

Bike Book Author Was a Man of Many Interests

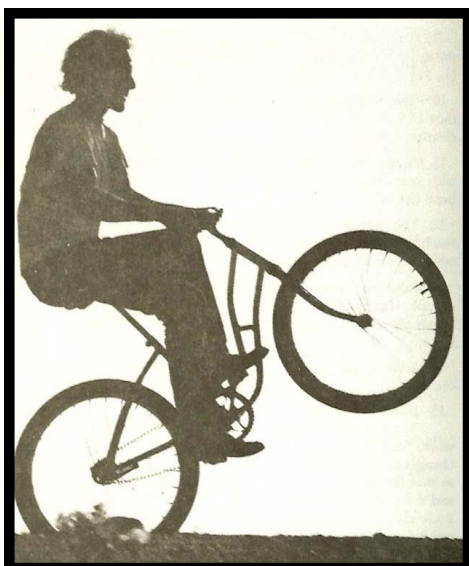


Photo by Paul Schoellhamer

Book Excerpt

Here's Tom Cuthbertson telling his readers how to coax the tire back on the rim after fixing a flat. "So use your hands and your patience and your perseverance. Franz Kafka once said, 'There is only one human sin—impatience.' Not that I expect you to keep your patience when that tire bead bites your finger, then jumps off the rim. When you've just got to throw something, don't throw the wheel. Grab a handy wrench and throw it...Just be careful where you throw it." (p. 99 *Anybody's Bike Book*)

Tom Cuthbertson, author of *Anybody's Bike Book*, was remembered as a joyful and legendary somebody for his many interests at a memorial service Dec. 2 attended by more than 300 people at the First Congregational Church in Santa Cruz. Paul Schoellhamer set the tone for the evening by saying the audience was an eclectic gathering, ranging from bikers to surfers to Scottish dancers to facon lovers to winemakers to high tech folks, all drawn together through friendship with Cuthbertson. Calling his friend Peter Pan for his lifelong exhuberance due to an active, creative childhood, Schoellhamer also cited Cuthbertson's influence on biking. "Tom played a major part in the awakening of this country to the fact that bikes are for adults, not just kids," he said. (Cuthbertson's bike book, published in 1971 and still in print, has been praised for its practical nature, sense of humor and readability. To date, it has sold over a million copies.) The book showed, according to Schoellhamer, how well its author "could focus on the person he was writing for." Citing the book's most complex chapter—the power train—Schoellhamer said Cuthbertson "took it apart and reassembled it dozens of times until he felt it was right. Then, years later, he changed it again!"

Brian Loehr, who lived across the street from Cuthbertson for 15 years and accompanied him on bike rides in the Santa Cruz Mountains, said his friend was an intrepid explorer. Sometimes the paved road they were riding on would turn into a dirt trail which often disappeared completely.

Undaunted, Cuthbertson would plunge into the underbrush, certain that the trail would reappear. Another bike friend, Andrew Muir, told how, one day in the mountains, a large dog barked his warning and then began chasing the duo. Muir sped up, only to hear the barking stop. Upon returning to find out what happened to his friend, he saw Cuthbertson lying on the street staring at the dog, who sniffed him, then retreated to his property! Muir said Cuthbertson was "larger than life—a man who packed 120 years into his allotted 60. (Cuthbertson passed away Oct. 9 from cancer).

Cuthbertson is survived by his widow Colleen Brokaw, former wife Pat Zylius, sons Cory and Ian, stepsons Dylan and Chancey, grandson Aiden and others. About 100 riders biked to Davenport and the Swanton Loop Nov. 13 from Santa Cruz in his honor.

Bike Safety Class to Start

This series of six lectures and six rides will include conditioning, cycling physiology, bike handling techniques, equipment essentials, bike sizing, road repairs and climbing and descending techniques.

It is taught by Scott Campbell, league certified instructor, with some guest lecturers. It begins at 7:30 p.m. Wednesday, Jan. 18 in Room 311 of Cabrillo College. Pre-register by Jan. 16. Sunday rides depart from the college parking lot at 10 a.m. and return by 1 p.m. Cost is \$20. Contact Scott at 479-3575 or longrider_scott@sbcglobal.net.

Club Meeting

7 p.m. Wednesday, Jan. 25
Simpkins Swim Center

Bike Advocacy Groups Find New Locations

Starting January 1st, the **Bike Church**, a bicycle maintenance cooperative, will open its new doors at 703 Pacific Avenue (corner of Pacific and Spruce Street near The Saturn Cafe) in a neighborhood striving to be upscale. Its immediate suite-mates will remain **People Power, Ped X** (a courier service) and the **HUB** (an advocacy group for sustainable transportation), while its floorspace for working on bikes will more than double from 400 square feet to over 1,000 square feet. A meeting room will be available for community groups. In addition, a welcoming parking lot out front will allow for the friendly camaraderie between mechanics and bike owners that the **Bike Church** has always been known for.

Customers, who donate \$5 per hour for use of bike tools and mechanics' expertise, will have more room to repair, rebuild or tear down and create bikes.

In business for at least the past 10 years, the **Bike Church** is occupying its third location, having moved from 224 Walnut Ave. #C, where it has helped customers of differing income levels from "the homeless to city council people," according to mechanic **Troy Allman**.

To be successful in its new digs, the **Bike Church** is seeking donations to reach its \$10,000 relocation goal. The **City of Santa Cruz** has given it a \$5,000 grant, providing **Bike Church** support staff improve the front of its new home, a former service station. Other income is generated by the \$5/hour donation, the sale of bike



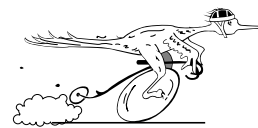
Known only as "Bug", this UCSC student is one of many clients of the Bike Church, now located at 703 Pacific Avenue near the Saturn Cafe.

parts 50% above wholesale to mechanics who donate their time at the **Bike Church**, and **Bike Church** memberships (\$80 lifetime; \$35 annual and \$15 monthly).

The **Bike Church** is open from 3 to 7 p.m. Mondays through Saturdays. **Donations may be sent to 703 Pacific Ave., Suite B, Santa Cruz 95060.**

Also moving is the **Santa Cruz Area Transportation Management Association (TMA)** and its various programs, including **Bike Smart! Bike to Work/School** and the **Electric Bike Subsidy Program**. They have moved into new offices at 211 River Street on the second story above the Santa Cruz Title Company. The move was prompted by the recent expansion of **Ecology Action**, the Santa Cruz Area TMA's umbrella organization, and its need for more space. Despite joining the multitude of cube workers, **Saskia Lucas of Bike Smart!** is delighted with her "real window" and view of a currently red maple tree and the Mission Hill sandstone hillside.

Feel free to come by and visit or call her at 423-6231 X129.



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.

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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: Year-End Review

By Richard Bedal

At this time of year, it is appropriate to reflect on what we have accomplished in 2005, and to set goals for 2006. It is impressive what volunteers can do by donating their valuable time. Here is a sampling of what the Santa Cruz County Cycling Club accomplished in 2005.

- Conducted numerous training rides for beginner and re-entry cyclists
- Sponsored a high school-age cyclocross team
- Sponsored the Bike Church's recent move to a larger location
- Sponsored a local bicycle racer (Sarah Kerlin), who participated in the World Cyclocross races in Germany
- Sponsored several Turkish bicyclists who traveled to Santa Cruz for bicycle-related activities
- Greatly improved the content and appearance of **The Roadrunner**
- Continued the ever-popular Tuesday and Saturday rides
- Increased membership by 54%
- Provided volunteers at Bike Smart's bike rodeos at local elementary schools
- Started participating in the AARP driving classes so that they can receive the bicyclist's perspective and we can learn from them
- Participated in the Bike to Work Week programs
- Conducted the very successful Seventh Annual Santa Cruz Mountains Challenge
- Club volunteers inspected over 500 helmets for participants in the annual Superkid Triathlon

The point is that we, as a club, are making a positive difference in the community, and each of you who has given of your time should be proud of what you have done.

For this new year, the Board has agreed on continuing the club's successful programs and has started setting new goals, such as upgrading our website, posting a list of rides on our website and substantially increasing the amount of money we will be giving back to the community through donations and grants.

I wish each and every one of you a safe and enjoyable year of bicycling.



Pedal Power for People Power

Club President Richard Bedal generates power via bicycle for People Power executive director Micah Posner at the mike during recent opening ceremony for new bicycle lanes on Beach Street. About 25 SCCCC members attended the ceremony. For more photos of the day, see page 7.

Stolen Bike List

A list of stolen and recovered bicycles may be viewed at www.ci.santa-cruz.ca.us/pd/Bikes/Bikes.htm

California Tour to By-Pass Santa Cruz

Amgen, a biotech company, and AEG are sponsoring an eight-day stage race for professional bikers called the **Tour of California**, starting in San Francisco Feb. 19 and ending in Southern California Feb. 26. Six European and three US teams are entered. After the prolog in San Francisco, racers head to the wine country for stage one. Stage two goes from Martinez to San Jose while stage three is a time trial in San Jose. Stage four (which by-passes cycle-friendly Santa Cruz) starts in Monterey and ends in San Luis Obispo, while the final stages include Santa Barbara and Redondo Beach.

East Cliff Drive Bike Lane Meeting Jan. 12

Bill Simpkins has announced a 7:00 p.m. meeting at the Simpkins Swim Center to discuss extending the East Cliff Esplanade bike lane from 17th Ave. to 41st Ave. Live Oak Supervisor Jan Beautz will be present. Interested bikers are encouraged to attend the 90 minute meeting. More information may be obtained by contacting Simpkins at bill@airtalk.com.

Club Race Team Director's Passion is Cyclocross

By Glide A. Long

"Cyclocross is my passion. I got hooked on it from the first time I watched it. It involves off-road and on-road tactics. You have to think a lot during the race. Races last only a short time, and there's not a lot of room for mistakes. I also like the feel of the people who come out for cyclocross...their consciousness. They're more crazy."

These are the words of Mr. Cyclocross Race Organizer of Santa Cruz County, David Gill, a just-turned-40-year-old who is responsible, not only for coaching the SCCCC race team, but also for organizing many of the winter season's cyclocross races. And these words came after an Oct. 1st accident on his racing bike up at UCSC, where David went head over handlebars as his forks collapsed after hitting some redwood logs at the bottom of a gully. While he "never lost consciousness" and eventually walked away from the debacle, David said his friends who were there and witnessed his fall were more scared than he was, and his broken helmet attests to the severity of the fall. Due to the accident, David has spent the past two months organizing cyclocross races instead of participating in them while undergoing acupuncture and massage to dispel the effects of a stiff neck. He says he feels fine now.

A self-proclaimed 'computer geek' in his other life, David has coached the race team on and off with Barnaby Lee (who is now in Ukiah) since 1997. Up until the end of daylight savings time, the team of 20 (16 guys and 4 girls/women) practiced on Thursday evenings on a course set up at Harvey West Park. Practicing cyclocross technique can



David on an inclement day

determine whether a racer wins or loses, according to David, as races last only 30 to 60 minutes as opposed to road races which may go on for several hours. "It's all about technique," he says. "It's not about strength." And apparently David's coaching has brought results as a Nov. 6th national championship race in Watsonville resulted in two winners for SCCCC—Philip Sims in the single speed division and Winona Hubbard in Category C.

While cyclocross is his current passion, David has always been fond of mountain biking. A Santa Cruz native who went backpacking with his dad as a child, David loves the out of doors. Mountain biking, however, taught him he could cover more territory while learning the lay of the land. When healthy, he enjoys bike outings in Henry Cowell State Park, Wilder Ranch, the environs of UCSC and Nisene Marks Park. "I like the sound of nothing," he says of his love of the natural world.

David's bike collection is a combination of road and mountain bikes and numbers almost 20! His first bike, a Park Pre mountain bike,

had "horrible suspension", so he graduated to a GT which he almost rode to its death. For the roads he favors a 1981 Bianchi he acquired in 1997, a six-speed model with shifters on the down tube, and, unfortunately, he suffered the loss of his fantasy bike due to theft not long ago—a titanium Merlin ExtraLite, which was taken from his car rack. His cyclocross bike is a Rock Lobster.

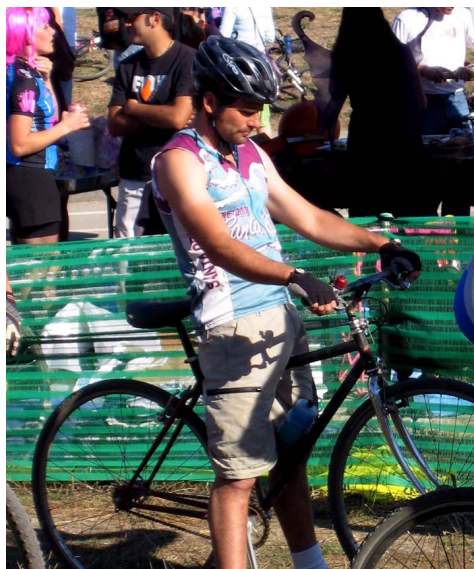
Besides arranging club-sponsored races, David also works with Rod Hernandez and Keith Defiebre to set up the Central Coast Cyclocross series of races, which started eight years ago with 50 racers and has grown to 200 contestants. The Grand Prix series of races, which he is also involved in, features up to 400 racers. And the FIAC national event, held last November, was successful thanks to his team members, especially Mark Ripley, Doug Smith, Jeff Clark, Simone Montez and Ron Riley, as well as members of the UCSC racing team.

The SCCCC racing team is fortunate to have an energetic and healthy David Gill at its helm.

New Club Officers

Stepping in to fill new club officer positions are: **Ric Eiserling**, vice president; **Jeannine Peerless** and **Sally Salmon**, social directors; **Alan Eklof**, ride coordinator and **Saskia Lucas**, Education Director. At present the office of treasurer is vacant. Anyone who likes to deal with money is encouraged to contact club president **Richard Bedal** as soon as possible!

The Many Faces of a Cyclocross Racer



Cyclocross racing is a combination of the steeplechase race in track and field and a cross country running race, with a bicycle thrown in. It involves riding a bike over hill and dale and across obstacles, all the while maintaining one's balance and not losing the all-important bike chain! It is a difficult sport, demanding both speed and endurance as racers must cover arduous circuits in events that last either 30 or 60 minutes. On Sunday, Oct. 30, Soquel High School was the scene of the second in a series of three Surf City Cyclocross races sponsored by Velo Bella, a local women's racing team. Mike Martin of the Santa Cruz County Cycling Club Race Team placed sixth out of 14 racers in the single speed race. This means he raced for an hour without the benefit of gear shifting (as did all the racers in his event) over all sorts of terrain. Here are photos from that event, one of seven races held that day.

The Tuesday Ride to Nowhere and Back Again!

By Rhoda Bike

One Tuesday in early November, **Leo Moll** had a plan for a new route. From Scotts Valley, take the Sky Park bike/pedestrian path to Mt. Hermon Road and then ride Lockhart Gulch Road three miles and return after it turned into a private road. The second steep grade, accompanied by three maddening speed bumps, was Covenant Lane, which ended in an unexpected gate with locked chain after a mile of difficult climbing. At this point, dissension among the 13 riders reigned supreme, with Leo abdicating leadership to **Ric Eiserling**, who mischievously promised a less steep and more direct route to lunch in Ben Lomond. It sounded viable. But wait. Remember, this was the Tuesday climbing ride to nowhere and back again. Promises were not what they seemed. Ric lead the group to its first

cyclocross obstacle of the day—the short but tricky descent off Mt. Hermon Road to East Zayante, where the riders again entered redwood territory by climbing up Lompico Road to its end and back to Quail Hollow Road for yet another climb to its summit and, gratefully, down Glen Arbor for the day's highlight—lunch at the Ben Lomond Market. Ah, sweet rest!

Re-energized, and still with faith that Ric would not lead them too far astray, the riders retraced their route to East Zayante, where they entered the Mt. Hermon Redwood Camp, with its mischievous rear trail that quickly climbs and then evaporates into the day's second cyclocross—choppy remains of a bike path through redwood droppings, sand, gravel and sinewy ups and downs, for 3/4 of a mile before emerging (whew!) onto traffic-loaded Mt. Hermon Road.

By now, the day's early sunshine was giving way to afternoon clouds in the hilly suburbs of Scotts Valley. (On Whispering Pines Road, the only whispering to be heard was the heavy breathing of the bikers as they climbed the day's final hills.) Thanks to both **Leo and Ric** for a challenge of 28 miles and 2600 feet! Club members had the following comments: **Linda Brodman** said the ride was "fun and full of comraderie, especially not knowing where exactly we were going! The redwoods still hold secrets." **Lex Rau** said the route "took me to new places, new sights," while Ric's best description of the day was "circuitous." For **Amy Honjo**, it was "adventurous" while **Jeannine Peerless** titled the ride Leo's Labyrinth. Despite early dissension about the route, **Larry Puretz** thought the riders showed unity.

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 Bart Coddington 475-5234

Full Moon Rides Continue in January/February

Scott Campbell will lead full moon rides starting at 6:30 p.m. Jan. 14, from CCC to Natural Bridges, stopping for dinner at Taqueria Vallarta. The Feb. 13 ride begins at Natural Bridges; dinner at same place.

Capitola Community Center (CCC) is located at Jade Street Park on Jade St. @ 45th Ave. in Capitola.

All ride participants must wear a helmet, bring essentials for bicycle repairs, have a bicycle that functions well, and obey traffic laws! No head sets allowed on club rides.

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, January 7, 2006

Along the Coast to Highway 1

Start from CCC 9 a.m., ride goes past Sunset Beach to produce stand at end of Jensen Road above Moss Landing; return via San Andreas or Pajaro river bike path. A=20/800'; B=35/1200'/C=55/1500'

Ric Eiserling 475-5397

Saturday, January 14, 2006

Los Gatos to Morgan Hill

C ride only; meet at Nob Hill at corner of Los Gatos Blvd. and Los Gatos-Almaden Rd. at 8:30 a.m. (CCC at 7:45 a.m.) 60+/- 1,500'; pace 12-14mph.

Bart Coddington 475-5234

Club Shorts...

All members will receive **The Roadrunner** electronically UNLESS they have checked "mail" or "both" on their SCCCC application, or notified **Leo Jed** personally of their desire for a 'snail mail' copy. (leojed@hotmail.com)

Welcome new club members: **Andrew Werneke, Erin Blackburn, Janet Byler, Jennifer Whall, John Carver, Kim Kinney, Marshall Otwell, Elizabeth Cantu, Amy Honjo and Marianne Beckwith.** Welcome back: **Hank Niles, Michael Neeley, Rob Atack and Lisa Starnd.**

Saskia Lucas, education director for SCCCC, will speak on vehicular cycling at the club's general meeting starting at 7 p.m. Wed., January 25.

Saturday, January 21, 2006

Monterey and 17 Mile Drive

Start from vacant Marina K-Mart (park behind the 7/11 gas station), Reservation Rd. turnoff from Hwy 1; 9 a.m. Carpool from CCC at 8:15 a.m. A=33/600'; B=47/2700'; C=52/3100'

Herb Greenfield 685-8914

Saturday, January 28, 2006

Pescadero/LaHonda

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

Shalom Compost 423-7871



On tour in southeastern China last October were Patrick Kretsch (on left), Laurence Fogel (second from left), Janet Fogel (on facing page), and Janie Tibbals. En route to Yangshou, Yao ladies offer rice wine to the men.



Riding the new bike lane on Beach Street after a Dec. 13 ceremony are, left photo (l to r) Linda Brodman, Betsy Schwartz, Richard Bedal, Helga Wiench, Jeannine Peerless and Janie Tibbals. At an en route stop at Gayle's Bakery, right photo are (l to r) Larry Poretz, Martha Bedal, Bob Carroll, Lilly Ann Popken, Howard Swann, Jeannine, Charley Fisher, Leo Jed, Bart Coddington, Betsy, Herb Greenfield, Michael Hudick and Jim Keenan. The opening ceremony was premature as the "red tape" mixture of crushed rubber for the median which will separate bikes from traffic had not yet arrived from Oregon.

Saturday, February 4, 2006

Bean Creek/All Saints Ride

Meet at 10 a.m. on Paul Sweet Rd. across from the cemetery (below Chaminade); Branciforte, Glen Canyon, Navarra, Glenwood, Bean Creek for 35 miles. Prize to whoever can guess correct elevation.

Mike Andolora 247-9722

Saturday, February 11, 2006

Davenport, Swanton and Coastanoan

Start from CCC at 8:30 a.m. A=30/500'; B=45/1000'; C=50/1500'

Jeff Totten 465-9223



Saturday, February 18, 2006

Eureka Canyon

B and C leave from CCC at 9 a.m. and return via San Jose/Soquel Rd; A leave from 5-Mile House at 9:45; lunch at Summit Market; A=35/1000'; B/C=60/2800'

Winona Hubbard 419-9994

Saturday, February 25, 2006

Monterey Bike Path and Fort Ord

Start at Pezzini's at 9 a.m. (park on road); take Nashua Road exit after Castroville, go over freeway, it's on right; carpool CCC at 8:30 a.m. A=20/500'; B=35/1000'; C=50/1500'

Betsy Schwartz 476-7811

Saturday, March 4, 2006

Palo Alto/Woodside

Start from Park n Ride on Page Mill/Highway 280 at 9 a.m. Carpool from CCC at 7:45 a.m. A=30/2200'; B=41/2200'; C=45/4000'

Alan Eklof 427-9760

Leo Moll's Safety Tip:

Always wear "sun glasses" for wind, bug, and UV protection. HOWEVER, the shading of the glasses should be light or clear. Dark shading makes the road surface indistinguishable when entering deep shade. Can be dangerous when going downhill in a forest (e.g. Hazel Dell)

Biscuits and Gravy Along the KATY Bike Trail

By Bart Coddington

Last October I biked with a Sierra Club group on the Katy Trail, the longest rail-trail in the US at 225 miles. It is the former corridor of the Missouri-Kansas-Texas (MKT) Railroad now nicknamed Katy. Our longest day was 45 miles and our shortest 12 miles

It was interesting to see how a whole industry has developed along this trail. Some of the B&B's receive more than half their business from the trail. Residents of St. Louis have their own KATY connection, while train service is also available to Sedalia. At each of the trailheads is a parking lot, toilet, water and an information kiosk.

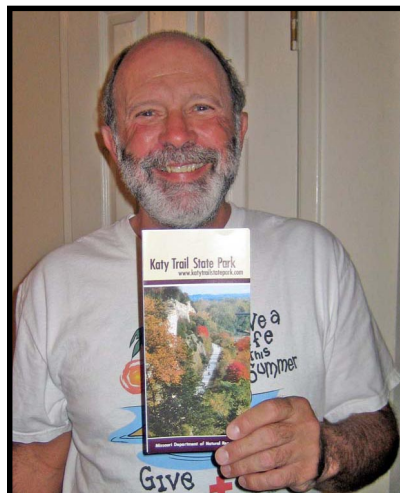
Our group met in St. Charles, near St. Louis, where we left our cars. From there we were transported by van to the western end of the trail in Clinton, where the cattle drives from Texas ended.

We had a pre-arranged history tour in Clinton where the local historical society boasts a wonderful museum with stores displaying local industries. From Clinton we rode to Sedalia, site of a restored train station housing a railroad museum. The day's ride then took us to Boonville, a whopping 950' above sea level. Anything related to Daniel Boone is big business in both Missouri and Kentucky. Here we stayed at Rivercene B&B, built by a riverboat captain when the river was only 100' from the front door, (now a half mile away.) Three of us slept in the pink nursery and enjoyed an enormous breakfast of **biscuits and gravy**, which made it hard to start out the next morning!

Our shortest ride was to Rocheport, where we passed through a tunnel featuring Indian petroglyphs recorded by Lewis and Clark.

One day we went canoeing on the Missouri River, which is like paddling in thin chocolate pudding. That evening at a local winery we ordered burgers or brats, concluding one should not travel to Missouri for the wine! Then it was on to Jefferson City, capital of Missouri, where police escorted us over a bridge on a busy road. The tour of the capital building featured impressive paintings and three massive stained-glass windows. The legislative lounge reflected the state's social history in a unique 360-degree mural.

We re-crossed the Missouri River to Hermann, where most settlers from Pennsylvania turned to wine production as the area was too rocky for farming. Then we rode to Augusta, unaffected by the previous night's rain. (The KATY Trail has finely-crushed limestone on top of a compacted rock bed. Water drains right through, leaving a hard surface.) We enjoyed lunch at the general store in Peers



Bart Coddington, intrepid traveler and Tuesday ride coordinator, rode 225 miles across Missouri last October with a Sierra Club tour group, enjoying homemade wine, biscuits and gravy along the way.

with its screen door that slams, a wooden floor almost worn through and a charming honor system. You order sandwiches in the back and, on the way out, tell the lady at the register what you ate and drank. Very nice!

The sky grew darker as the day went on. Upon arriving in Augusta, it rained, turning into a real downpour with heavy lightening and thunder. I was glad to be in the nicest of the B&B's on our trip.

Our last day was the return ride to St. Charles on a dead-level trail. Again, no signs of the heavy rains from the prior night. It was also bitter cold and the cloud cover was very low, our only bad day of weather. In St. Charles, we enjoyed a final meal at the Trailhead Brewery – a stone's throw from the KATY Trail. (The Sierra Club publishes its annual biking outings in its January issue. Go also to <http://www.mostateparks.com/katytrail/index.html>.)

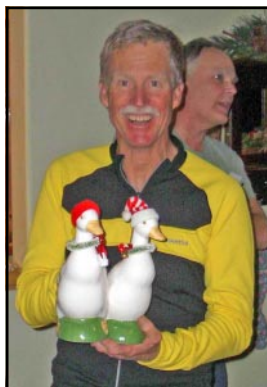
Sign Up Now for Two Popular Bicycle Tours

Registration begins Jan. 16 for the 19th annual Sierra to the Sea bike tour sponsored by the Almaden Cycling and Touring Club of San Jose. This popular tour features changes in itinerary, including a start at Bear Valley and a first-day descent of 11,000 feet to Jackson. Day three features two ferry boat crossings in the Delta. Otherwise, the route is similar to past years. More highlights of the seven-day tour, priced at \$555, are available at <http://www.sierratosea.org>.

The 17th version of **Go Greenbelt!**, a pledge ride for open space, will occur April 23-29. This tour, which raises money to halt urban sprawl, is halfway toward its 70-rider limit. Tour begins and ends in San Francisco and features overnight camping at local churches. More information is available at http://www.greenbelt.org/getinvolved/events/go_overview.html.

Christmas Party Gift Exchange is a Ho Ho Ho Celebration

(Photos by Osman Isvan)



In photo at left are Michele Whizin and Matthew Werner; center photo is Alan Eklof; right photo is l to r: LillyAnn Popken, Gary Harrold and Ric Eiserling. LillyAnn and Matt debate which face card was more powerful for the gift exchange, while Alan tries in vain to encourage someone to "steal" his choice of a gift and Gary unwraps a 'talking' singing Christmas tree.'

Start 2006 With a Bike Ride

Emilie Holder's 16th annual New Year's Day Brunch/Ride starts at 10 a.m. Sunday, Jan. 1 at 106 Corona Ct., Watsonville (RSVP 724-1096) Come early for coffee. Guests welcome!



Martha's Training Rides Have Started!

Martha Bedal, left photo, has started her annual training rides for beginning/intermediate cyclists at 9:15 a.m. on Wednesdays through mid-February, rain or shine. Participants meet at the parking lot adjacent to the bathrooms at Lighthouse Field on the West Side. Car pooling options for coffee are available if weather is not conducive to cycling.

Avenue of the Giants Redwoods Provides Inspiring Visit for Leo Jed

By Leo Jed

This fall I visited the magnificent Avenue of the Giants in Northern California, returning by bike from Seattle to Santa Cruz. Why ride through redwood groves there when we have plenty of redwoods here? The answer is that it's just different and way better. Maybe it's a matter of being away from home, but I think the magnificent old growth coastal redwoods are grander, while the terrain remains fairly level. The tree spacing makes them seem to continue forever.

One weekday afternoon in late September, with no vehicles on the road, I observed the sun filtering through the stately redwoods and heard birds singing. The breeze was gently blowing through the pine

needles, making me feel that this natural show of splendor was all mine, just for being there in the moment. This was heaven on a bike.

Spring and fall are the best times to bicycle in Northern California. The area along Highway 101 through Trinidad, Arcata, Eureka, Ferndale, including the 31 flat miles along the Avenue of the Giants, with its small towns of Pepperwood, Redcrest, Weott, Myers Flat, Miranda, and Phillipsville, provide a wide array of lodging, exquisite campgrounds, fabulous places to eat and drink, spectacular Victorian architecture and friendly people.

Cycling options vary. You may meander along the Avenue of the Giants first before heading north to Redwood National Park, Ferndale or

Eureka. You may also go south to Scotia, a Pacific Lumber company town.

I like Myers Flat, a town located in Humboldt Redwoods State Park, with its wonderful B&B, winery, several restaurants and shops. The Myers Inn is managed by Carol and Robert, a cyclist-friendly couple. Enjoy wine or sherry in the parlor, conversations around the fireplace, extensive music selection, books, antiques and historical pictures. Each of the ten rooms is wonderfully decorated, and they provide a great breakfast of make your own waffles with an assortment of toppings or custom-order eggs. A short walk away is the Riverbend Cellars winery and vineyards and the casual yet upscale Groves Restaurant. I plan to return to enjoy those low impact bicycling miles through awesome scenery.

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

The Santa Cruz Bicycle Shop
1325 Mission St., Santa Cruz
454-0909

Open 7 days • Hours 9 — 5

New & Used • Trades • Rentals

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

January-February 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Board Meeting 7:00 p.m.	Club Ride				Along the Coast
8		Club Ride				Los Gatos to Morgan Hill
15		Club Ride	Safety Class			Monterey & 17 Mile Drive
22		Club Ride	General Club Meeting Safety Class	Race Team Meeting Big J's Pizza 7:00 p.m.		Pescadero/LaHonda
29		Club Ride	Safety Class			All Saints Ride
5	Board Meeting 7:00 p.m.	Club Ride	Safety Class			Coastanoan Ride
12		Club Ride Valentine's Ride	Safety Class			Eureka Canyon
19		Club Ride	Safety Class	Race Team Meeting Big J's Pizza 7:00 p.m.		Fort Ord Ride
26		Club Ride				

Santa Cruz County Cycling Club

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

