°. The pitch of the climb was nothing compared to many of the climbs in the Santa Cruz Mountains, but with the warm sun on my back, I decided to alternate walking and riding. I was not alone, as many cyclists were doing the same. Reaching the Lower Lake lunch stop at mile 117, I decided to take a short nap. When I awoke 15 minutes later, plenty of others were taking a siesta right next to me!

Besides serving lunch, volunteers also passed out tube socks filled with ice to go around your neck. (You could wear it while



Patricia Lawson

you rode to the next rest stop and either re-ice it or turn it in.)

Hitting the ride's six-mile climb, Resurrection Grade on Hwy 20, I felt the afternoon sun's warmth, but luckily SAG wagons were plentiful with water and ice.

Other SAG wagons passed,

filled with bikes and their owners who had opted out. I had heard over 800 riders had registered for the ride but many had not shown up due to the heat. Men definitely outnumbered women by 5 to 1.

The remaining cyclists were friendly and supportive. (However, one comment I heard over and over again, "Good thing you weren't here last year when it was 114°" didn't exactly cool me off.)

As afternoon wore on, the rolling hills of the Capay Valley near Sacramento

offered relief and a definite drop, not only in elevation but also temperature; daylight started to disappear. Rest stop #7 served Instant Cup of Noodles, something my body was in desperate need of as I started to feel a slight cramp in one calf muscle. With about 35 miles to go, we headed out in groups with our bike lights showing the way. It was a strange feeling to be riding at night, on a two-lane country road in the middle of nowhere, only to suddenly come upon Cache Creek Casino. Oh no! Would we have to share the road with potentially inebriated gamblers? My worries were for naught.. It was a pretty peaceful and social ride on flat, two-lane roads back to the start, and the group I rode in bypassed the last rest stop just to keep moving.

At ride's end, I enjoyed a meal of chicken, pasta and beans, with a dessert popsicle the best reward. Cruising through downtown Davis back to my motel in pleasantly warm weather, I remembered my days at UCSB so long ago when I wore no helmet and used no lights for night riding. This time it was all about safety. Later that night, I had to pinch myself while watching Saturday Night Live. I had just ridden my bicycle 200+ miles in one day!—Patricia Lawson

## Robin helps with Rail/Trail Day, Strawberry Fields Forever ride

I did my civic duty May 16-17. It began at the Rail and Trail Day sponsored by People Power and Ecology Action. For a measly \$8, you can hop the train with your bike and head up to Felton, then ride down to San Lorenzo Park with the help of our fine boys in uniform, the CHP and the SCPD. (Thanks guys!)

Highway 9 is one steep and dangerous road, with no shoulder or bike lane. As a result, it becomes a family outing with kids, moms, dads, couples on tandems. What a scene! As a volunteer, I kept people on the right side of the double yellow line. Passing the ever-so-dangerous railroad tracks, I stopped to guard a mom and child, who were running back for a dropped camera. Looking behind me, I noticed three cyclists go down at the RR tracks. Do I go on or do I go back? I can't go on. Nurse Robin to the rescue!

Before me lies a banged up kid. Out comes my ice pack. Yep, I travel with an ice pack because I like my water cold. At this point, I am asked by this oh-so-handsome

Turkish fellow if I have another ice pack. Whoa! Is he ever banged up!

Alp, my new Turkish best friend, is bleeding from his head and knee, with road rash on his arm. The all-important bike is still working. So out come my wipes and first aid kit. The two band-aids take care of most of the bleeding. The ice pack moves from the kid to Alp's arm, and eventually we all get down the mountain safely.

I mention Alp because, once he joins his friends, the word gets around and I am suddenly the darling of the Turks! (A bunch of them are in town for the "Cyclists for Cultural Exchange" event the next day—Strawberry Fields Forever.)

Sunday dawns and I am off again to volunteer, this time serving food for the riders coming in from their Strawberry Fields adventure. They are all wonderful, grateful for the food and loving a perfect riding day through the Pajaro Valley.

Guess who else is there helping? The Turks! But few of them speak English, while a LOT of them speak German. I



Bicyclists on Highway 9 on Rail/Trail Day

used to speak German, but it's been a very long time. So we kiss cheeks and shrug shoulders and never get much of a chance to talk. (Note to self: Re-learn German!)—Robin M Powers



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## Weekly Rides

### Rider Levels

A = Novice: you can ride 25-30 miles on a mostly level road at a leisurely pace.

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

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

We wait for riders at all levels, although the C level riders are not obligated to wait, particularly when a map/cue sheet is provided. Most Saturday rides begin at the Capitola Community Center or CCC, which is located at the intersection of 45th Avenue and Jade Street. See calendar p. 12 for details on Tuesday ride start. DLV-Delaveaga Park; NMP-Nisene Marks Park.

### Tuesday

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

Contact: Tony Rall, 335-4739

### Wednesday

Beginners Ride -starting at 9:30 AM Start at Lighthouse Field State Park ENTRANCE at front of the restrooms on West Cliff Drive. Park in the parking lot. Riders decide destination. New riders welcome!. Contact [hmsherman2@sbcglobal.net](mailto:hmsherman2@sbcglobal.net).

### Thursday

Meet at 10 AM in front of the Corralitos Market in Corralitos for a moderately paced road ride of 25-45 miles. This is a No Leader—Decide and Ride. Bring water, snacks. OR, meet at 9 AM at Gateway Plaza for alternate Decide and Ride. Contact Jim Denton at [terramoto1@sbcglobal.net](mailto:terramoto1@sbcglobal.net) for details.

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### Saturday, June 27

#### Tim McCloskey Memorial Ride

Meet at 1:45 p.m. at Scotts Valley Park n Ride; post-ride celebration 4-6 p.m. at home of Daphne and Larry Gulling, 2307 W. Vine Hill Road.

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### Saturday, July 4

#### A Blast of a Ride

Meet at back entrance to Natural Bridges State Park on Delaware Ave. at 9:00 a.m. Ride goes up to Bonny Doon then out to Davenport for lunch. B Riders will add Swanton Loop. C Riders will add Swanton Loop and Pigeon Point. A = 28 mi., B = 43 mi., C = 64 mi.

Alejandro Pujol .....312-479-2805

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### Saturday, July 11

#### Santa Cruz Mountains Challenge - Workers' Ride

Meet at Scotts Valley High School at 7:45 a.m. Ride

goes over Mt. Charlie, Jamison Creek and many other mountains. 60mi/6,400 ft., 100 mi/11,000 ft. SAG support.

Tony Pennello .....425-8916

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### Saturday, July 18

#### Monterey the Easy Way

Meet at Capitola Community Center (Jade St./45th Ave.) at 8:15 a.m. to carpool. C Riders start from Kirby Park on Elkhorn Rd. at 9 a.m. B Riders start from Pezzini's Produce on Nashua Rd at 9:30 a.m. A Riders start from Walmart in Marina on Reservation Rd at 10:00 a.m. Ride takes you through Monterey with great views. Lunch in Pacific Grove. A = 25 mi., B = 40mi., C = 55 mi.

Ed Kilduff .....724-2501

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### Saturday, July 25

#### Santa Cruz Mountains Challenge

Please sign up to help work on our club fundraiser. Contact volunteer coordinator Paula Berman at 901-9348 or [pbermantnt@yahoo.com](mailto:pbermantnt@yahoo.com).

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### Saturday, August 1

#### Dungeons and Dragons

Meet at back entrance to Natural Bridges State Park on Delaware Ave at 9 a.m. Climb up to Bonny Doon for a real treat. A = 29 mi/3600 ft, B = 34 mi/3900 ft, C = 52 mi/4655 ft. Lunch in Davenport for the C riders and Kelly's for A/B riders.

Pam Slocum..... 426-0989

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### Saturday, August 8

#### Eureka, I've Done the Canyon!

Start from Capitola Community Center (Jade St./45th Ave.) at 9:00 a.m. A Riders start for 5 Mile House in Corralitos at 10:00 a.m. This ride goes to Eureka Canyon and on up to the Summit Store for lunch. A = 30 mi., B = 53 mi., C = 60 mi.

Alan Eklof .....427-9760

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### Saturday, August 15

#### West or East, Don't Get Me Lost

Meet at Capitola Community Center (Jade St./45th Ave.) at 8 a.m. to carpool. Start riding from Pezzini produce stand, Nashua Road exit off Hwy 1 (turn east), at 9:00 a.m. Park on the side of Nashua Rd., not in their lot. Lunch in Carmel or Pacific Grove. A = 35mi/500', B = 40mi/1500', C = 45mi/2000'

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



The Bicycle Trip's mechanic Chris Zegers, above, works on Bike to Work day at The Buttery, repairing one commuter's rear wheel.



Rush hour, left, is 8 a.m. on Thursday, May 14, at The Buttery. Bike to Work/School Day attracted 5,000 people to free breakfast locations in Santa Cruz and San Benito counties. Above, Debbie Hale, left, and Tina Ensign work the lunch stop at May 17 Strawberry Fields Forever, an event which celebrated its 20th year in 2009.

## Saturday, August 22

### Serenity in the Hills

Meet at Capitola Community Center (Jade St./45th Ave.) at 8 a.m. to carpool. Start riding from the north end of Pescadero at 9 a.m. Please don't park in the church parking lot. A/B riders will eat lunch after the ride in Pescadero. C riders will eat lunch at Alice's Restaurant in Sky Londa. A = 30 mi., B = 44 mi., C = 60 mi.

Mike Andalora .....247-9722

## Saturday, August 29

### Bolder Over

Meet at Capitola Community Center (Jade St./45th Ave.) at 8:15 a.m. to carpool. Start in Boulder Creek on Lorenzo St (behind Johnnie's Market) at 9:00 a.m. This ride goes to Big Basin via Lodge Rd. Continue on N. Escape to Hwy 9 and/or Skyline Blvd. Lunch in Boulder Creek. A = 16 mi., B = 26 mi., C = 48 mi.

Shalom Compost..... 345-2017

## Thank you May-June ride leaders!

JIM DENTON

ED KILDUFF

JANIE TIBBALS

DAVID LAWRENCE

SCOTT CAMPBELL

MYRNA SHERMAN

ALEJANDRO PUJOL

ALAN EKLOF

MIKE ANDALORA

GRACE VOSS

DAPHNE GULLING

JOHN MARSHALL



## Saturday, September 5

### Boulder Creek Death Ride

Meet at Capitola Community Center (Jade St./45th Ave.) at 8:15 a.m. to carpool. Start in Boulder Creek on Lorenzo St (behind Johnnie's Market) at 9:00 a.m. I'm reviving an old ride I lead many years ago. Much climbing and few miles. A = 18 mi., B = 46 mi., C = 65 mi. Lunch in Boulder Creek after the ride.

Scott Campbell .....426-0989

## Bicycle.com rates US cities

Increasing pressure to solve local traffic and health problems has led some mayors to value alternative transportation. As a result, bicycles are being embraced as never before in the US. Of course, cities like Portland, OR, Davis, CA and Boulder, CO remain the best in the US for urban cyclists. But here are some cities trying hard to develop alternate transportation. —Story and stats from bicycling.com.

**Most Improved Cities:** Washington, D.C. Louisville, KY and New York City; **Runners-Up:** Minneapolis, San Jose **Still the Greatest:** Portland, Seattle, Chicago, San Francisco and Boulder; **Five For the Future:** Boston, Los Angeles, Salt Lake City, Columbus, OH and Fargo-Moorehead, ND; **Worst Cities for Cycling:** Dallas, Memphis and Miami (Editor's note: **Santa Cruz** is not a large enough city to receive **bicycling.com's** attention, but it has earned an admirable silver rating for bicycle friendliness from another national agency, the **League of American Bicyclists**. (A silver rating is two stars on a scale of one to four stars, with only Davis, Boulder and Portland receiving the coveted four-star or platinum rating. The top-ranked state for bicycle friendliness is Washington, with California currently ranked 14th.)

# Are you up to date on club's new bicycle safety policy?

SCCCC club rides are social rides not races. We sponsor a variety of group rides and promote safe riding in a cooperative atmosphere to build camaraderie. The following rules have been developed over the years to promote the safety of our riders and others. Share the Road means pedestrians, bicyclists and motor vehicles all have rights and responsibilities.

- Wear a properly fitted and fastened ANSI or Snell-approved helmet.

All participants on a SCCCC ride must sign the waiver sheet in person. This certifies each rider has read and understood the waiver. Non-members must sign a liability release waiver.

- Become familiar with and follow all League of American Bicyclist (LAB) rules <http://www.bikeleague.org/resources/better/roadrules.php>

- The wearing of headphones or ear buds, for either cell phones or music players is not permitted on club rides.

- Obey ALL traffic laws — ALL the time!

- Stop at stop signs — even when no one else is around!

- Stop and wait at red stop lights until they turn green!

- Don't ride beyond your ability. You do not have to keep up with the "pack."

- Ride no more than two abreast — Ride single file in traffic.

- Ride as far to the right as safe and practicable.

- On a two-lane road, block a lane ONLY if that is the only safe way to proceed. Then, clear the lane ASAP.

- Communicate to other riders by loudly saying —

"car back", "on your left", "stopping", "slowing", "right turn", "left turn", call out road hazards such as "pothole", "sand", "glass", etc.

when passing another rider say, "On your left". Never pass on the right.

- Communicate with hand signals for turning, stopping, road hazards, etc.

- Point at obstacles showing the riders

behind you where the obstacles are.

- Don't confront motorists — write down the license number and description of the car and report it to police.

- Please be courteous to your fellow riders and the ride leader.

- Arrive on time with your helmet, water bottle, spare tube and properly inflated tires.

- Make sure your bike is in good, safe condition for riding — BEFORE the ride.

- SCCCC rides feature a "no drop policy." No drop doesn't necessarily mean someone will ride with you; it means we will wait up for you at points along the way. No drop also means we will try to assist you (within reason) with any mechanical problems you encounter along the way—such as a flat tire.

- The Ride Leader will ride sweep on all rides. Riders wanting to drop from the ride are encouraged to notify the Ride Leader.

- The Ride Leader may ask anyone who is discourteous or endangering the safety of the group to leave the ride.

## Lost Wallet Teaches Valuable Lesson at The Bicycle Hut on Tunitas Creek Road

On a club ride, I accidentally left my zip lock bag with my driver's license, three credit cards, medical insurance card and a \$100 gift certificate, plus cash at The Bike Hut on Tunitas Creek Road near Highway One, where we checked out the rest area for bicyclists (A very cool place! You can even make yourself a fresh cup of coffee for a nominal fee.) Only when I tried to order lunch in Half Moon Bay did I discover my loss. (An all-gone feeling!) Tony Rall kindly shared his sandwich with me, and I beat a hasty retreat to Tunitas Creek Road, with my mind sifting through lots of "what ifs" along the way. I kept thinking that bicyclists are trustworthy people, and, indeed, that was true. Upon returning to the Bike Hut, I discovered that my "wallet" was carefully stowed in the cabinet. What a relief!

Why am i telling you this? Because, I am now going to keep my extra credit cards at home when I ride my bicycle, and I will only ride with a copy of my driver's license/ medical insurance card...perhaps I'll take

one credit card for emergencies, and cash for the day's ride. Anything else is just asking for trouble.

Here is what some of the club's riders do in the same situation.—Grace Voss

A while ago, I made up a special wallet for cycling. Eagle Creek makes a single fold wallet that can handle everything you'd need on a ride. For \$12 the DMV will make you an ID card which looks just like a driver's license. I only carry my health insurance card (duplicate), one credit card and enough cash for refreshments. This wallet is so much thinner than a regular size that you can hardly feel it in the pockets of your jersey. I also carry a cool little pad and pen that fits inside the wallet. So my cycling wallet is always ready to go

when I ride. I do recommend taking your main wallet along in the car (hidden) if you are driving to the starting point of the ride.—Carl Mindling

About the time I joined the club in 2001, a longtime member, Manny Martin, had a seizure on a club ride on White Road and died. Manny carried, inside his helmet, a contact list, but not any medical (continue on p.9)



Left to right at The Bike Hut: Paula Bradley, Tony Ornellas, Kathy Kinder, Mystery Woman, Tony Rall, Jim Wheeler, Alan Eklof, Patty Vargas, Sally Salmon and Peter Liu. (Can anyone ID the Mystery Woman?)



Craig Calfee of Calfee Designs

## What ID to carry with you to avoid 'lost wallet syndrome'

(continue from p. 8)

information like allergic reactions to drugs. At the time we were all advised to keep a "Manny List" with us.

What is a Manny List? It is a piece of paper with color copies of your: driver's license, medical ID card(s) and CA organ donor card. The copies only take up half the page. On the other half, you put your name and address, blood type, list of allergies or the statement "no allergies", a list of who to contact in the order you want and what their relationship is to you, and you doctor's name, address and contact information.

If you are unconscious, this piece of paper is all that first responders need to start treating you. It is everything EMT's need to get you admitted to a hospital and to alert your doctor. I carry mine next to my cell phone.—**Bart Coddington**

When you make that list of emergency phone numbers, include daytime contact info for your people (ie work and cell numbers in addition to home numbers). In a cycling emergency the daytime numbers will be the most useful!

I also have noticed articles mentioning that one should have ICE (In Case of Emergency) numbers marked in one's cell phone. The standard seems to be to have an ICE listing, but I found it more practical to add ICE after the four or so contacts in your phone who would know what to do, who to contact or how to get into my house to locate information.—**Anita Dwyer**

## Calfee bamboo bicycles began with a game

Bamboo bicycles are a result of one man's game of fetch that he played with his dog on a local beach. One day, 14 years ago, Craig Calfee was wrestling a bamboo stick away from his pitbull/lab dog, Luna, whose jaw was so strong that her owner could hoist her off the ground and swing her 360 degrees while she grabbed the bamboo. The two had played the game many times before, but on this day, Calfee was impressed, not only with his dog's grip, but with the strength of the bamboo in the dog's mouth. An idea was born, and the result has been bicycles made from bamboo tubing and reinforced epoxy, resulting in a product that is as lightweight as it is strong.



Today Luna is buried on a nearby bluff overlooking the ocean and bamboo bicycles are part of the one million dollar business that Calfee enjoys while employing 18 workers. The bicycles are assembled near La Selva Beach in a former armory that was part of a US Army service base, Camp McQuaide, during WWII. (The base serviced tank turrets.) Calfee's main product is high-end carbon fiber bicycles that sell for upwards of \$5,000, usually through direct sales, although he does display his bicycles in a few Bay Area shops. About a third of the total business involves bamboo bicycles. (One carbon fiber model is the Luna Pro in remembrance of the dog with the strong grip.)

Those bamboo bicycles, now having gone international, are another story. In the early 1980's, Calfee traveled extensively in Africa, where he noticed, not only the growth of local bamboo, but the decrepit nature of bicycles that people rode to work and school. Sometimes, if roads were too rough, children, unable to navigate the roads by bicycle, remained at home, skipping school altogether. "I remember thinking that maybe we should have bamboo bicycles made in Africa," says Calfee, a 40-ish-

looking man who dresses casually and has an unassuming, quiet demeanor. "They had lots of donated bicycles, but most were worn out."

That idea evolved into training local people to make bamboo bicycles for export. To do this, Calfee founded an organization called Bamboosero, which means 'one who works with bamboo.' Starting in 2007 with the Earth Institute of Columbia University, he did a feasibility study on how to start a small business in Africa. Eventually he developed training seminars to build bamboo bicycles in Zambia and Ghana, and on July 4 he will leave for the Philippines to train workers there. To date, quality control is still an issue. Once a village has been chosen for the start of a small business, five days of training, plus the gathering of supplies for assembly of the bikes, takes place, followed by shipment of a bicycle back to Calfee for approval. Only after approval for quality control will a business license be granted by Calfee. While the venture requires both skill and money, no electricity is required, and the tooling is minimal. "Setting up a supply chain—epoxy and bicycle parts—is critical to success," admits Calfee, whose long-range plan includes bicycles for local folks, including a bicycle trailer to transport pregnant women from their village to a connection with an ambulance, and a "bike-school bus" with seats for one adult and 10 children!

Not surprisingly, Calfee's small business plans require donors. Originally Cyclists for Cultural Exchange (CCE) donated valuable seed money. Calfee can set up anyone who wants a tax credit. Donors may contact him at [craig@calfeedesign.com](mailto:craig@calfeedesign.com).

When not assembling bicycles or talking with suppliers and customers on the phone in the cavernous armory at 783 San Andreas Road, Calfee lives with his wife Min Hui in Watsonville. The Calfees have been married for five years and are the parents of two children.—Glide A. Long




**Bicycle helmets save lives;  
no bicycle helmet = no ride**

# Local bicycle shops

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

Another Bike Shop  
2361 Mission Street  
427-2232  
Open 7 days 10 AM–6PM

The Bike Coop  
1156 High Street  
457-8281  
Monday–Friday 10am–6pm

 The Bicycle Trip  
1127 Soquel Avenue  
427-2580  
Monday–Saturday 10am–6pm  
Sunday 10am–5pm

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

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

Mr. E's Cyclery  
8059 Aptos Street  
662-2937  
Tuesday–Saturday 11am–6pm  
Closed Sunday–Monday

Amsterdam Bicycles  
2–1231 East Cliff Drive  
475-1394  
Tuesday–Saturday 10am–6pm

Scotts Valley Cycloport  
245 Mount Hermon Road  
Scotts Valley  
440-9070  
Tuesday–Friday 10am–6pm; Friday 10am–7pm  
Saturday 10am–6pm; Sunday 12–5pm


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

Trey's True Wheels  
Watsonville  
227-6731  
Call for Appointment

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

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

 The Spokesman Bicycles  
231 Cathcart Street  
429-6062  
Monday–Thursday 10am–6pm  
Friday 10am–7pm  
Saturday 10am–6pm; Sun 12–5

 The Bike Church  
703 Pacific Avenue  
425-2453  
Monday–Saturday 3–7 p.m.  
Fix your own bike with help from mechanics

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 = **Business Membership**



## Santa Cruz County Cycling Club Membership Application/Renewal Form

The Santa Cruz County Cycling Club is a group of bicycling enthusiasts with a wide variety of interests and abilities. The mission of the SCCCC is to promote bicycling for all ages through education and organized bicycling events. Included in your membership is a subscription to The Roadrunner, the club's bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, a 10% discount at local bicycle shops. Annual membership dues must be paid to remain a member in good standing. Dues become due yearly in the month your membership is received.

Applicant First and Last Name (please print)		Family Members (if family membership)		Application Date
Address		City	State	Zip Code
Home Phone	Work Phone	E-mail		Birthdate (mott/day)
Please check the appropriate box <input type="radio"/> New Member Membership <input type="radio"/> Renewal Membership <input type="radio"/> Information Change Only		Please check Individual (\$25)____ 3 years (\$60)____ Junior (under 18) (\$10)____ Family (\$35)____ 3 years (\$90)____ Business Membership (\$50)____ Newsletter delivery: I want to be green; send newsletter via e mail____ I want to receive my newsletter via US mail____		

### League of American Bicyclists (LAB)

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

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

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

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

2. Fully Understand that: (a) Bicycling Activities Involve Risks and Dangers of Serious Bodily Injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "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 leasers 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:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Name

\_\_\_\_\_  
Age

### Minor Release

And I, the Minor's parent and/or legal guardian, understand the nature of bicycling activities and the Minor's experience and capabilities and believe the minor to be qualified, in good faith, and in proper physical condition to participate in such activities.

I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "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

# July–August, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Swanton Time Trial 6 p.m.	3	4 Club Ride
5 Flamingo Ride 9 a.m.	6 Board Meeting 7 p.m.	7 Club Ride 10 a.m. <b>DLV</b>	8	9 Race Team 7 p.m.	10	11 SCMC Workers' Ride
12	13	14 Club Ride 10 a.m. <b>NMP</b>	15	16	17	18 Club Ride
19	20	21 Club Ride 10 a.m. <b>DLV</b>	22	23 SCCCC Meeting 7 p.m.	24	25 SCMC
26	27	28 Club Ride 10 a.m. <b>NMP</b>	29	30	31	1 Club Ride
2 Flamingo Ride 9 a.m.	3 Board Meeting 7 p.m.	4 Club Ride 10 a.m. <b>DLV</b>	5	6 Swanton Time Trial 6 p.m.	7	8 Club Ride
9 Fun Ride	10	11 Club Ride 10 a.m. <b>NMP</b>	12	13 Race Team 7 p.m.	14	15 Club Ride
16	17	18 Club Ride 10 a.m. <b>DLV</b>	19	20	21	22 Club Ride
23	24	25 Club Ride 10 a.m. <b>NMP</b>	26	27	28	29 Club Ride
30	31		DLV is DeLaveaga Park NMP is Nisene Marks Park			

THE ROADRUNNER  
PO Box 8342  
SANTA CRUZ, CA 95061–8342

**Santa Cruz County Cycling Club Membership Card**  
www.santacruzcountycycling.org – P.O. Box 8342 Santa Cruz, CA 95061–8342  
(valid only with member's mailing label)