

Bike Week in Santa Cruz Turns 20 Years Old

Bike Week turns 20 years old this May 12-20 in Santa Cruz, with activities ranging from the ever-popular train trip/ bike ride to Felton and return, which kicks off the week's activities, to a "Cycle-Logical Bike Art Parade" down Pacific Avenue at the end of the week. Here is a complete listing of events. Bike to Work coordinator is **Piet Canin** of the Santa Cruz Transportation Management Association. Canin says last year's Bike to Work/School day encouraged 4,375 bicyclists, who removed more than 20,000 pounds of carbon dioxide from the atmosphere by riding their bikes for the day instead of driving their cars. (Theme for the week is "Pedal for Global Warming.")

Saturday, May 12: RAIL AND TRAIL DAY —TRAIN AND BIKE RIDE: 10 a.m. Santa Cruz Train Depot Park, (101 Washington Street, two blocks down from the Wharf). Celebrate train and bike travel with a train ride from Depot

Park in Santa Cruz to Felton. Bring your bike on the train for a group ride back to Santa Cruz along scenic Highway 9. CHP will escort riders, but the road will not be closed to traffic. Roundtrip train ride available for those unable to cycle back. Tickets (\$6 one way for adults and \$3 one way for kids under 12) available at the HUB, 703 Pacific Avenue, and Bike to Work office, 211 River Street. For the bike ride, all kids 7 and under must be in a kid's seat, trailer or attached seat/wheel and assisted by their parents. Kids 8 and older must keep up with the group or they will be asked to sit in the support bike trailer. Helmet required.

Sunday, May 13: BEGINNER MOUNTAIN BIKE RIDE: 9:30 a.m. Wilder Ranch Parking lot (day use fees). Participants will learn about bike safety and trail etiquette during this two-hour ride. Helmet required. Hosted by the Mountain Bikers of Santa Cruz.

INTERMEDIATE/ADVANCED MOUNTAIN BIKE RIDE: 9:30 a.m. Soquel Demonstration Forest parking lot at Highland Road, past the Summit Store. Join an experienced mountain bike leader for this two-loop route of long climbs and descents in the redwoods.

BIKE DECORATING WORKSHOP: 3-7 p.m. at the Bike Church (703 Pacific Avenue. In preparation for the Cycle-Logical Bike Art Parade, come decorate your bike with fellow artsy cycling folks. Bring materials to make your bike distinctive. Limited decorating supplies



Local artist **Guy Siratt** designed the 2007 Bike Week poster.

available.

Monday, May 14: GLOBAL WARMING AND LOCAL SOLUTIONS: 6 p.m. at Loudon Nelson Center Auditorium (301 Center St. at Laurel Street). Come listen to science teacher Michele Whizin's free lecture and slide show, followed by a panel discussion, on global warming. Panelists are: Mahlon Aldridge of Ecology Action, Tegan Speiser, transportation planner and Piet Canin, Bike to Work Week coordinator. Free bike parking by People Power.

Wednesday, May 16: FOOD DELIVERY DAY: 10-5 p.m. at the HUB (703 Pacific Avenue). Call to volunteer to feed 4,000 people via bicycle! (Bike trailers available.) Call Elaina at PedX: 212-5328. (Continue on page 4)

SCCCC Meeting
7 p.m. Thursday
April 26, 2007
Simpkins Swim
Center

Club Shorts: May/June are Volunteer Months

By Rhoda Bike

What do Vail, Colorado and Santa Cruz have in common? They're the favorite locations for mountain bike riding of seven-time Tour de France champion **Lance Armstrong**, according to the March issue of *American Way*, the magazine for **American Airlines**. In the article, Armstrong offers fitness advice to weekend warriors ("Take a spinning class if offered.") and says Europeans have the best eating habits—limited protein and moderate amounts of butter, oil and wine. "There's no need to overdo it on your food intake," he advises.

•Many opportunities exist for club members to help at bicycling-related events in May and June, starting with the 18th edition of **Strawberry Fields Forever**, sponsored by **Cyclists for Cultural Exchange** on Sunday, May 20. SSF will have a new rest stop at **Calfee Designs**, located off San Andreas Road next to the Monterey Bay Academy. Craig Calfee's bamboo bikes will probably be on display, as well as the good food that is a big part of the ride. Contact **Vita and Frank Pritchard** (frankandvita@comcast.net) to volunteer if you haven't already done so. Distances are 25 miles, 100k and 100 miles. Also new is the starting location, **Pajaro Valley High School**. As usual, chocolate-covered strawberries will add the final touch to the post-ride meal.

•Also needed are volunteers to help with the **AIDS** ride from San Francisco to Los Angeles, June 3-9. April 28 is one chance to help in the early morning hours (4 a.m. to 9 a.m.—yawn!) at a training ride. AIDS riders complete a 50, 80 or 100-mile ride starting from the Sports Base-ment at the San Francisco Presidio. Volunteers are needed to send the riders on their way. On June 2, volunteers are needed for AIDS ride registration at the Cow Palace in South

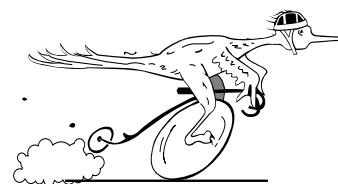


Jeannine Peerless, left, and Sally Salmon, social directors, hosted a brunch for ride leaders March 18 at the home of Janet and Lawrence Fogel in Scotts Valley.

San Francisco. On June 3, the opening ceremonies represent the grand send-off of riders and Roadies, and help is needed to register participants and collect their pledge monies. The tour is 585 miles and benefits LifeCycle. Contact **Mariko Sanders** (emariko@sfa.org) to volunteer for this worthwhile event.

•And it is never too early to plan to help **SCCCC** at its annual fund-raising bike ride, The Santa Cruz Mountains Challenge, on Saturday, August 4. **Michael Hudick** (mhudick@yahoo.com) has graciously agreed to coordinate the event for the second year running, and all club members are expected to help out at the club's only fundraiser all year. Check the July-August **Roadrunner** for the volunteer form. (See p.8 for the jersey on sale to participants and free to committee chairpersons.)

• **Deborah Vitale** needs 30 volunteers at the **May 12 Rail/Trail Day**. These volunteers receive a \$6 train ticket for free if they help load bikes, escort slow riders back down Highway 9, stand by the RR tracks on the downhill route to make sure bicyclists negotiate those tricky tracks safely, help staff the **SCCCC booth** in Depot Park or do anything else that Deborah may ask! deborah_vitale2003@yahoo.com



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

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

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From My Handlebars to Yours—Think Globally, Bike Locally

By Bart Coddington

Almost all bicyclists are aware of global environmental issues. For every mile on a bicycle, instead of behind the wheel of a car, we are keeping one pound of CO₂ out of the air. Think this does not matter? Consider the two Bike-to-Work/School days in Santa Cruz County every year, one in May, the other October. Last year, the participants kept 38,987 pounds of CO₂ from entering our atmosphere. Just think what would happen if every resident took just one trip a month on a bike instead of in a car. We have pretty good air in Santa Cruz, but most of what we generate as pollution ends up in Santa Clara Valley and beyond.

Another idea for adding to the bicycling community is to support the Bike Smart! program by volunteering at one of its events. By doing so you are encouraging children to ride their bicycles safely, now and hopefully for the rest of their lives. One way to combat childhood obesity is to give children a positive role model. The 7,675 people



SCCCC President Bart Coddington

that participated in the Bike-to-Work/School days burned over 1 million calories in just those two days. Thirty years ago, 40% of students biked or walked to school; now that number has dropped to less than 10%.

Twelve bicycle-oriented banners are being put up around St. Louis, Missouri, by the Great Rivers Greenway

District. Each banner contains a message for health and the environment—Burn Calories, Not Gas; Bicycles Run on Renewable Energy; Think Globally, Bike Locally; and Calories Burned Per Mile Bicycling—25. You get the picture. I think this is a great way to put the message out to everyone—biking is good for your health and the health of the environment.

On another subject, we now have SCCCC business cards. They will be at the April 26 general meeting so that everyone may pick up a few. (In the last week I have given out two cards without even stopping my bike. (On a recent Tuesday ride, I was wearing our club's jersey. A woman pulled up alongside me and asked where she could buy a jersey for her husband. I handed her a club membership card. And, on one Saturday ride not too long ago, we overtook a couple of riders on Tunitus Creek Road and got to chatting with them. I handed them a business card; hopefully we will see them on a future ride.)

Enjoy the Ride!

April Board Meeting Highlights Social Activities, Ride Leader Reward

Social directors **Sally Salmon** and **Jeannine Peerless** reported on upcoming events at the April SCCCC Board Meeting at the home of President **Bart Coddington**. The King City campout will take place May 4–6, with **Ric Eiserling**

again leading daily rides. Deadline to sign up for the outing with either Jeannine or Sally is April 27. (Check the social calendar link on www.santacruzcycling.org for complete description.) The **Christmas Tree Trimming** outing will take place

June 30 and includes a pot luck lunch. Treasurer **Tina Ensign** reported that the club is in good financial condition. Saturday Ride Coordinator **Alan Eklof** reported on the continuing need for ride leaders, and the board discussed awarding a ride leader T-shirt for anyone who leads a month of Tuesday rides or three Saturday rides in one calendar year. The T shirt design may become a project of Sally Salmon's graphic art class at her school, with ride leaders receiving their shirts at the January general membership meeting. **Scott Campbell** will present the program at the April 26 general membership meeting, which will highlight his 2006 trans-America bike ride in honor of the **National Bicycle Greenway**. (Scott is also leading a **May 2** full moon ride, starting at 6 p.m. from the Capitola Community Center (Jade Street Park). Route is 17 miles with dinner en route. The meeting was adjourned by 8:15 p.m., after which **Bart** shared tales of his **Gulf Coast habitat restoration project**.



Present and former 'graduates' of Martha Bedal's Wednesday ride group are: (bottom), Fancy Graham, (center, l to r) Bonna Kaufman, Pam Treder, Margo Hober, Martha, Mary Maier, Tory Dubiel, and (top) Sharon Curtaz, left, and Anna Huskey.

Something for Everyone at 20th Annual Santa Cruz Bike Week

(Continued from page 1)

Thursday, May 17: BIKE TO WORK/SCHOOL DAY, 6:30 a.m. to 9:30 a.m.

Friday, May 18: UCSC BIKE SCAVENGER HUNT: 2 p.m. at UCSC Bay Tree Bookstore. Prizes awarded in a variety of categories.

BIKE NIGHT AT SANTA CRUZ MOUNTAIN BREWERY: 5-7 p.m. (402 Ingalls Street at Swift.) in the courtyard. Ride your bike and receive one free pint of your choice! Must be 21 or older; bring ID. Drink responsibly.

Saturday, May 19: CYCLE-LOGICAL BIKE ART PARADE: 10:30 a.m. Parking lot between the Metro and Tampicos on Pacific Avenue. Bring your decorated bike or come early to put finishing touches on your uni/bi/tricycle. More information at <http://www.rattlebrain.com/~paulie/scpedalart/scpedalart.htm>

BIKE ART CELEBRATION: 11 a.m. to 1 p.m. at Jamba Juice on Pacific Avenue. Joint event with the Downtown Association's Children's Day. Live music by Sadza, prizes for bike floats, and a chance to display or view bicycle art.

MEET THE BIKE CHURCH: 1 to 3 p.m. at the Bike Church (703 Pacific Avenue). Mechanics will help you fix your own bike for a minimal fee.

BIKE NIGHT AT SEABRIGHT BREWERY: 7-10 p.m. (519 Seabright Avenue at Murray). Ride your bike there and receive a \$4 coupon to use for food or drink! Bring ID if you plan to order alcohol and drink responsibly.

Sunday, May 20: BICYCLE TRIP'S BIKE FEST: BICYCLE AND SKATEBOARD STUNT SHOW, 11 a.m. to 3 p.m. Free BBQ. Location: Firehouse on Soquel Avenue near The Bicycle Trip. (See story on p. 5)



Bikes loaded for train ride to Felton

Free Breakfast for Bike to Work/School Day

The following sites will be open for free breakfast on Thursday, May 16.

DOWNTOWN SANTA CRUZ

- Jamba Juice (Pacific Avenue/Water Street).
- County Government Building (701 Ocean Street)

EASTSIDE

- The Buttery (702 Soquel Avenue at Branciforte Avenue)
- Emeline County Facilities (1400 Emeline Avenue, Building K)

- People's Coffee (1200 17th Avenue at Brommer Street)

CAPITOLA

- Coffeetopia (3701 Portola Drive at 37th Avenue)

WESTSIDE

- The Seymour Center Aquarium at Long Marine Lab (end of Delaware Avenue)
- Santa Cruz News (1500 Mission Street near Bay Street)

UCSC

- UCSC Women's Center, Cardiff House (near base of campus)

- UCSC "top of bike path" sponsored by UCSC Cycling Team

- UCSC Bike Coop (Bay Tree Plaza) (8 a.m. to 11 a.m.)

APTOS

- Cabrillo College, Aptos (6550 Soquel Drive, Gymnasium; 8 a.m. to 11 a.m.)

SCOTTS VALLEY/FELTON

- Mollie's Country Cafe, Scotts Valley (219-F Mount Hermon Road)

- White Raven Coffee & Tea House, Felton (located at 6253 Hwy 9)

WATSONVILLE

- Red Apple Café (589 Auto Center Drive, off Main Street across from Ramsay Park)
- FOX Racing Shox (130 Hangar Way, behind hospital)

COUNTY-WIDE SCHOOLS

Call 423-9569 ext. 128 for locations.

Commuting in the Rain

By Dennis S Pedersen

I ride my bike to work most days, so Bike-to-Work Day presents a challenge... how to make it different from any other day. I usually carpool with my wife from Santa Cruz to Los Gatos and ride to Palo Alto from there, so I could ride the whole distance to celebrate! It's a three-hour ride for me, so I have to leave my house at 6:15 a.m. to get to work on time. Since the breakfast stations open at 7 a.m., that means I leave town too early to get free food. Oh well.

Last year it was a little foggy the morning of Bike-to-Work Day. I figured it would clear up inland, so I rode up via Mt. Charlie and Skyline, but the further up I rode, the wetter it got. All I had was arm and leg warmers, and soon I was drenched and shivering on the downhills. Once I had to wave down a car to keep it from smashing into a rock that had rolled down onto the road! By the time I descended Page Mill Road, the weather cleared up, but I was nearly hypothermic and had to stop to try to warm up. Boy did that hot shower at work feel good! Now I check the weather radar first.

Bicycle Trip's Berri Michel is Community-Minded

By **Glide A. Long**

When the 17th annual Bike Fest swings into action from noon to 3 p.m. Sunday, May 20 in the fire station parking lot on Soquel Avenue, it will be just one of many community activities sponsored by The Bicycle Trip, which promotes bicycle safety and recreation all year in Santa Cruz. For the record, Bike Fest (which is preceded by an 11 a.m. Bike Smart! rodeo of safety skills for children ages 4-8 in the parking lot behind the bike shop) annually attracts 1,000 fans of cycling and skateboarding, who watch as pros perform skateboard stunts on a half pipe and BMXers show off box jumps and other gyrations on a quarter pipe. Booths for ecology and bicycle advocacy groups as well as vendors from the cycling world round out the event. A free BBQ and a raffle with two bikes and top-of-the-line skateboards as prizes are also offered.

While Bike Fest is the biggest event staged by The Bicycle Trip, its owner Berri Michel and store manager Aaron Jacobs are proud of the shop's year-round community involvement. "We love bicycles, kids and the community," explains Michel, a short, dynamic woman with black, curly hair and glasses, who often combines several thoughts in one sentence. "Bicycles are good for everything—obesity, traffic congestion and a healthy environment."

Both Michel and Jacobs look forward to the May 1 opening of The Bicycle Trip Bike Park, the first all-bicycle park in California, and the equivalent of a skateboard park for bicycles. Situated at the former Fun Spot near the Santa Cruz Wharf, the park came about through a \$25,000 donation by Michel, a sum made possible through the Better World Foundation started by her parents through their medical work at



Bicycle Trip manager Aaron Jacobs, left, and owner Berri Michel with canine companions Foxie and Velvet.

Stanford University. (A similar foundation allows Michel's sister to support music in New York City.)

Other events offer testimonial to The Bicycle Trip's interest in local involvement. Bike Smart's safety rodeos for elementary and junior high students are subsidized by the shop. Harbor High School's brand new elective class in bicycle repair skills (due to expand to two sections next fall) is being taught by Kirk Bernhardt of the school's Regional Occupational Program (ROP). Grants to local schools for graduation night activities, involvement in the Boys and Girls club events, and the sponsorship of the Harbor High mountain bike team come courtesy of The Bicycle Trip, which also has its own junior cyclocross team. Occasional bicycle-related movies at the Rio Theater draw between 300-600 people, and are often preceded by a talk from a bicycle advocate.

Politics is no stranger to Michel and her shop either. Having owned The Bicycle Trip since 1987, Berri said she learned about the need for teaching safety skills through the Community Traffic Safety Coalition. As a result, her shop started staging bicycle

rodeos. Three years later, due to location, she worked with other members of the East Side Business Association to lobby for a bike lane on Soquel Avenue. With the help and persistence of that organization, plus People Power, the lane was completed 14 years later, with The Bicycle Trip hosting a party in its honor on Feb. 28. Extending from Branciforte Street to Seabright, the lane offers one of the only center-turning lanes in the city, a compromise which allows on-street parking, a must for local merchants.

With all this activity going on around town, plus owning a store of ten employees, Michel has one complaint...she can't find time during the day to ride her bicycle!

'New' Lunch Stop in Corralitos

Bicycle Scout Ed Kilduff reports a new lunch destination for bicycle routes—The Pony Express Cafe (aka The Five-Mile House, circa 1900). Ed says the "new" destination offers 20 varieties of coffee, 13 kinds of tea, deli sandwiches and soup. Vegetarian sandwiches available; all sandwiches cost \$4.50, with a daily hot sandwich special \$5. The Pony Express is located at the intersection of Freedom Boulevard and Corralitos Road.

Thank You Ride Leaders

The following people lead club rides for March and April. Thank you!

Ed Kilduff
Herb Greenfield
Anita Dwyer
Howard Swann
Ric Eiserling
Shalom Compost
Scott Campbell
Bart Coddington
Gene Lytle

Weekly Rides

Tuesday

Meet at 9:45 a.m. for a 10:00 a.m. start for this is social/leisurely paced road ride. Start on Aptos Creek Rd. just off Soquel Drive in Aptos. Aptos Creek Rd. leads to the entrance of Nisene Marks State Park. On the first Tuesday of each month, the ride starts at another location. Call the leader to find the location. The distance will vary from 20–40 miles and will always be a fun adventure. Destinations always include lunch stop. Bring water, snacks, and money for lunch.

Contact: Janie Tibbals.....336-1040

Wednesday

Beginners Ride with Martha—starting at 9:30 a.m. Start at Lighthouse Field State Park ENTRANCE at Pelton and National Streets. Parking on Pelton.

Martha Bedal 460-1818, marthab@cruzio.com

Thursday

Meet at 10:00 a.m. in front of the Corralitos Market in Corralitos for a moderately paced road ride of 25–45 miles. This is a No Leader—Decide and Ride. Bring water, snacks, and essentials for bicycle repairs.

Rider Levels

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

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

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

We wait for riders at all levels, although the C level riders are not obligated to wait, particularly when a map/queue sheet is provided.

Friday through Sunday, May 6–8

King City Campout

Bring food and camp at San Lorenzo Regional Park off Highway 101. Rides daily. (www.santacruzcyclng.org)

Ric Eiserling.....475-5397

Saturday, May 12

Rail–Trail Day Bike Ride and Bike Week Kickoff

Meet at Depot Park downtown at 10 a.m. for the train ride to Felton. Train ride is free for the first 30 volunteers. Riders should be back in Santa Cruz by 1:30 p.m.

Deborah Vitale.....239-5854 and Alan Eklof.....427-9760

Saturday, May 19

Davenport and the Swanton Loop

Start at Natural Bridges on Swanton Road near park entrance) at 9 a.m. A=28mi/600', B=42mi/1200', C=60mi/2000'. Lunch in Davenport.

Charley Fisher.....425-3559

Thursday through Saturday, May 26–28

Great Western Bike Rally, Paso Robles

For those not attending the GWRB a Decide and Ride takes place at CCC starting at 9 a.m.

Saturday, June 2

The Hills Are Alive with Strawberries

Start from Jade Street Park (CCC) at 9 a.m. sharp ! A=27mi, B=44mi, C=61mi Bring water, snacks, and lunch money or pack a lunch. All riders climb Rio Del Mar Boulevard, with longer riders doing Hazel Dell, Hames, and longest riders climbing Eureka Canyon.

Scott Campbell.....426-0989

Saturday–Sunday, June 2–3

Mountain Bike–pack trip to Butano State Park

Gene Lytle is leading an overnight, self-contained bike–packing trip. Ride will start from Gene's house (280 Mesa Drive) in Boulder Creek and ride through Big Basin State Park and over to Butano State Park where you will spend the night. Return route through Big Basin to Boulder Creek. One campsite reserved; (eight people for \$32). The ride is intended to be a mountain bike–pack trip. Fire and/or paved roads, but road bikes not recommended. Planning meeting 7 p.m. May 12th at Round Table Pizza in Felton.

Gene Lytle.....831-338-4758

Saturday, June 9

Pescadero and Tunitas Creek

Start on Stage Road by the church but park on the street for a 9 am start. Carpool from CCC at 8 am. C riders will climb Tunitas Creek with lunch at Alice's on Skyline. A's and B's will take Highway 84 and Pescadero Road and eat in Pescadero. B's will do Cloverdale/Gazos Creek loop after lunch. A=27/1650' B=47/2400' C=51/4850'

Grace Voss.....462-4884

New Website for Bicycle Commuters

Matt Norwood has started a free website for present and potential bicycle commuters (www.velogreen.org) to discuss alternative transportation, share stories and find camaraderie. Matt calls his website "International Bike Commuting Team." Check it out.

Who's on the Schwinn? Scott's Tandem and Riders at Sunset Beach



Can you guess which club member once owned a pink Schwinn?
(left) In center photo, Scott Campbell and Pam Slocum on recent ride
near Fort Ord. At right, the Tuesday riders visit Sunset Beach.

Saturday, June 16

Fremont Peak

Start from San Juan Elementary School on Nyland Drive (just off Hwy 156 and the Alameda) in San Juan Bautista at 8:30 a.m. Carpool from CCC at 7:30 a.m.

A=15mi/1500', B=35mi/3000', C=45mi/3500'

Ric Eiserling.....475-5397

Saturday, June 23

Pescadero to Half Moon Bay

Start from Pescadero, north end of town, park on street, not at the church. Ride leaves at 9 a.m. Carpool from CCC at 8 a.m. Lunch in Half Moon Bay for B's and C's; A's lunch in Pescadero A=27mi/1550', B=44mi/2500', C=54mi/3800'

Alan Eklof.....427-9760

All ride participants must wear helmets and obey traffic laws!

Riding By the Light of the (Full) Moon

The next Full Moon ride is on Wednesday, May 2., starting from Jade Street Park at 6 p.m. The June Full Moon ride is on Friday, June 1, starting from Natural Bridges Park on Swanton Blvd. near West Cliff Drive. Each ride is approximately 17 miles and includes a stop for dinner in the middle of the ride. Lights are required both front and rear. For more information contact ride leader **Scott Campbell (426-0989)**.

Mid-Week Rides for May Scheduled

Hill repeats are held at 5:30 p.m. every Tuesday and Thursday in May at UCSC. Riders meet at the Blacksmith Shop near the West Entrance. All levels. A and B riders may also meet on Wednesdays at 5:30 p.m.; (meet Matt Werner at the Duck Pond at San Lorenzo Park).

Saturday, June 30

Christmas Tree Trim Ride

Get your Christmas tree trimmed for the holidays. Ride up Empire Grade to the tree farm. Start from the backside of Natural Bridges State Park on Delaware Ave at 9:30 a.m. Bring ice cream makers, pruning shears, bathing suit, and something to share at potluck pool party. A sag vehicle will collect all the gear and food at the start point and get it to the Christmas tree farm. For other questions, contact social directors Sally Salmon 831-372-4283 and Jeannine Peerless 426-7239
Mike Andalora462-4332

Saturday, July 7

Boulder Creek, Big Basin and Skyline

Meet at Johnny's Market in Boulder Creek at 9 a.m. (Do not park in their lot.) Carpool from CCC (Jade Street Park) at 8 a.m.

A's ride to Big Basin Headquarters and back, 21mi/1800', B's ride about 30 miles with plenty of climbing 30mi/2400'; C's ride up to Skyline 46mi/4600'

Janie Tibbals.....336-1040

CCE Tours Chile With International Bicyclists



International cyclists, including Frank Pritchard (center) and Mike Andalora (far right) tour Chile in February.

(Editor's note: Vita and Frank Pritchard, Mike Andalora and other international cyclists toured Chile in February as part of the Cyclists for Cultural Exchange Program. Here is Vita's description of their outing.)

By Vita Pritchard

February is the end of summer, and as we move south, the air cools off. I can feel the volcano's breath on my skin. We are pedaling through Chile, a country, where a bicyclist cannot get lost. Keep the Pacific on your right, and the Andes on your left and you're on the right track. Impossible, it seems! We did lose Steve one day. He found our campground just in time, after we'd given up searching for him and were ready to go for supper.

"Papás fritas," the Chilean version of French fries, was on every menu, along with meat and fish, not much broccoli or asparagus (in fact, NONE). Fortunately, there were no vegetarians in the group; otherwise they would have had to be on a pretty starchy diet. Our longing for a fresh brewed cup of coffee was eventually replaced by a new taste for Nescafe con leche. (Nescafe is making a fortune in Chile.)

For those people who couldn't quite accept this, the option was to go to the store and buy a pack of milk for breakfast. Meals, as always with bicyclists, took up a good part of our daily schedule, especially with plenty of extra time thrown in for translation and interpretation. Every day, every meal, every snack, our linguist, John Hope, was put upon and his patience tested to the limit.

There were nine of us on this adventure. Two were native speakers—Luis, a former Chilean National Cycling Champion, and his girlfriend Macarena, a beginner. Macarena courageously joined our group and did her best to keep up, even if she had to be pulled uphill with a rope that Luis attached to her bicycle. There were also two Turks, Gozde and Liane, and one Russian speaker, me. The rest, Mike, Frank and Steve, were uno-lingual Americans (they couldn't speak any Spanish or Turkish or Russian). We began our adventure in Concepcion, where we stayed with Patricio and Margarita, who spoiled us with good food, care and generosity. We became an immediate family. (My friendship with Margarita struck like a match and went beyond language communication skills.) It was



our miracle, and I'm so thankful that John was able to find these people on his exploratory visit to Chile. Patricio is the coach and manager of one of Chile's pro teams. His son, Luis, rode on this team when he won the national championship.

For me the goal of the trip was achieved before we even pedalled the first kilometer. When people open their homes and their hearts to you can it get any better??

After three days with Patricio and Margarita, putting our bikes together, and exploring the area, we said our "good byes" and set out along the Bio-Bio river and down the Pacific Coast. Margarita provided our group with bags of homemade energy bars. For me she was never far away. Her spirit traveled with us.

We finished the first leg of the trip in Puerto Saavedra, when we turned inland and headed towards the Lake District, a popular vacation destination. No wonder – the views of the volcanos and the lakes were spectacular!! Our only difficulty was that direct routes from lake to lake were dirt and gravel roads that proved impossible as the surface was too rough for our bicycles. So, we followed the Pan American Highway (PAH) down the spine of the country and did "out and backs" to the lakes and other attractions. The PAH is the longest highway in the world. The speed limit was 120 km/h or 75mi/h. Any and all are welcome on the highway including local buses, pedestrians, ox carts, eighteen wheelers and bikes. There was not much traffic, a great shoulder, courteous motorists and amazing scenery.

We camped on sunny days, stayed in cabanas in the rain, and ended up in a luxury hotel in Puerto Varas with a view of two volcanos across Lago Llanquihue. Our last supper together at Mediterraneo was one of the highlights of our two-week adventure.

Saying 'good bye' is always difficult, when something good comes to an end. Now I am dreaming and looking forward to the second part of the exchange program with Chile, when our new Chilean friends will be able to come and visit Santa Cruz, along with friends from Turkey and other countries. (The Pritchards will show "Biking through Chile" from 6 to 8 p.m. Wednesday, April 25 at the Aptos Bicycle Station, 8061 Aptos, Street, Aptos. Snacks provided.)

What Do Sixth Graders Have to Say About Bicycle Safety?

Two separate sixth grade classes taught by **Susan Toohey** and **Nancy Marquardt** from Shoreline Elementary School took part in a bike rodeo to practice correct hand signals, emergency stops and balancing skills. **Saskia Lucas**, assisted by **Richard and Martha Bedal**, **Fancy Graham** and **Grace Voss** from SCCCC and Officer **Grant Boles** from the California Highway Patrol helped out. Here are some student responses.

Q. What was the most valuable thing that you learned at the bike rodeo?

A. Make sure your breaks always work. (Jill) Make a good shoulder check. (Julia) Move your body forward so you don't fly forward with the bike. (Michael) That helmets are needed. (Jessica) That when you are turning, you have to make the signal. (Deyanire) To watch out for cars. (Jacob) To look behind you and see if there is a car coming. (Jay) To lean back when you use the front brakes (Anthony)

Students Bike – Hike in April

Starting last month, students in 10 Santa Cruz school classrooms began tracking the miles they walked, bicycled, skateboarded, roller bladed or rode a scooter to school. As part of an air district grant from the Santa Cruz Area Transportation Management Association (SCATMA) called Bike n' Hike, these students will track their miles for four weeks and then tally total miles as a class to calculate how much CO₂ they kept out of the air, how many calories they burned, and how much money they saved by foregoing a ride in the family car. Ten classrooms from Bayview Elementary, Shoreline Middle School, New Brighton Middle School, and Santa Cruz High School are participating. **Molly Deich**, science teacher at New Brighton comments, "I work to instill in my students a deep appreciation for the environment. This program shows that we value their efforts in reducing our reliance on fossil fuels. I am very proud of my kids' involvement in the Bike n' Hike Program and in a clean environment!"



Saskia Lucas, left, of Bike Smart! shows Shoreline Elementary School sixth graders the correct form for emergency stopping on a bicycle. Students watch!



Q. What are you doing differently on your bike that you weren't doing before?

A. Checking the pressure on my tires. (Jacob) I learned how to do the stopping as fast as I can. (Jill) I look both ways and I put on my helmet. (Jonathan) Bike signals and look both ways. (Sonia)

Q. What did you think of the volunteers and how did they help you with your bicycling skills?

A. I would like to thank Mr. Boles for being so nice and positive in the most hard activity! (Alyssa) Saskia was very nice and all of them helped me in many ways. (Michael) They were all nice and taught us well. (Michael) Saskia, thank you for letting me use your bike. (Deyanire) Mr. Boles was cool! (Jill)

The people were really kind to take time off their work without being paid. (Jessica)

SCMC Features Jersey for Riders, SCCCC Members



Official SCMC jersey designed by graphic artist Nhut Nguyen.

New Club Members

Here are the most recent club members. If you see them on a ride, please introduce yourself and make them feel welcome: **Jon Krupp, Howard Burman, Michael Shulman, Steve Walker, Natasha Prose, Laura Petersen and Jason Cruz.**

For the first time SCCCC is adding a jersey to the offerings for its annual fundraising event, The Santa Cruz Mountains Challenge. Set to take place on August 4, this century ride inspired graphic artist **Nhut Nguyen** to design a stunning jersey which will be available to club members through May 25 for a discounted price of \$55, including tax. (Non club members pay \$65, and after May 25 the price will go up to \$75 for all orders.) All sizes are available in both Men's and Women's Club Cut. At the April 26 general membership club meeting, clothier Voler will have representatives with clothing samples to try on, to insure the correct fit. At that meeting you may also order your jersey. All jerseys will be available for pickup August 3 and 4.

Local Bicycle Shops

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

Another Bike Shop
2361 Mission St., Santa Cruz
427-2232
Open 7 days • Hours 9 — 5

Dave's Custom Bikes
910-A Soquel Ave., Santa Cruz
423-8923
Open 7 days • Hours 9 — 5

Aptos Bike Trail
7556 Soquel Dr., Aptos
688-8650
Hours 9 — 5
Bike rentals

Family Cycling Center
912 41st Ave., Santa Cruz
475-3883
Mon. — Sat. 10–6 • Sun. 10–5
Cruisers • City Bikes • Mountain • Trailers • Rentals

Bike Station Aptos
8061 Aptos Street
688-4169
Monday to Friday 10 to 5; Saturday 12-4

Mr. E's Cyclery
8059 Aptos St., Aptos
662-2973
Open 7 days • Hours 9 — 5

The Bicycle Trip
1127 Soquel Ave., Santa Cruz
427-2580
Mon. — Sat. 10–6 • Sun. 10–5
Free Maintenance Classes

Scotts Valley Cyclesport
245 Mount Hermon Rd., Scotts Valley
440-9070
Tue. — Fri. 10–6 • Sat. 10–5 • Sun. 12–5
Road • Mountain • Cyclo-X • BMX • Cruisers • Kids

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

The Spokesman Bicycles
231 Cathcart St., Santa Cruz
429-6062
Mon., Wed. — Sat. 10–6 • Tue. 12–6 • Sun. 12–5
Road • Mountain • Tri • BMX

Bill's Bike Repair
2628 Soquel Dr., Santa Cruz
477-0511
Open 7 days • Hours 9 — 5

Sprockets
1420 Mission St., Santa Cruz
426-7623
Tue. — Fri. 10–6 • Sat. 10–5 • Sun. 12–5
Road • Mountain • Tandem

Amsterdam Bicycles
2-1231 East Cliff Drive
475-1394
Open 7 days • Hours 9 — 5

The Bike Coop
1156 High St., Santa Cruz
457-8281
Open 7 days • Hours 9 — 5

Cycle Works
1149 41st Ave., Capitola
476-7092
Open 7 days • Hours 9 — 5
New & Used — Trade-ins Welcome

Trey's True Wheels
1431 Main St., Watsonville
786-0200
Tue. — Sat. 10–6 • Sun. 10–4

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) | | Date of Application | |
| Address | | City | | State | Zip Code |
| Home Phone | Work Phone | E-mail | | | Birthdate (mo./day) |
| Please check the appropriate box <input type="checkbox"/> New Member Membership <input type="checkbox"/> Renewal Membership <input type="checkbox"/> Information Change Only | | Please check the appropriate box(es) <input type="checkbox"/> Individual (\$20) <input type="checkbox"/> Family (\$30) <input type="checkbox"/> Junior (under 18) (\$10) <input type="checkbox"/> Business Membership (\$50) Please send newsletter via email (as PDF file) <input type="checkbox"/> US Mail <input type="checkbox"/> Both <input type="checkbox"/> | | | |

LEAGUE OF AMERICAN BICYCLISTS ("LAB")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")
 Each applicant for membership shall READ and SIGN the following Release Agreement

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

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

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAB, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and leasers of the premises on which the Activity takes place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature of Applicant

Date

Signature(s) of additional family members 18 years or older

Date

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

Name

Age

Name

Age

MINOR RELEASE

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

I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY INCUR AS THE RESULT OF ANY SUCH CLAIM

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

May-June 2007

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---------------------------|--------------------------------|--------------------------------|--------------------------------|--|----------------------------------|
| | | 1 Full Moon Ride 6 p.m. CCC | 2 Swanton Time Trial 6 p.m. | 3 4 | 5 C | |
| 6 Flamingo Ride | 7 7 p.m. Board Meeting | 8 C | 9 | 10 | 11 | 12 Rail Trail Day L |
| 13 | 14 | 15 L | 16 | 17 | 18 | 19 U |
| 20 Bike Fest Strawberry Fields | 21 | 22 U | 23 | 24 | 25 | 26 B |
| 27 | 28 | 29 B | 30 | 31 Race Team Meeting 6 p.m. | 1 Full Moon Ride 6 p.m. Natural Bridges | 2 R |
| 3 Flamingo Ride | 4 7 p.m. Board Meeting | 5 R | 6 | 7 Swanton Time Trial 6 p.m. | 8 | 9 I |
| 10 | 11 | 12 I | 13 | 14 | 15 Fun Ride | 16 D |
| 17 | 18 | 19 D | 20 | 21 | 22 | 23 E |
| 24 | 25 | 26 E | 27 | 28 Race Team Meeting 6 p.m. | 29 | 30 |
| | | | | | | |



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

DATED MATERIAL

Santa Cruz County Cycling Club
Membership Card
www.santacruzcountycycling.org - P.O. Box 8342 Santa Cruz, CA 95060
 (valid only with member's mailing label)