

Mission Street May be Dangerous to Your Health

By Grace Voss

Earth to bicyclists—Riding your bicycle on Mission Street near Bay is about as safe as swimming in shark-infested waters! Recently two persons were injured at this intersection, one fatally. (A white “Ghost Bike” now stands in front of the Santa Cruz Surf Outlet, a memorial to the bicyclist killed there Aug. 7.) Apparently the fatal accident occurred when the bicyclist was struck by a

large truck, whose driver failed to see him. Mission Street has no bike lanes, and most traffic traveling east and west fails to observe the posted 25 mph speed limit. In one traffic survey on a recent Monday morning, 85 big rig trucks, pick-up trucks and Suburbans passed through the Mission and Bay intersection in a 10-minute period. Most of the big rigs were headed up to or down from the UCSC campus. To turn onto or from Bay, the large trucks had to pull well into the intersection before initiating their turn, leaving little wiggle room for other traffic. Bicyclists who do use this intersection are well advised to walk their bikes in the cross walks to make left turns, or remain behind big rigs if they want to turn right or go straight. A third alternative is to avoid the intersection altogether by taking alternate routes like King Street, California Street and Delaware Street.

“Mission Street is obviously not a great place to ride a bike,” says Cheryl Schmitt, bicycle-pedestrian coordinator for the City of Santa Cruz. “In my opinion, bicyclists should minimize their risk by using the side streets in the area for the majority of their trip, and use Mission Street itself just to access their destination. Be visible, be predictable. Motorists need to be aware of bicyclists on Mission Street and give them plenty of room and slow down. I say let’s just try being a friendly community.”

And friendliness is on Schmitt’s mind, as she recently submitted a Bicycle Friendly application for the City of Santa Cruz to the League of American Wheelmen, a national organization promoting bicycle



Ghost Bike memorial at corner of Mission Street and Bay in Santa Cruz.

safety. One impetus for the application has been completion of the Beach Street Bikeway, an innovative two-way bicycle lane on the ocean side of the street by the Boardwalk with appropriate signage so that both cars and bicyclists may co-exist peacefully. Other innovations are a bike lane on High Street that allows for bicyclists to travel in the opposite direction of traffic between Highland and Story, and sharrows (bike symbol markings with arrows on the pavement) on sections of East Cliff Drive that aren’t wide enough for a bike lane.

“Santa Cruz has been acknowledged in other forums as a cycling mecca,” adds Schmitt, “most recently in Bicycling Magazine. Bicycle Friendly status means that we are working as a community to improve conditions for cycling. The geometry of Santa Cruz is such that there are daunting facility challenges—narrow roadways, one-way streets. Not to mention a lot of traffic. That’s why we’ve developed these innovative infrastructure solutions.”

(Continue on page 3)

In This Issue...

Love Apple Farm	4
Ride Reviews	5
Ed’s Birthday	7
Ride Schedule	6–7
SCMC Story and Photos	8–9

SCCCC Meeting
7 p.m. Thursday
October 25, 2007
Simpkins Swim
Center

Club Shorts: *Bike Stolen from Library*

Stolen from the Live Oak Library, on Fri. Aug.10, was **Gary Harrold's** Dahon Folding Bicycle, grey, with three yellow stripes and a custom, telescopic seat post. The bike has six speeds, with one chain ring in front; it weighs 19 lbs, and has 20-inch wheels. It was locked to the bike racks with a cable lock. Gary warns all bike owners to lock their bikes with a kryptonite lock within sight of the owner or staff people, inside a courtyard or protected area, away from parking lots and streets. If found, contact Gary at 662-0102 or ghaptos@yahoo.com.

If you want to lead a ride but are puzzled about what route to follow, check out the club's new ride library at http://santacruzcycling.org/ride_library/library.html. All a leader needs to do is select one and print out the route sheet and map. (And make 15 copies or so!)

If you'd rather just ride fast, every Tuesday at 5:30 p.m. is the hill repeat time trial at UCSC! The goal is to do a one-mile loop as many times as you can in an hour. Organizer and coach **Maura Noel** says, "The only way to get faster on hills is to practice!" So park across the street from the bottom of the bike path, across from the Blacksmith Building. (After you

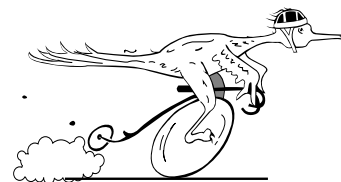
enter the campus from Bay, the parking lot is just past the first stoplight on the right.) If you're late, start up the bike path, then turn left and come down before you get to the Performing Arts buildings. Contact Maura at 596-0983.

Planning to do the **Surf City Century** bike ride this September? You will need to scratch it until next year, as organizers have cancelled the event due to lack of an organizer. However, next year's Surf City will be "expanded and enhanced" with former board president **Maurice Carrillo** as head honcho. Go to www.scapsite.org/html/events/events_new_surfcity.html for more info.

The faster, steeper, higher, deeper **Radical Reels World Tour** of adventure films is coming at 7 p.m. on Oct. 6 to the UCSC Media Theater. These are the most outrageous films from the Banff Mountain Film Festival and feature skiing, boarding, climbing and kayaking. Tickets go on sale Sept. 1 at Pacific Edge Climbing Gym and UCSC Recreation, or buy them at the door. Go to www.ucsc recreation.com or call (831)459-2806 for more information.



Cyclists for Cultural Exchange (CCE) at Seacliff Beach are, l to r: Scott Campbell, Keresha Durham, Sadan Okmen, Dr. Hilmi Uysal, Pam Slocum, Jim Keenan, Frank Pritchard and Vita Pritchard. The group spent several days bicycling and camping near Eugene, OR.



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.

OFFICERS

President	
Bart Coddington.....	475-5234
Vice President	
Ric Eiserling.....	475-5397
Secretary	
Stephen Johnson.....	685-9058
Treasurer	
Tina Ensign.....	476-1043
Membership.	
Judy Isvan.....	689-9580
Social Directors	
Jeannine Peerless.....	426-7239
Sally Salmon.....	402-0027
Ride Director	
Alan Eklof.....	427-9760
rides@santacruzcycling.org	
Education Director	
Saskia Lucas.....	460-0215
Race Team Director	
David Gill.....	423-0897
SCMC Director	
Michael Hudick.....	408-353-2668
Newsletter Editor	
Grace Voss.....	462-4884
Webmaster	
Tim McCloskey.....	458-9860

From My Handlebars to Yours: The SCMC is Over!

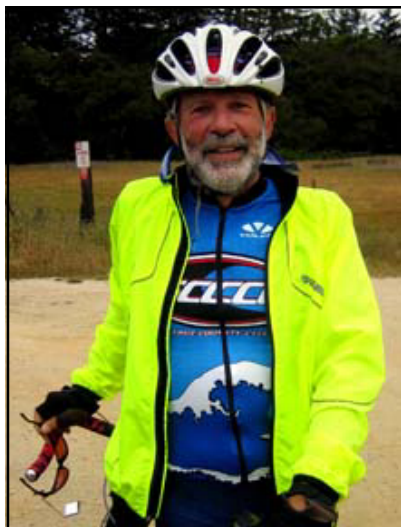
By Bart Coddington,
SCCCC President

We did it! The 9th Annual Santa Cruz Mountains Challenge is over. Thank you to all the volunteers who helped prepare and serve food, staff registration, mark the route, post warning signs at intersections, SAG weary riders and give out refreshments as well as moral support at all the aid stations, and the myriad of other jobs needed to make the event happen. A volunteer appreciation event on Sunday, Aug. 26 was held at the Sorrento Oaks Clubhouse; club volunteers are the heart and soul of this annual fund-raiser for SCCCC.

I conducted a short survey at the SCMC post-ride meal. Without tabulating the results, it is pretty clear that the vast majority of riders enjoyed the event and would recommend it to a friend. Many were repeat riders, and that is good news for our event next year. (I judged this by the number of positive comments, as well as the suggestion by some riders to bring back the burritos for the post-ride meal in 2008.)

Lots of riders commented on how friendly the volunteers were. These positive comments were echoed in e-mails following the event. Our friendliness makes for repeat customers.

A couple of riders became lost, while other riders had to be SAG'ed back. We provide a great map and clear course directions on the back of the map. We also mark arrows on the road for all of the turns. Given the difficult and twisty nature of the course, I think we will always



Bart Coddington

have a few people riding off course. Some people will just not read directions no matter what we provide. (Maybe we should provide a talking GPS unit that tells them to turn left at the next intersection!)

The survey also asked if the roads were too dangerous. Almost all of those responding said no. We also asked if the event met their expectations, and the majority said yes.

We had one accident involving a rider colliding with a Ford F-350 pickup truck. The rider had a sore shoulder and refused medical treatment after being checked out by the EMT's. This happened on the twisty part of Summit Road coming down to Highway 17, even though we posted signs and road markings telling riders to slow down. The initial CHP report did not indicate if either party was at fault. The rider's bike was

totaled.

We had a couple of SNAFU's, but I do not think they were noticeable to most riders. At the volunteer appreciation event, we discussed how we may do even better at next year's SCMC

Please mark Saturday, Aug. 2, 2008 on your calendars for our 10th annual SCMC.

Is Safe Bicycling Possible On Mission Street?

(Continued from Page 1)

David Wright of the Santa Cruz County Friends of the Rail Trail recently renewed his organization's request for the Regional Transportation Commission to complete purchase of the coastal rail line from Union Pacific. The purchase would 'pave the way' for construction of a rail trail for bicyclists and pedestrians. The rail line runs parallel to Mission Street, only two blocks away, and connects to 14 local schools within a half mile or less of the corridor.

Bart Coddington, SCCCC president, adds, "The times I have ridden Mission have been white knuckle rides as you are forced to be in the gutter and go over grates. Another SCCCC bicyclist concludes, "You have to be crazy to ride on Mission Street!"

SCMC Volunteer David Atkins, left photo below, helps with recycling, while Emilie Holder, below right, is SAG driver for bicyclist with broken bike. Center photo: lunch stop.



Love Apple Farm is Tuesday Ride Destination

By **Glide A. Long**

Cynthia Sandberg couldn't have known the outcome when she gave some of her leftover heirloom tomatoes to David Kinch, owner and chef of the Manresa Restaurant in Los Gatos after dining there one evening a few years ago. Unknown to Cynthia, Kinch was looking for a restaurant garden, a source of fresh vegetables for his two-star Michelin-rated restaurant, and he recognized a great heirloom tomato when he tasted one. As a result, Sandberg's Love Apple Farm located at 9299 Glen Arbor Road in Ben Lomond, has one customer, who she supplies with 40-45 varieties of fruits, vegetables and herbs. In fact, Kinch contacts Sandberg daily to find out what's in season before planning the menu at his prix fixe restaurant, which serves dinner for \$125 per customer. Afterwards, all leftovers go back to the farm for valuable compost.

It's a happy partnership, according to Sandberg, who grows at least 62 varieties of tomatoes on two acres of land. Using raised vegetable beds, an extensive drip system and the help of bike club member and employee Scott Campbell, who recently assembled a large circus-tent-like canopy for the tomato plants, Sandberg's farm is an unqualified success.

It's a far cry from this former attorney's first efforts at growing tomatoes in foggy Capitola. "I started gardening there and I liked it a lot and wanted to learn more about it," is how she explains her passion. "It's a hobby that got out of hand." Since the climate was problematic, Sandberg opted out of Capitola for sunny Ben Lomond 12 years ago, where she's been growing her heirloom tomatoes ever since. Today people come from as far away as Lake Tahoe and Bakersfield each spring to buy her seedlings, and a recently-opened vegetable stand also attracts customers from near and far. Sandberg also offers \$30 classes in tomato tasting, drip irrigation and



Cynthia Sandberg leads SCCCC members on a July tour of her organic fruit and vegetable farm located in sunny Ben Lomond.

tending a winter vegetable garden. (If interested, you may contact her at loveapplefarm@gmail.com)

On a recent Tuesday ride, club members enjoyed a full tour of the farm and a sensational tomato tasting, arranged by Campbell and Janet Fogel. The tour included sounds and sights of chickens, a pot-bellied pig and a short testament to the downside of working outdoors—a litany of pests which any gardener must deal with—leaf miner, aphids, cucumber beetles, squash bugs and dreaded gophers. Here are the comments of some Tuesday riders:

Janet Fogel: Meeting someone so dedicated to her craft is always a joy for me. That she happens to be a "Tomato Geek" makes it even more fun. In my next life I'd like to come back as Cynthia's pig, who gets all the leftover tomatoes!

Carol Rieber: How lucky am I that my first ride with the SCCCC went to Ben Lomond and the Love Apple Farm! It is a gardeners' paradise reflecting the passion Cynthia has for heirloom tomatoes, dahlias, and a multitude of summer edibles. Did you know bean blossoms taste just like beans? Thank you.

Anna Huskey: I came back from our ride on Tuesday inspired from spending time with

Cynthia. I googled Manresa Restaurant and watched this video (www.nbc11.com/video/10583412/index). I was educated a bit about biodynamic farming. Thank you Janet and Scott for making this ride happen.

Herb Greenfield: I was impressed with the overall neatness and virtually weed-free beds. The walkways were dust-free because of the wood chips covering them. The watering system was impressive as everything I saw was drip-watering the plants—no overhead rain birds in sight! Cynthia's enthusiasm, after 12 years farming, apparently has not diminished. I am sure Scott and others have contributed to the success of the farm. It was a treat to see and taste the heirloom tomatoes.

Thank You Ride Leaders

(The following people lead rides for July and August.)

**Janet Fogel
Anita Dyer
Helga Wiench
Janie Tibbals
Maura Noel
Ed Kilduff
Shalom Compost
Mike Andolora**

Ride Reviews: Seattle to Portland, Sonoma County 100k

By Michele Whizin

The Seattle to Portland ride in mid-July was really fun. There were 9,000 riders, 2,300 of which did the 200 miles in one day. The ride was well organized; they had traffic police all along the route out of Seattle. Riding around Lake Washington was beautiful; then we were in the countryside. The first day we had super views of Mt. Rainer in the distance as we traveled through farmlands and small towns. We stayed at church in Chehalis at the halfway point, camping on their lawn. They provided a great dinner and breakfast. Rode 112 miles the first day. Day 2 was more farmlands, then we crossed the great Columbia River into Oregon. They actually closed one way on the bridge and escorted us through. The ride from there was along the river straight into Portland. Unfortunately there was a mishap with some riders farther up the road from us on Hwy 30, a

drunk driver plowed into a few riders—hit and run. They caught the driver eight miles away, and one cyclist was sent to the hospital. A couple of other riders had minor injuries. We arrived safely in Portland to pomp and circumstance, with lots of cheering crowds and medals bestowed upon us. Chad Williams and Judy Isvan are club members who went. I'm not sure if Laurie Patton is a member or not but she went too.

By Patricia Lawson

Riding 60+ miles through Sonoma County's wine country on August 18 to support the local YWCA was one of the most peaceful and serene cycling experiences I've ever had. Arriving at the village green in downtown Windsor shortly after sunrise, there was a quiet calm amongst the organizers and cyclists checking in. As we exited town and rode past the Charles Schultz Airport, we were

treated to several hot air balloons taking their riders on an early morning sail above the wine country. A quiet and intimate bike ride past local wineries along tree-lined rolling hills was the route for the 100K riders. With only 100 riders in this group, you were pretty much guaranteed your own private ride through the greenest pastures and most stunning landscapes of the area. Rest stops occurred primarily at wineries, not in the tasting room, but in the parking areas, where extremely friendly volunteers were overjoyed to have riders eat and drink from their healthy assortment of fresh fruit, sandwiches and ice cold drinks (but no wine). Arriving back at the village green, we saw the post ride sponsor booths and enjoyed a hamburger, potato salad and baked bean lunch, including a free ice cream scoop from a nearby Powells Sweet Shoppe. This was only the second time the ride has been held but I can guarantee you that it will probably be around for many years to come. Combine the ride into a get-away weekend and you've reached perfection!

Bike Smart! Brunch at UCSC Farm Honors Youth Education Team Volunteers

By Saskia Lucas

We had a lovely Volunteers and Friends Appreciation Brunch on Sunday, Aug. 12 at the UCSC Farm and Garden. Those of you who weren't there were sincerely missed. At the event, I announced that Bart Coddington (not present) was the recipient of a \$35 Bicycle Trip gift cer-

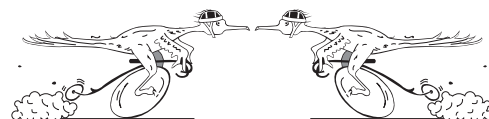
tificate for "going above and beyond" for Youth Bicycle Safety this past year. The gift certificate was donated spontaneously by Berri Michel, owner of The Bicycle Trip, who started Bike Smart!

Thank you to SCCCC for the generous donation of YET volunteers!

They are: Richard and Martha Bedal, Grace Voss, Scott Campbell, Bart Coddington, Betsy Schwartz, Fancy Graham, Howard Swann, Jeannine Peerless and Jane Dejarnette.

Bike Smart! is a youth safety program aimed at increasing awareness of safe bicycling for elementary school students. During the past year, Bike Smart! staged 22 bicycle rodeos for 361 students, conducted eight community bike rides for 51 students, gave 33 classroom presentations to 700 students and gave out 271 free bicycle helmets with the collaboration of the Santa Cruz County Health Services.

Bike Smart! brunch participants are Larry and Violet Puretz, foreground, Theresia Rogerson and Saskia Lucas, Chris Zegers and Berri Michel, owner of The Bicycle Trip. Absent was top volunteer at Bike Smart! events, Bart Coddington, who was top volunteer and won a prize.



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 Ride for Beginners

Meet in front of the Lighthouse Field Restrooms at 9:15 a.m. Parking is available on both sides; Ride starts promptly at 9:30 a.m.; These are decide and rides of 15-20 miles; 25 if very flat. Leaders will vary. If you would like to be one show up with your ideas! Sign up sheets and ride leader guidelines are available on the club website www.santacruzcycl.org or contact Martha at 460-1818. Classes begin in January.

Thursday Ride

Meet at 10 a.m. in front of the Corralitos Market for a decide and ride. Don't be late

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.

Saturday, September 8

Pescadero and Half Moon Bay

Carpool from CCC at 8 a.m. Start from Pescadero at the north end of town near the church (do not park in the church lot) Ride starts at 9 a.m. **A=25mi/1000',B=45mi/2500',C=55mi/3500'**; **A's** lunch in Pescadero **B & C's** lunch in Half Moon Bay.

Eileen Beaudry.....458-1785

Saturday, September 15

Eureka Canyon

B & C's start from CCC at 9 a.m.; **A's** start from Five Mile House in Corralitos at 10 a.m. Lunch at Summit Store; A=35mi/1000',B&C=60mi/2800'

Jim Denton.....461-0370

Saturday, September 15

Starting at 9 a.m. meet in the parking lot of the County Administrative Building at the corner of Water Street and Ocean Avenue to check in for Coastal Clean-up Day along the San Lorenzo River bike path. (http://www.saveourshores.org/Annual_Coastal_Cleanup_Day/index.html). We will be done by noon, have lunch somewhere in the area and decide where we want to ride.

Leader: Bart Coddington.....475-5234

Saturday, September 22

Portola Valley

Meet at CCC at 8 a.m. to carpool to Palo Alto. Meet at Stanford Shopping Center at 9 a.m.; A ride approx 20mi; B ride approx 35mi; C ride approx 45mi; Bring lunch,snacks,or buy items along the way.

Scott Campbell.....426-0989

Saturday, September 29

Davenport,Swanton,and Smith

Start at CCC at 8:30 a.m. A=28mi/600',B=42mi/1200',C=60mi/2000'

Alan Eklof.....427-9760

Saturday, October 6

San Francisco to Larkspur and the Blue Angels

Meet at the Willy Mays statue at AT&T Park at 9 a.m. Ride along the Embarcadero,through Fort Mason,over the Golden Gate Bridge to Sausalito and Tiburon for lunch. Continue on to Larkspur to catch the ferry back to SF while watching the Blue Angels perform over the Bay. Ride length approx 37mi. Bring money for lunch and the ferry. Supper in SF possible.

Frank and Vita Pritchard477-1736

SCCCC Celebrates Ed Kilduff's 79th Birthday at Gizdich Ranch



Gizdich Ranch(photo above) was the setting for the observance of Ed Kilduff's 79th birthday, celebrated with apple, olallieberry and apricot pies courtesy of Bart Coddington. In top right photo are Barbara and Ed Kilduff, and in bottom right photo are Norm Boehner and Helga Wiench. Norm wore his German bicycle jersey in honor of Helga, who is leading Tuesday rides for August.(Be sure to print out your own route sheet...)

Saturday, October 13

Open Art Studios Ride and Tour

30-40 miles with some hills while visiting five or six working art studios covering a wide variety of media (ceramics,glasswork,jewelry,painting and fiber art) Bring a backpack or pannier for your purchases. **Ride starts at CCC at 10:30a.m.!!!!**

Debbie Hale.....462-6653 / debnandy@sbcglobal.net

Saturday, October 27

Livermore, Patterson Pass and the Windmills

Start at Livermore Library,4th and K Streets at 9:30a.m.; Carpool from CCC at 7:45 a.m.; A=33mi/1600',B=39mi/2100',C=50mi/2700.

Janie Tibbals.....336-1040

Saturday, October 20

Pacific Grove,Carmel,and Point Lobos

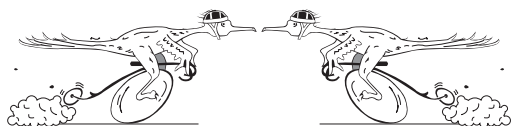
Ride starts at the lighthouse in Pacific Grove at the end of Lighthouse Ave. (opposite the golf club) at 9 a.m. Carpool from CCC at 8 a.m. Ride sheets will be on windshield for latecomers; buy lunch in Carmel to take to Point Lobos; A=35mi/1000',B=54mi/1800',C=65mi/2500'

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

Saturday, November 3

Moss Landing

B & C riders start from CCC at 9a.m.; A riders start at La Selva Beach Market at 10 a.m. All ride to Moss Landing—Coffee/lunch—Return: A-riders return same way to LaSelva Market—25mi; B-riders return to CCC Via Castroville/Elkhorn-Plus A ride-38mi; C-riders return B ride + Garin-Lewis-Gizditch-Hazel Dell-165mi; Ed Kilduff.....724-2501



All ride participants must wear helmets and obey traffic laws!

Photo Journal of an Event

Dear Santa Cruz County Cycling Club,

Thank you so much for the lovely ride. This was my second time; last year was my first.

The ride was very well organized. The arrows were impeccably placed and the route well-marked. Volunteers were all very nice and the rest stops had a nice assortment of food.

I appreciated the efforts to keep the event “green” with recycling and composting.

The venue is just gorgeous and there is something about Santa Cruz.

It is indeed a challenging ride but I appreciate that there is not too much stress and hype about the difficulty, which overshadows the scenic, natural experience of some rides.

Thanks again, Janet Martinez



Top photo by M.L. Foley



Top photo—Riders work their way up Jamieson Creek at SCMC; middle photos, l to r: Kristy Cisco–Voorhees of Scotts Valley and Larry Jones of Bonny Doon take a break at top of Jamieson Creek; middle photo, Tina Ensign prepares fantastic lunch for riders; right photo, Denise (last name unknown) navigates her way up Jamieson Creek. At far left, Pam Slocum, left, was head of the volunteer effort for the SCMC, while Chad Williams and Eileen Beaudry are ready to help mark dangerous road sections. Many riders remarked on the helpfulness of the friendly volunteers.

2007 Santa Cruz Mountains Challenge



Kim Car, left, and Virginia Vaquero, both of San Jose, do a route check.



Recovered from a broken leg last spring is SCCC member Peter Liu.

Thank You SMC Sponsors!

Watsonville Coast Produce, Clif Bar, Beckman's Old World Bakery, Crystal Springs Water, Pacific Cookie Company, Trader Joe's, Peet's Coffee & Tea, Noah's Bagels, Safeway, FRS Company, O Beverages, The Spokesman Bicycles, Sprockets and Scotts Valley Cyclesport.

High Praise for Volunteers

With the exception of Summit Road and parts of Ice Cream Grade, riders at the 9th annual Santa Cruz Mountains Challenge gave high praise to road conditions, and high compliments to the organizers and volunteers. As the Santa Cruz County Cycling Club's only fund raiser all year, the event attracted 450 riders to its 100-mile and 100-kilometer routes on Aug. 4. Short of ordering more fog next year, there was little that club volunteers could do better than they did, according to most rider surveys.

"I think it was pretty well organized—great traffic control at difficult intersections, good signage, good rest stops, great volunteers. Many thanks," commented one rider. Another rider said, "You even had great music at the finish. I can't think of any way to make it better." And a third rider added, "Keep doin' what you're doin'!"

Suggestions for next year ranged from the realistic (go back to burritos at the post-ride meal; have more gel at rest stops, more V-8 drinks) to the ridiculous ("Line the road with 500,000 screaming fans!") Other end-of-ride suggestions were a misting station, massage stations and an opportunity to swim. A couple of riders complained that no gluten-free food existed at the ride's end, while one rider asked for more flavors of ice cream. A few riders asked for more port-a-potties at the first rest stop, and non-carbonated beverages at all rest stops. Some wanted ice water at the rest stop on the tortuous Zayante ascent in the afternoon.

Route improvement comments included complaints about the high traffic volume on Mt. Herman Road, rude drivers on Soquel-San Jose Road and loose gravel at the turn onto Riva Ridge. One rider asked for more of a warm-up before tackling Mountain Charley Road so soon after the start of the ride.

When asked if the event was too difficult, one rider said "It's supposed to be!" When asked how to improve next year, another rider surmised, "I can train more." A final compliment came from the rider who said he will try and talk his entire bike club into doing the ride next year!



Riders at lunch stop.



Janet and Lawrence Fogel at Scotts Valley High School.



Where is my bike? I know I put it here somewhere!

Photos by Pop A. Razzi

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

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

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

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

Terry Precision Cycling

Women's Clothing and Bicycle Parts
www.terrybicycles.com

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

Amsterdam Bicycles
2-1231 East Cliff Drive
475-1394
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

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

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

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

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

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

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

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

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

September–October 2007

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						C 1
Flamingo Ride 2	3	C 4	5	Swanton Time Trial 6 p.m. 6	7	L 8
9	10	L 11	7 p.m. Board Meeting 12	13	14	U 15
16	17	U 18	19	20	21	B 22
23	24	B 25	26	Race Team Meeting 6 p.m. 27	28	29
30	7 p.m. Board Meeting 1	R 2	3	4	5	R 6
Flamingo Ride 7	8	I 9	10	11	12	I 13
14	15	D 16	17	18	19	D 20
21	22	E 23	24	SCCCC Meeting 7 p.m. Simpkins 25	26	E 27
28	29	30	Spooky Ride 31			



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)