

## Santa Cruz Scores Silver as Bicycle–Friendly City

By Grace Voss

The City of Santa Cruz has won a silver rating as a bicycle-friendly community from the League of American Bicyclists, a national advocacy organization. Only 14 other cities nationwide have received this high–prized recognition, as any rating (platinum, gold, silver and bronze) is not easy to come by. And, seeing as bicycle–obsessed Davis, CA, (where the number of bikes rivals the number of cars) is the only city nationwide to receive a platinum rating, this makes Santa Cruz one of the top 22 cities in the US in terms of bicycle friendliness. (Seven cities have received a gold rating, including Palo Alto and San Francisco, while Folsom, San Luis Obispo and Santa Barbara are the other California cities to earn a silver rating like Santa Cruz.) Bronze–rated cities in northern California are Sunnyvale, Mountain View, San Jose, Sacramento, South Lake Tahoe and the San Francisco Presidio.

Not every city that applies for bicycle–friendly status receives it. While a few cities are given honorable mention, only 73 out of 174 applicants have won a designation as



Bicycle–pedestrian coordinator Cheryl Schmitt with Smart Card (p.3).

bicycle friendly since LAB started the program in 2003. (Fifty out of those 73 cities received a bronze rating.)

One reason for the high mark for Santa Cruz is its own bike/pedestrian coordinator Cheryl Schmitt, who is tickled about the city’s rating, although she wants to wait and see what specific feedback LAB has to offer. “We scored in every area,” says Schmitt (education, enforcement, evaluation, engineering and encouragement), “but the problem that will always make this city challenging is its geometry—hills, an unusual street grid, one–way streets, narrow rights–of–way, dead end streets, the community’s desire to retain on–street parking and, of course, lots of traffic. Nevertheless, Schmitt cites creativity by city officials and bicycle enthusiasts in attacking and solving these oddities. For example, the conversion of four car lanes to three (Soquel Avenue), curbside

contraflow (High Street), a two–way bike flow on a one–way street (Beach Street) and share–the–road signs and sharrows/take the lane designations (East Cliff Drive).

Also in the city’s favor are bicycle commuter facilities (bikes on buses and 136 downtown lockers as well as ample bike racks around town), an active school safety education program with bike helmet giveaways and the town’s 20–year history of the May Bike Week and (for the past nine years) October Bike to Work/School Day. While some elementary schools have implemented a Safe Routes to School Program, the city has just received a two–year \$400,000 federal grant to insure all grade schools receive this program. Free valet bicycle parking at community events, low–cost bike repair at the Bike Church as well as a plethora of bicycle shops in town and even a new BMX park all helped the city score high on the encouragement section of the LAB application. Besides the Santa Cruz County Cycling Club, the city boasts 12 other bicycle–related advocacy groups.

(Continue on page 4)

**SCCCC Meeting**  
**7 p.m. Thursday**  
**January 31, 2008**  
**Simpkins Swim**  
**Center**

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## Club Shorts: Lilly Ann's Retirement Etc.

By Rhoda Bike

If newly-retired flight attendant **Lilly Ann Popken** wants to, she can easily pursue a new career as stand-up comedienne, based on her uproarious account of the snafus and time constraints involved in her first day on the job back in 1967. Lilly Ann's account of what went wrong during a 12-hour flight on a United Airlines Convair prop plane with half a dozen stops between SF and LA had most of her 40 or so listeners rolling in the aisles, oops I mean off their chairs, at the guest of honor's retirement party held at the home of **Janet and Lawrence Fogel** in Scotts Valley. From technical difficulties (bins that wouldn't open properly) to the disparity between what she learned in "stu school" and what really happens with the flying public, Lilly Ann's tale of what went wrong kept her audience in non-stop smiles. Talk about the friendly skies! Adding to testimonials that afternoon were personnel from UA. Also present were Lilly Ann's three children (**Brian Vernor, Kara Vernor and David Vernor** as well as her nephew **Mark Prince** from Kingsport, TN) and 30+ SCCCC members, most of whom rode the 40-kilometer route (one for each year at UA). Lilly Ann will combine forces with Janet to direct SCCCC's social schedule starting in January. Judging from her performance Sept. 30, we're in for a smooth ride! (Lilly Ann also will use some of her

new leisure time to lead the Tuesday ride for November AND December. Thanks Lilly Ann!

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The annual Coast Cleanup Day attracted nine SCCCC members out of 29 volunteers. Club president **Bart Coddington** estimates the group hauled 520 pounds of trash and 390 pounds of recyclable containers from the banks of the San Lorenzo River on Sept. 15.

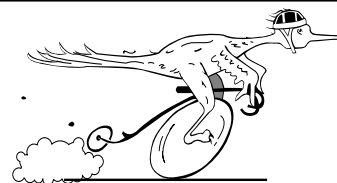
\*\*\*\*\*

**Judy Isvan** reports on a cool bike-related web site, put up by Cliff Bars, who have given SCCCC so many freebies for its century rides! It lets you map a two-mile radius from your home, then click to highlight various services within that circle. While it's all info you already know (unless you just moved!), it's fun to play if you just go to... <http://www.2milechallenge.com/home.html>. Judy also was part of a relay team when she completed the bike leg of the Sentinel Triathlon Sept. 23. Her time out to Davenport and back was one hour 19 minutes or 18.6 mph average...way to go Judy! SCCCC's **Jeff Totten** reportedly had the 12th fastest bike split of the day for his relay team, although his time was so fast it somehow became lost in space. Congratulations to Jeff!

\*\*\*\*\*

Bikes that are reported stolen as well as those recovered are posted on the Santa Cruz City website under the Police Department: <http://www.ci.santa-cruz.ca.us/pd/index.html>. Click on the link "bikes found/stolen."

**Photo at left: Still going strong after 40 years with United Airlines, Lilly Ann Popken poses in front of photo of her on the job in 1967. Lilly Ann is teaming up with Janet Fogel to direct the club's social program for 2008-2009.**



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)

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: Multi-day Bicycle Tours are Great

By Bart Coddington

The SCCCC slogan is 'Enjoy the Ride'. Well, September turned out to be a great month of enjoyment for me. In fact it was the most riding I have done in a month in my life, courtesy of two different multi-day bicycle tours.

The first was an Adventure Cycling tour called Sierra Sampler, an eight-day event starting at Donner Lake and ending in Bishop on the eastern side of the Sierras. This tour was composed of 64 riders, some who I knew from previous Adventure Cycling tours, so it was fun getting reacquainted with them. I rode 263 miles involving 16,598' of climbing – most of it with sore legs because I was not in shape. We climbed Monitor Pass on the second day, and I now have a real appreciation for anyone who completes this challenging section of the annual Markleeville Death Ride!

Like most riders, I camped each night (closer to the food truck and beer cooler). Tom Radley, leader of at least



**SCCCC President Bart Coddington**

half of the rides, mentioned to me one evening that changes are in store to make next year's popular Cycle Montana tour more user friendly.

After a few days at home, I repacked my bicycling gear and joined SCCCC's own tour leader Leo Moll on a six-day ride he planned out of Yreka up near the Oregon border. (Leo's tour took

place after only a day's rest from the challenging Cycle Oregon tour which he does on a regular basis. Is it just my impression that the 70 somethings in our club like Leo are riding circles around all the rest of us?

The six club members—Ric Eiserling, Janie Tibbals, Linda Brodman, Bob Carroll, Leo and I— took turns driving the support vehicle. No camping on this trip as we stayed in motels. And I must say, the Mining Camp in Orleans puts a whole new meaning on the term "rustic".

Since we traded off on driving, each rider accumulated different mileage and elevation numbers, with my totals being 209 miles and 13,683' of climbing. If you have some free time and would like to spend it in Northern California, check with Leo for his route maps. We all enjoyed the ride!

While SCCCC has great club rides, many of us find longer rides equally important. The Internet is full of interesting bicycle tours to just about everywhere on this planet. Let us hear about where you have been riding.

## Silver for Santa Cruz

(Continued from p.1)

While LAB cited Santa Cruz for its "good all-around cycling program," Schmitt would like to see more improvement in facilities before she has to reapply for bicycle friendly status in four years. Specifically, she looks forward to completion of a bike/pedestrian bridge at the north end of the San Lorenzo River (by Highway One) so people may ride continuously on both sides of the river, and she hopes more east/west bicycle corridors will occur for smoother travel across town. Completion of the rail-trail "has yet to become a reality." Schmitt thanks bicycle advocate Rick Hyman for his help completing the 10-page, 82-question application form. She adds that bicycle-friendly status gives the city national recognition and shows that it values alternate transportation.

## New Smart Card System for Bike Lockers

The City of Santa Cruz has started a Smart Card system that makes renting one of the 136 downtown bicycle lockers simple and, at three cents per hour, cheap! Here's how it works. You may buy a \$20 smart card at the Parking Office in the Locust Garage or at the Public Works Dept. at City Hall, 809 Center St. Room 201. At three cents per hour, your card is good for 666 hours of bicycle locker rental. You may put your bike in any available locker since only your Smart Card can open the locker. Any time you don't use is refunded to your card, with maximum rental time for any

one rental period nine days. If your card expires, you may still use it to get your bike out, but you will need to purchase more time on your card first.

**Cheryl Schmitt**, bike/pedestrian coordinator for the city, says the new system is better than the old one which offered bike lockers to people who didn't use their bikes that much, while others on a waiting list were denied bike lockers. A video showing how the Smart Card locker system works may be viewed at [www.bikelink.org](http://www.bikelink.org). Questions? Call Cheryl at 420-5187 or send her an e mail at [cschmitt@ci.santa-cruz.ca.us](mailto:cschmitt@ci.santa-cruz.ca.us).



# October Bike to Work/School Day is Best Ever



Organizer Bonnie McPike

"I was pleasantly surprised at how well it went," said this year's Bike to Work/Bike to School coordinator Bonnie McPike of Ecology Action, the event sponsor. With 4,700 bicyclists enjoying a free breakfast of

## School Site Coordinator Ferraro Says Thanks

DeLaveaga Elementary School hosted its 14th annual Bike To School Day on Oct. 4. This year we had 312 students, parents, teachers, staff and volunteers in attendance, a school record. We started seven years ago with 50 - 70 students, and have increased our attendance in leaps and bounds. I became coordinator when I asked Piet Canin if DeLaveaga could host a breakfast and he said, "Sure, if you want to...do it". DeLaveaga is one of the largest school sites for BTS. We are also part of SAFE ROUTES TO SCHOOL and we recently had sidewalks and pedestrian crosswalks installed near both DeLaveaga and Harbor High School. This has helped to increase

bagels, fruit and orange juice at 45 sites throughout the county on Oct. 4, Bonnie deserves lots of applause and pats on the back for a job well done. Each school or event site has its own organizer, and Bonnie coordinates them as well as solicits food from local and national companies. Organization on that scale calls for someone with a calm demeanor and an environmental outlook on life, both of which Bonnie has in spades.

"It was lots of work but incredibly fun to work with community members who are so enthusiastic about this event," adds Bonnie with a ready smile. It was also incredible for Bonnie to see the Ped-X volunteers, about a dozen strong bicyclists, who delivered up to 100 gallons of Odwalla orange juice as well as crates of strawberries from the donation sites to The Hub, where each site coordinator picked up enough breakfast food for for the morning crowds.

students walking and biking to school.

I'd like to offer special thanks to John O'Hara (my dad), who has helped at each of our events and my son Casey, who has participated since he was almost 2 (in a backpack) at this event. In addition, this year's helpers were: Grace Voss and Meredith Fuhrman from the Santa Cruz County Cycling Club, parent volunteers Chuck Greer and his daughter Dusty, Charlie and Julie Bailey and their son Charlie, Theresa Cicchinelli, Justin Bare, Melanie and teachers Sarah Balla, Jerry Valles, Sharon Reeves and Theresa J (Music Instructor). (Hope I didn't miss anyone.) —Kathy Ferraro

Now that the event has ended, Bonnie, a transportation specialist, says she won't have Bike to Work on her agenda again until December, when she starts to gear up for the more comprehensive Bike Week in May, 2008. Other projects like the city-sponsored Folding Bike Program will keep her busy, however. A 2005 graduate in environmental studies from UCSC, Bonnie organized the Slug Bike Fest on campus, an expo stressing bike maintenance and information on the network of mountain bike trails on campus. She has worked on the UCSC bike plan, and she would like to see more students commute by bike to the base of campus, and then load their bike onto a shuttle bus to go up the hill.

A life-changing event occurred for Bonnie last year when she worked with Indonesian children who were victims of the 2005 tsunami. She worked with youngsters varying in age from 3 to 13, teaching them sports and play activities that challenged their minds and spirits as well as their bodies. A four-year ultimate frisbee and soccer player, Bonnie enjoys all outdoor activities.



Participants above are parent Steve Houser and sons Adan (in trailer) and Miles. Below are SCCCC volunteers Meredith Fuhrman and John O'Hara



Parent Manuel Montero with son Ramsey and Devon Paige, right





Gathering in front of the Willie Mays Statue at A T & T Park in San Francisco are more than 20 Santa Cruz County Cycling Club riders

## Stunning Views on Annual Tiburon Ride

By Patricia Lawson

Around the bay, across the bay and through the bay; Saturday's (Oct. 6) club ride covered quite a bit of territory on a picture perfect day around one of the most beautiful places in the world, the San Francisco Bay Area. Starting under the infamous Willie Mays statue at A T & T Park, ride leaders **Frank and Vita Pritchard** gave directions for the day and sent a good-sized group of riders on their way.

Riding casually along the Embarcadero and observing so many people out jogging, walking or shopping at the Farmers Market and tourist sites, we had to keep our eyes and minds alert to avoid any mishap. Re-grouping at the foot of the Golden Gate Bridge, we rode across the span, taking in the magnificent view that people come from all over the world to experience. Avoiding temptation to ditch the group and just hang out in the town of Sausalito, I stuck with my fellow riders and traveled into Marin County, where we always seemed to have a water view to our right. Lunch was taken in Tiburon where we lounged on a grassy knoll and watched the Blue Angels perform their aerobatic dance in the sky. From the Golden Gate Bridge on, we were on a bike/ped path the majority of the ride, except when we rode through parts of Tiburon and Belvedere neighborhoods with million dollar (or is that multi-million dollar?) homes and views of the bay.

On the return trip, club riders took up a good portion of the Larkspur Ferry with our bikes, but there was still plenty of room to sit, socialize and take in some more scenic shots. Off the ferry and away we went to our various destinations whether it was our cars, visiting family or friends, or staying and having dinner in the city. Thanks for a great day Frank and Vita!

### New Club Members

Gregory Dunn  
Diana Chase  
Susan Matsui  
Don Conant  
Robert Seelig  
Peter Jones  
Carl Mindling  
Michelle Kristensen  
Mary Ann Boegar

## Airlines Raise Fees on Flights With a Bike

Traveling internationally with your bike is becoming more expensive. Airlines which used to offer free transport for bicycles now charge as much as 150 Euros one-way, more than \$300 roundtrip! Sometimes airlines that fly you to Europe may not charge, but, in order to make your flight connection, you must pay a \$100 fee each way from SF to LA for your bike to a domestic airline. Both scenarios may end up costing you as much as 30% more for your total trip.

Why is this happening, and what can you do about it? According to the website [www.ibike.org/encouragement/travel/bagregs.htm](http://www.ibike.org/encouragement/travel/bagregs.htm), airlines began charging more for bicycles last winter because they realized they could without repercussion. In other

words, not enough bicyclists who travel with their bikes raised enough of a fuss to cause the airlines to have second thoughts. Here are two solutions: a) buy a folding bike as airlines do not charge for them; b) rent a bike at your destination, not always possible as few overseas bike shops offer good bikes for multi-day bike touring.

A complete chart of which airline charges what may be found at [www.ibike.org/encouragement/travel/bagregs.htm](http://www.ibike.org/encouragement/travel/bagregs.htm). Do you have a story (good or bad) about flying with your bicycle that you would like to share? Send it to [gracevoss@sbcglobal.net](mailto:gracevoss@sbcglobal.net). Or send your local congress person a letter encouraging him/her to ask questions of airline executives!

## Mother Walks the US in Bike Clothing

In May of 1896, in the hopes of saving their family homestead, Norwegian immigrant mother and daughter, Helga and Clara Estby, took up a challenge put forth by an anonymous wealthy Eastern donor. This challenge was the gift of \$10,000 (a princely amount in those days) to be awarded to the first woman who could independently walk across the U.S., earning her own way as she went and taking only what she could carry. And wearing the newly-fashioned cycling clothes for women. And accomplish this within seven months! Both the thought of women riding bicycles and daring to wear such a radical clothing met with stiff resistance in some circles during this Victorian period. If the fashion industry could use creative promotion to convince large numbers of proper women to shift their sentiments and wear the new bicycle skirts, the potential economic impact was high.

Helga Estby, a woman in her late 30s and already the mother of ten children, with the gumption and courage of the hardest male explorer, set off with her oldest daughter Clara from Spokane, WA, across the Rocky Mountains and the Great Plains with only \$5, a little food, a pistol to keep off unwanted company of any persuasion, and a curling iron for her daughter's lovely hair!

This stunning, true story remained long buried in the family's history due to its shameful nature. Yes, the family considered it shameful! Now it is narrated in the book, ***Bold Spirit: Helga Estby's Forgotten Walk***, by Linda Lawrence Hunt. The endurance and trials of that journey are almost incomprehensible, even to modern women. Check it out at your local library—a pleasingly small format with text interspersed with historical photographs makes a mesmerizing read.



## 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 9:15 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/cue sheet is provided.

### Saturday, November 3

#### Moss Landing

B & C riders start from CCC at 9 a.m.; A riders start at La Selva Beach Market at 10 a.m. All ride to Moss Landing for coffee/lunch; Return: A riders return same way to La Selva Market (25 mi.) B riders to CCC via Elkhorn (38 mi.); C riders return via Hazel Dell (65 mi.)  
Ed Kilduff.....724-2501

### Saturday, November 10

#### Calaveras

Start at Sunol railroad station at 9:30 a.m. Carpool CCC at 8 a.m. A=32mi/1600' B=45mi/2600' C=55mi/3400'

Ric Eiserling .....475-5339 / 336-1040

### Saturday, November 17

#### Progressive Dinner Ride

The food ride of the year! We'll start at 8:30 a.m. sharp at Meredith Fuhrman's house at 433 Cabrillo Ave, Santa Cruz, then on to Emilie Holder's, 140 Corona, Watsonville, then to John and Gerry O'Hara's at 245 Pebble Beach Dr., Aptos. (nearest cross streets are Pinehurst and Dolphin) Dessert to follow.

Jeannine Peerless 426-7239 and Leo Moll 662-9413

### Saturday, November 24

#### Mi Cumpleanos en San Juan Bautista

I will have already turned 56 but this is the closest Saturday to my birthday: so I want to celebrate in a setting we all love. Plenty of pie for all! Starts from Kirby Park on Elkhorn Rd. at 9 a.m.; Carpool from CCC at 8:15 a.m. A=23mi, B=41mi, C=65

Scott Campbell.....426-0989

### Saturday, December 1

#### Gazos Creek / San Gregorio

Meet at the Gazos Creek Rd parking lot at 9:30 a.m. on the ocean side of Hwy 1 just after Gazos Creek Rd. We will ride via Gazos Creek Rd to Pescadero for coffee, then continue on Stage Rd to San Gregorio. Options at that point for further cycling.

Janet Fogel.....438-0706

### Saturday, December 8

Eureka Canyon Tim and Alan's Birthday Ride with pizza!

Meet at CCC at 9am A=35mi/1000', B&C=60mi/2800' lunch at the Summit Store; A's start from Corralitos or 5mile house to summit and return (35mi). Remember it can be chilly on Highland, bring warm clothes. Meet at Tim's house after the ride for a pizza party, (500 Glen Canyon Rd.)

Alan Eklof .....427-9760

(Tim McCloskey associate ride leader)

### Saturday, December 15

#### Kirby Park to San Juan Bautista

Start at Kirby Park at 9 a.m.; carpool from CCC at 8:30 a.m.; A=22mi/800', B=40mi/1200', C=62mi/1800'

Mike Andalora.....831-247-9722

**All ride participants must wear helmets and obey traffic laws!**

## Tuesday Riders Ramble Across Santa Cruz, San Benito Counties



Tuesday riders at all-purpose store on Casserly Road



Where have they been? At left, Bart and Joan Favero and, right, Tuesday ride coordinator Janie Tibbals

Saturday, December 22

Pescadero to Half Moon Bay

Ride starts in Pescadero near the church (do not park in church lot) at north end of town at 9 a.m. Carpool from CCC at 8 a.m. A=25mi/1000', B=45mi/2500', C=55mi/3000'

Meredith Fuhrman.....475-0758

Saturday, December 29

San Juan Bautista—THE HARD WAY Via Old San Juan Grade

Meet at CCC 8:45 a.m. for carpool. Start at Pizzini's fruit stand at 9:30 a.m. on Molera/Nashua Rd off Hwy 1 Ed Kilduff .....831-724-2501

Saturday, January 5

La Honda Ramble

Start time will be 8 a.m. at CCC for carpool. 9 a.m. at Page Mill / Hwy280 park n ride in Palo Alto. Route will go up Old La Honda Rd and over Skyline down to Hwy 84 then back to Alice's for lunch and C riders may go north after lunch to Kings Mountain Rd and down while A/B riders may descend 84 to start

Grace Voss 831-426-4884/Pat Lawson 408-379-6949

### Countdown On for Cell Phone Ban By Motorists While Driving

California state law prohibiting automobile drivers from using hand-held cell phones goes into effect July 1, 2008.

Tuesday, January 1

Emilie's Annual New Years Day Ride and Brunch

15 and 30 mile courses. We ride at 10 a.m.; come early for coffee and snacks. Rain does not cancel. Visiting relatives and non-riders are welcome for brunch ! Please RSVP so we'll know how many muffins to make.

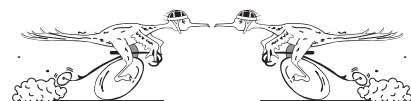
Address: 140 Corona Ct., Watsonville.

Emilie Holder .....831-724-1096

### Thank You Ride Leaders

The following people lead club rides for September and October. Thank you!

Ric Eiserling  
Eileen Beaudry  
Jim Denton  
Bart Coddington  
Scott Campbell  
Alan Eklof  
Frank and Vita Pritchard  
Debbie Hale  
Janie Tibbals  
Ed Kilduff





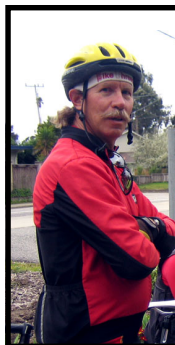
# Map My Route Website Makes It Easy to Design a Club Bike Ride

By Longrider

Have you ever wanted to find out the miles and elevation gain you traveled on your most recent bike ride? Would you like to be able to give others a detailed route sheet, one with all the correct turns plus mileage between turns? Well, with the help of some wonderful websites, you can. One of the websites, **Route Slip.com**, works great for some things but doesn't allow editing of routes, nor does it save changes. So, I would like to tell you about **MapMyRide.com**, which is a much more flexible site.

To get started, you should sign up to be a member. It's free and spam-free too. Once enrolled, you will be able to create a personal route for yourself and others. Each route is saved in the website's database, easily accessible by anyone who wants to see a specific area ride.

Here's a step-by-step way to create your own route on **MapMyRide.com**. Start by going to the map of the area you want to ride in. Place your mouse on the road, park, or shopping center where the ride will start. Click on the map and a small flag will appear. Move the mouse away from the flag, then back again and a window will pop up. Place your cursor in the window and click. This allows you to type in any message or comment you want. Click the OK button and the window will disappear. Now move the mouse to another point on the map and click again to create another point. Continue following along the streets you want to ride on and click at every bend in the road to make your line follow the road. (It may take two or more clicks to get your line to follow the bend in the road.) You may move the point after you place it on the map, or click the Undo button to remove it completely. At the intersections, click on the place you want to make a turn. Move the mouse off the point, then back on and click on the point. The window will pop up for you to type in the turn designation, (left, right, continue, or becomes) and type in the name of the street. The map will re-center itself when you get near the edge, which can be annoying. You are able to move the map in any direction by clicking and dragging the map in the direction you want to go. With a little practice you will get the hang of it quickly.



On the right side of the map you will see some picture icons which may be used to indicate aid, water, bathrooms, etc. To use these, click on the icon before you click on the map. When the window pops up, you will see in the window the name of the icon you used to begin your comment. For instance, let's say you want to show where one can find water. Click the water icon, then click on the map. When you click back on the flag, the window pops up and in the window tell everyone where the water is.

After you finish plotting the route, you may save the route, give it a name and even add more information about the route in the comments. You may print out a cue sheet with mileage and elevation information.

This is an overview of how to plot your routes. For more detailed information, click on the Help button. There are even videos on how to plot your routes. In addition to plotting routes, you may view other routes, search for events, post events, create a training log, and calculate calories burned.

Well, I hope you have fun with this helpful website and plot loads of rides for us to use.

## Karen's Fat Tire Adventure

By Karen Kefauver

My mountain biking debut in Canada was just like in the movies! After years of watching radical riders tackle the legendary mossy green trails of British Columbia in the Banff Mountain Bike Film Festival, I knew just what to expect recently on a steep singletrack trail: lots of elevated, narrow wooden bridges to navigate! My afternoon group ride was not too gnarly by Banff Mountain Film standards, but the adrenalin factor was still high thanks to the fun maze of trails shown to us by ride leaders, Chris Ford and Grant Lamont, from Whistler Bike Guide.

On a chilly, overcast Saturday afternoon in mid-October, the guides took a group of us on a three-hour bike tour of Lost Lake and other scenic spots not far from Whistler Village. (The trip was sponsored by **Outside Magazine** as part of the third annual Adventure Travel World Summit, hosted by the Adventure Travel Trade Association.) My favorite part of riding was approaching and carefully crossing the wooden-planked bridges, which were narrow, uneven and twisty. It was a fun challenge to stay on course on the five or six bridges I came across in the woods. I confess it was not too bad when I dropped a foot off the side of the bridge one time.

When a heavy rain started to fall, it was time to head back. I was happy to have a taste of cross country adventure in a town where downhill mountain biking is king. Whistler Bike Guides plan to offer guided one-day and multi-cross-country tours in 2008. Check them out: <http://www.whistlerbikeguide.com/>.

At left, SCCCC member Karen Kefauver pauses to catch her breath atop the mountain before she zooms down the "Gee, I Like Your Pants Trail" at Whistler, British Columbia





# Oregon Offers Awesome Scenery, Visit With Old Friends

By Vita Pritchard

The spinning wheels of an adventure last August brought the excitement of meeting both new and old friends, the joy of planning a trip, the beauty of Oregon and the fun of bicycling. Today my body and mind keep moving, but with no further purpose or destination. So, while I am still “on the move” emotionally, I want to share this experience with all of you.

Eight of us signed up for the Cyclists for Cultural Exchange program. This year we had two guest participants from Turkey: **Sadan Okmen and Hilmi Uysal**. Sadan was already part of the CCE family from previous trips, while Hilmi became a dear friend instantly, with his disarming smile, eagerness to help, enthusiasm and curiosity to learn about nature, Americans and US culture. Other participants were **Scott Campbell, Pam Slocum, Keresha Duhram, Jim Keenan, Frank and me**.

We were bicycle enthusiasts, adventurers, travelers, environmentalists, and peace dreamers. This made our daily camping life pleasant and easy going. We did our chores (shopping, cooking, cleaning, breaking up camp) systematically and with joy. Each day I woke up to a delicious smell of coffee that Jim made. We cooked gourmet

dinners featuring Turkish – Russian – American food, which inspired Hilmi and Sadan to sing traditional Turkish songs to the sound of Hilmi’s harmonica.

There were no assigned tasks or people in charge. We easily made agreements and decisions about everything – food, routes, distances, and destinations. And I made an important discovery on the first day in Oregon—it was beautiful!

We camped three nights at Dorena Lake, 18 miles south of Eugene, where we did local rides through historic covered bridges over the Willamette River, through the city of Eugene and even around Dorena’s reservoir. Then we moved to Diamond Lake, and did a short, steep ride to and around famous Crater Lake. Every grade was worth climbing – the views of the lake were spectacular! The beauty of the place was intense and the weather sunny and bright.

Without realizing, we planned the route so that its beauty increased day after day. The high point, both, in terms of beauty and elevation, was not Crater Lake, but a small city on the Oregon coast called Brookings, across the Californian border.

In Brookings, Linda and Frank Correia, who moved there from Santa Cruz a couple of years ago, generously opened the



Oregon travelers

doors of their home and their loving hearts to us. We set up our tents in the garden, next to the Linda’s precious tomato patch. The Correias cooked delicious meals for us and took us on their favorite rides. We wished we could have stayed longer. But all too soon, the morning came when we had to say “good bye” to Linda and Frank, and to Oregon.

However, the end of Oregon was not the end of the CCE program. Part of the group stayed in San Francisco for a couple of days in a Days Inn (generously arranged by **Emilie Holder**), and then continued on, accompanied by Santa Cruz friends.

Now that I am home, the trip’s experience lingers. It has created long-lasting feelings involving trust, friendship and beauty, which will take weeks for me to understand and digest.

## *Italy Offers the Trissells a Delightful Bike Tour of Tuscany*

By Kathy Trissell

Olive groves and vineyards fill the senses by day, olive oil and wine fill the table by night – such are the rewards of a cycling vacation in Tuscany. With the sweltering heat and the crowds of summer past, Phil and I found many rewards recently in Italy.

Our vacation began in Laigueglia - a small, medieval village along the Mediterranean between Nice and Verona. In February, Laigueglia hosts a four-decades-old pro cycling race. One wall along the sea walkway features tiles autographed by cyclists who have tackled the hilly race. During the summer, it’s a seaside resort packed with vacationing Italians. By October, the 13th-century village is a relaxing respite of lazy waves and plates of pesto-laden pasta. We spent two days swimming in the Mediterranean and cycling. A bicycle path skirts the sea and takes riders southeast to Alassio- a hectic seaside town with a friendly bike store and a variety of shops and restaurants.

From there, we hit the road following the coast through Tuscany. What we learned is, no matter how narrow the road or how heavy the traffic; speeding Italian drivers give plenty of leeway to cyclists. We spent our time around Siena and Chianti. Each October, this region hosts L’Eroica, an annual event celebrating the history of cycling. The 200-kilometer ride attracts more than 2,000 cyclists with most riders tackling the challenging course on early 20th century bicycles, dressed in traditional garb and accessories.

Phil and I rode a few sections of the L’Eroica, parts of which are rough gravel roads. The back roads of Tuscany in October are a cyclist’s dream—a rich landscape of ripe olives and grapes and little traffic.

One of the best rides we’ve ever done was in Chianti. Beginning in Pianella, the ride took us over long, but never steep, climbs to a castle and on to a hilltop village called Castagnoli. There we found a cozy restaurant with a deck offering dramatic views and comfort food such as the hearty, traditional

Tuscan soup – ribollitta. From Castagnoli, it’s sweeping downhill that Phil characterized as one of the best of his life. A quick turn into Gaioli, takes you to the basecamp for L’Eroica. From Gaioli, it’s another 15 miles of rollers and downhill back to the start. In 30+ miles, we had nothing but smooth pavement and fewer than a dozen cars.

Near Pianella, we discovered the pleasures of the agriturismo, a government program that allows small, family-run farms to offer rooms to rent. In our case, the proprietor was Fabio Miscianello, who owns a landscape of stone buildings set on a hilltop with views of the Chianti region. He grows grapes and olives for wine and oil. With a luxurious pool perched on the edge of the property and cozy rooms with feather comforters, it was a night of pampering.

And that was our Italy – 10 days of beautiful sights and smooth roads yet we were still left with trails we wished we could have traveled and hills we had no time to climb

# 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

**Community Bicycles**  
131 Front Street, Suite C  
Santa Cruz 95060  
Matthew Staker 425-7930

**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](http://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**  
1203 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="radio"/> New Member Membership <input type="radio"/> Renewal Membership <input type="radio"/> Information Change Only		Please check the appropriate box(es) <input type="radio"/> Individual (\$20) <input type="radio"/> Family (\$30) <input type="radio"/> Junior (under 18) (\$10) <input type="radio"/> Business Membership (\$50) Please send newsletter via email (as PDF file) <input type="radio"/> US Mail <input type="radio"/> Both <input type="radio"/>			

**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

# November–December 2007

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	2	<b>C</b> 3
4	7 p.m.Board Meeting 5	<b>C</b> 6	7	8	9	L 10
11	12	<b>L</b> 13	14	15	16	U 17
18	19	<b>U</b> 20	21	22	23	<b>B</b> 24
25	26	<b>B</b> 27	28	Race Team Meeting 6 p.m. 29	30	1
2	7 p.m.Board Meeting 3	<b>R</b> 4	5	6	7	<b>R</b> 8
9	10	<b>I</b> 11	12	13	<b>Fun Ride</b> 14	<b>I</b> 15
16	17	<b>D</b> 18	19	20	21	<b>D</b> 22
23	24	<b>E</b> 25	26	Race Team Meeting 6 p.m. 27	28	<b>E</b> 29
30	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](http://www.santacruzcountycycling.org) - P.O. Box 8342 Santa Cruz, CA 95060  
 (valid only with member's mailing label)