

Is Santa Cruz a Bicycle-Friendly Community?

By Grace Voss

Like a re-appearing hydra's head, the issue of motorists and bicyclists sharing the road amicably never seems to go away. Due in part to the



L to R:: Stephanie Keenan, Scott Campbell, Andrew Werneke, and Howard Swann ride the Beach Street Bike Lane at its opening last fall.

approximately 500 cyclists on the mountainous roads of Santa Cruz County Aug. 5 for the SCCC-sponsored Santa Cruz Mountains Challenge, complaints have surfaced regarding bikers who hog the road, run stop signs and otherwise act impolitely to motorists. What to do? In a recent interview, Cheryl Schmitt, bicycle/pedestrian coordinator for Santa Cruz since 1999, calls for a "basic friendliness in both directions" as a solution to harmony between cyclists and motorists. "That's what sharing the road is all about—to do so gracefully," she says, adding that the population pressure in rural areas (i.e. Corralitos) is causing a "turf war."

Schmitt speaks proudly of the city of Santa Cruz being a "leader in bicycle transportation," citing the large number of commuter bicyclists, the newly-completed Beach Street Bicycle Lane, 125 bicycle storage lockers in downtown parking garages for commuters and new bike lanes on Bay Street and (scheduled for completion this fall) Soquel Avenue. The recently-approved Broadway-Brommer bike path goes to the Coastal Commission for approval, despite a Sierra Club effort to prevent tar plant erosion. Because of these accomplishments, Schmitt says the city will apply for "Bicycle Friendly" status in 2007, and she hopes for a "gold" rating from the League of American Bicyclists. (Four ratings exist: platinum, gold, silver and bronze. To date, only Davis, CA has

received a platinum rating, with gold status going to Boulder, CO, Corvallis, OR, Madison, WI, Palo Alto, CA, Portland, OR, San Francisco, CA and Tucson, AZ.)

But will a gold rating for Santa Cruz improve relations between bicyclists and motorists? Often it's the extremely proficient (i.e. racer) cyclist who shows the least regard for traffic, while more timid riders rarely venture out into the streets. "That's where the cycling club can be enormously helpful," says Schmitt, "to get those folks out there who aren't riding, but who want to ride."

Bruce A. Mol, a nationally-certified cycling instructor, says there are four types of cyclists and all four have two sides to their biking—skill and social responsibility. The "volatile" cyclist is fast but rude—"physically skilled but with a low trust of motorists and little regard for the law;" the "vagabond" cyclist, is totally unpredictable, rides on the sidewalk with no lights and has zero regard for the law. On the positive side, the "vigilant" cyclist wants to "do the right thing but is fearful of traffic and often rides on the sidewalk. He/she is eager to learn good bicycling techniques (hand signals, avoidance techniques). Finally, the "veloquent" cyclist "has both skills and knowledge to move smoothly and comfortably in traffic and trusts motorists to behave properly but knows how to deal with it when they don't."

What type of a bicyclist are you?

Club Meeting
7 p.m. Wednesday,
October 25, 2006
Simpkins Swim
Center

Cross Country Tour Offers Warm Receptions

(Note: Scott Campbell returned July 28 from his ride across the US for the National Bike Greenway. Here are some of his thoughts.)

Q. After traveling across the US, was there one bikeway system that impressed you the most/why? A. Yes, several bike paths in Ohio and Indiana. The two trails were the C & O Canal Towpath, along the Potomac River in Maryland. This trail is 184.5 miles long and has excellent campsites every 5 or 6 miles. There was no trash because each camper must carry his trash out, and not having to interact with motorists was great. The other trail was the Great Allegheny Passage, which goes 150 miles through the hills of Maryland and Pennsylvania--fantastic views and several long tunnels to ride through. The people there love their trails and want to make them as attractive as they can. I saw places where new bridges were built to cross the rivers, and one place where an old bridge was being airlifted from one location to another in order to cross a road. Q. Was there a single incident of hospitality that impressed you the most? A. I was treated well by so many people. I stayed with people in the larger cities that belong to Warm Showers, an internet organization which provides shelter and other amenities to touring cyclists. I was treated like one of the family in all the homes I stayed in. Sometimes I was given the key to the house and told to do whatever I wanted, wash clothes, use the computer, eat any food, and sleep wherever I liked. Some people took me on driving tours of their city. There were some true acts of kindness that came unexpectedly, like the librarian in Connecticut that offered to let me camp in his backyard, then told me to sleep in his son's room because he was away at college. A couple in Nebraska approached me to ask if I wanted to sleep in a bed, take a hot shower, have a nice



meal and visit with them and their father who was with them for Father's Day. Q. Why did you go on this journey? A. To scout a route for the director of the National Bicycle Greenway. Some mayors I met were real standouts, like the mayor of Bridgeport, CT. John Frabrizi, who asked me and my traveling companion to come to his office for tea or coffee. (We had been riding in the rain for the past two days and really could use something hot to warm us.) The mayor of Mount Rainier, MD, Malinda Miles, laid out a huge spread of food for me and the others with me.

I would like to thank the club members that helped me out. Pam Slocum joined me in Denver to ride to Santa Cruz. She was instrumental in keeping me on track, reminding me of the little things that are so important. Tim McCloskey and Doug Huskey rode from Santa Cruz to San Jose and then Palo Alto in support. Many other club members wrote to me during my travels to offer words of encouragement. Thanks to all that kept me in your thoughts.

Finally, I encourage everyone to get out on their bicycles with all the gear they need to sustain themselves for a weekend, or a week, or a month, and experience this country for themselves. Find out what it is like to be self-sufficient and discover what you are made of. Lastly, go to the website for Warm Showers and sign up to be a host so you can provide a place for traveling cyclists.

(<http://www.warmshowers.org>)



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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From My Handlebars to Yours: New Website Offers Good Advice

By Richard Bedal, Club President

Have you ever wondered how to solve the painful hot foot? Or how to deal with bad dogs or ride safely in a group? Are you curious about how to (easily) keep your bike clean or about the lifespan of a carbon fork? A good way to find answers to these questions and others is to ride with the Santa Cruz County Cycling Club and learn from more experienced riders. If that is not your cup of tea, or if you feel you don't have time, then you should visit **roadbiker.com**, a website devoted to roadies.

Roadbiker.com is a free website loaded with useful information on becoming a better rider. There is even a free weekly newsletter. For \$24.99 you can access the premium site, but the free portion is also well worth the visit. For instance, I always presumed the occasional hot-foot I experience when biking came from the heat radiating off the pavement. Not so, according to this website. What I learned is that "hot foot" is a misnomer. "It's not heat but pressure on nerves that causes the burning sensation." The problem is often due to tight shoes or improper distribution of pressure from the pedal to the foot. To solve the problem of hot foot, the website suggests adjusting shoe straps, using thinner insoles and/or socks and moving the cleats closer to the rear. If those methods don't work, one can also buy new biking shoes.

By clicking on this website, you will also find tips on tire pressure, how to deal with bad dogs, how to mount tight tires, ride safely in a pace line and clean your bike. The article on dealing with bad dogs offers insight into dog psychology. Shouting "No!" and sprinting away from a menacing dog works sometimes, but if all else fails, getting off the bike and keeping it between you and the dog can save you from serious injury.



Saskia Lucas, far right, waits while elementary school students prepare for the "World's Slowest Race" at Bike Smart! rodeo. Students also learn hand signals and obstruction avoidance skills.

It was interesting to note that the bike cleaning techniques described closely resemble methods which our own Herb Greenfield has been using for years, including the use of Pledge furniture polish on the bike frame.

So, now you have a couple of options on learning to be a better rider: join the Santa Cruz County Cycling Club or visit **roadbiker.com**. Better yet, do both. For further enjoyment and practical tips about local bicycling activities, visit the club's informative website at **www.santacruzcycling.org**.



**Enjoy
the
Ride**

Bike Smart! Looking for Volunteers

Did you know?

In 1969, 50% of U.S. children biked/walked to school while today less than 15% of children do so. (Federal Highway Administration.) Increasingly inactive lifestyles are a leading contributor to skyrocketing rates of overweight youth.

In 2004, bicyclists under age 16 accounted for 21 percent of all bicyclists killed and 32 percent of those injured in traffic crashes (National Highway Traffic Safety Agency.) Additionally, children are more likely to be at fault in crashes than older bicyclists.

Be a part of the solution!

Empower and inspire youth to bicycle safely and be a mentor for a lifetime of bicycling. If you are available during the school day, volunteer with Bike Smart! (Youth Bicycle Safety Program) and help run bicycle obstacle courses and lead community rides at local schools and community centers.

Benefits for all

Support the education mission of SCCCC and experience the personal rewards of empowering and exciting youth about bicycling and contributing to a healthier community.

For more information

Visit **www.bikesmart.org** and, to volunteer, contact: Saskia Lucas, SCCCC Educational Director, 831-423-6231 x129 or **saskia@santacruzma.org**.

Iowa Bike Tour is Part Circus, Part Animal House

By Ray Disperati

RAGBRAI? Don't bother looking this word up in your dictionary; it's not there. It's an acronym for "Register's Annual Great Bike Ride Across Iowa". Register is the Des Moines (Iowa) Register newspaper, the event's coordinator. The atmosphere resembles both a carnival and animal house. Starting in Sergeant Bluff in late July, it ends seven days and 444 miles later in Muscatine with a wheel dip in the Mississippi River by 14,000 riders! These riders are preceded by an army of food and drink vendors, bike repair facilities and t-shirt salesmen. Along the way are people selling water, lemonade, ice tea, Gatorade, Propel, ice cream and smoothies. Meals are available from church and scouting groups, chambers or commerce and other fund-raisers. Riders camp in parks, recreation centers, school yards, churches and even around people's homes (with permission of course). A variety of entertainment soothes the savage rider. Townspeople greet riders as they enter and exit. Some homeowners even offer their homes for showers to the riders!. One homeowner offered to make available a washing machine to do laundry and a coffee pot in the morning. On the last camping night, one family left for a weekend vacation, leaving its house open so we could sleep indoors. (Their only request was that we locked up when we left.) They didn't know any of us. Try that one in California.

Support vehicles ranged from trucks, limos and converted school buses to large RV buses. The highways and byways of Iowa were generally closed off to traffic for the week of RAGBRAI.. State police and



Ray Disperati

local sheriffs made sure we were as safe as possible, and emergency equipment was readily available also.

The Iowa weather was hot and humid, and Flash, Iowa contains endless rolling hills. This became a factor for me on July 24 when we encountered headwinds for approximately 35 to 45 miles of the nine-hour day. (I've never had to pedal going downhill to maintain 11mph.) It was physically challenging and became mental anguish as the rolling hills never seemed to end. On most other days, I just sweated. Hydration was a great concern. Consequently, I consumed at least a case of Gatorade plus lots of bottled water each day.

There were bikes, trikes, recumbents, and tandems of all sizes. Riders' attire varied from tank tops to colorful jerseys. Helmets had stuffed animals, plastic spaceships, airplanes, balloons and feathers. Some riders had boom boxes on bikes or bike trailers playing music. Various teams were named Team Dirt, Bad Monkey, Air Force, Navy, Army, Team Bitch and of course us,

a rather sedate Team Bayard. (My teammates consisted of a soil expert, Navy air traffic controllers, contractor, student, pharmaceutical sales person, care facility manager, produce worker, disc drive scheduler, and, me, retired.) They were a great group who have participated for several years in RAGBRAI. It was a pleasure being with them

This ride was physically demanding since I suffered a mishap six weeks before the start. For several days after my accident, I could not grip the handlebars with my right hand. However, with the help of ice, heat and stretching, as well as a stationary bike, I was able to ride with extra padding in my right glove and a wrist brace. Would I go back to Iowa? Yes, absolutely!

Trim Your Christmas Tree, And Bring Your Swim Suit!

A potluck meal, swim party and tree trimming will take place Saturday, Sept. 9th at the Andreasen's Farm, 391 Winter Creek Rd. in Bonny Doon to honor SCCCC volunteers who staffed the Santa Cruz Mountains Challenge. Club members planning to ride should meet at Natural Bridges at 9 a.m., where they may leave food for the potluck, bathing suits and towels in a bag with their name.

If driving, take Empire Grade to Ice Cream Grade to Winter Creek and follow it to #391. Plan on arriving around 11 a.m.. The Social Committee will provide dishes and drinks and bring the food to the farm, where members may choose a tree to trim for cutting in December.

Portlandpeace Tour: Good But Rustic Lifestyle

By Stephanie and Jim Keenan

On the train ride up to Portland for the Sustainable Energy in Motion Bike Tour, we wondered what we were getting ourselves into. We later found out that sustainable energy was the ingredient for enjoying this two-week tour from Portland to Eugene and return. This tour was more like boot camp. We awoke every morning at 6:15, cooked and ate our oatmeal and loaded the sag wagon. After 60-mile days, we had to unload the sag, cook dinner and clean up. Sometimes we even had to squeeze in some work for our hosts. To make matters worse, we were told that we could not swim or jump on a trampoline (due to insurance), imbibe alcoholic beverages or use the group's dishes and utensils for any animal food (not even for boiling an egg!).

So WHY you ask, did we have such a good time?! Well, for us, this was a chance to learn about sustainable living. It had more to do with the people we



Stephanie and Jim Keenan and their chickens at last spring's club campout.

met and traveled with, than with the miles we pedaled in beautiful Oregon. Our diverse group of 13 cyclists, from all over the US, became very close. Jim and I were the old ones, although it was soon apparent that "Grandpa" was in better shape than the rest. Next in age was a 42-year-old teacher from Brooklyn. Three 16-year-olds from the East Coast provided entertainment, insights, and

energy. The rest, who were in their 20's, were starting careers. We had to attach an embarrassing red flag to our bike. But, after we learned to mount and dismount without entanglement, we realized its value to safe cycling.

We stayed on three organic farms, in a yoga retreat center, in an eco-village and at an organic dairy. Our hosts gave us tours at each site, and they were eager to show us how they used the principles of sustainability. We learned about cow manure tea, compost tea, compost toilets, cob (adobe) houses, intentional communities (group living), and the organic standards in use today and initiated by Harry MacCormack of Sunbow Farm.. Most memorable of all was a charming young couple, John and Renya Park. They opened up their hearts, as well as their house, to us. None of us wanted to leave, and we all intend to return.

To reciprocate, we thinned apples, weeded, dug, painted, saved seeds, built swallow houses, chopped wood, and even bathed a shaggy dog. It felt good to participate in the lives of our hosts.

This ride/tour gave us the contacts, the routes, the confidence, and the desire to ride from Portland to Eugene again. We appreciated the way cyclists have been integrated and accepted in Oregon. It was thrilling to see so many people on bicycles, as well as all the special routes, paths, lanes, and even bridges designated for them. In Portland, some city streets were blocked with flower planters so only cyclists were allowed, no traffic. The bike maps provided were extremely helpful. Plus, the roads are in excellent repair and you can enjoy the gorgeous scenery instead of constantly looking out for potholes. We, as a club, need to put more sustainable energy into making California bicycle friendly.

Portlandpeace Tour an Unsettling Experience for Some

By Paula Barsamian

"Sustainable Energy in Motion Bike Tour", offered by Portlandpeace, promises hundreds of miles of riding, hands-on projects, three meals a day, and learning experiences. It costs approximately \$500/week. Oregon is a beautiful state, so I decided to try it out. However, after a two-day orientation, Michele Whizin and I voiced our concerns, which were: 1. Infrequent showers. 2. "Balanced and Nutritious meals" included processed dried foods: brown rice, legumes, soy protein and dried veggies. Fresh produce had to be shared with the group. 3. Vegan menus: participants are not permitted to cook or eat any non-vegan food using the Portlandpeace utensils. 4. The Vegan Dairy Farm: Although vegan in

nature, one of the farms was a dairy, so riders were able to milk cows and secretly drink the milk by directing it from udder to mouth. 5. Length of trip: The seven-day ride was reduced to five-days. 6. Trip instruction: The first two days of group instruction were in an old warehouse, converted to a school. It was stuffy and moldy. 7. Chores: riders were responsible for preparation of food, clean up, and loading the van every day, thus reducing riding time.

The group leader told us that we could get a full refund and leave immediately. We left for our own wonderful tour of Oregon, basing ourselves at Mcmenamins, which has a nice, inexpensive hostel, and we rode the Columbia River Gorge.

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

Wednesday

Decide and ride 15-20 miles –Start. at 9:30 A.M. at Lighthouse Field State Park ENTRANCE at Pelton and National Streets. Parking on Pelton. Moderate pace.

Martha Bedal 460-1818, marthab@cruzio.com

Full Moon Rides

Scott Campbell will lead evening rides starting at 6 p.m. September 7 (from CCC) and Oct. 7 (from Natural Bridges); dinner afterwards; bikes need to be equipped with headlights.

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 2

Monterey and 17 Mile Drive

Start from Pezzini's off Hwy 1 at Molera/Nashua Rd. exit at 9 a.m.; (Carpool from CCC at 8 a.m.) Please park on road near Pezzini's. A=36mi, B=55 mi, C=60 mi.

Chris Boman.....421-9030

Saturday, September 9

Smith,Davenport, and Swanton...Swim and Trim Ride

Start at back gate of Natural Bridges Park (NOT CCC), intersection of Natural Bridges Dr and Delaware Ave,9 a.m. **B=42mi/1200'** **C=60mi/2000'**. Bring potluck item (salad,main dish or dessert) along with swimsuits. towels to Natural Bridges and they will be brought up by car. Drinks,paper plates and utensils provided. You can trim a Christmas tree from their lot.. Put your name tag on it and retrieve it in December !!

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

Potluck info.....Sally Salmon.....831-372-4283

Saturday, September 16

Gizdich Ranch for Pie

B & C riders from CCC at 9a.m.; A riders from LaSelva Market @ 10 a.m.FROM MOSS LANDING—RETURN A riders return to LaSelva; B riders return via Elkhorn – Trafton-San Andreas; C riders return via Elkhorn,Garin,Vega,San Miguel Canyon,-San Juan Murphy Xing Gizdich Ranch – Carlton,Hazel Dell-CCC Ed Kilduff.....724-2501

September 23

Ride to the (Pescadero) Far Side

Start from the church on Stage Road in Pescadero at 9 a.m., but park on the street. (Carpool CCC 8 a.m.) C riders will climb Tunitas Creek for 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; A=27/1650; B=47/2400;; C=51/4850

Grace Voss.....462-4884

September 30

Morgan Hill for a Look at Cows

B & C riders...Start from Nob Hill Market Center: corner of Los Gatos Blvd and Los Gatos-Almaden Rd at 9am ,A riders.. Start from Union 76 station on Santa Teresa Rd and Cottle at 10am, we'll find you. Ride to Morgan Hill for lunch at restaurant of your choice. Route mostly level. Cows may be present on roads.

Scott Campbell.....426-0989

October 7

San Francisco to Larkspur for the Blue Angels

Carpool from CCC at 8am to San Francisco or meet at Willie Mays Plaza at AT&T /PAC BELL PARK at 9:30a.m. Ride over the Golden Gate Bridge for coffee in Sausalito, lunch in Tiburon and a beautiful ride around Paradise Dr. to Larkspur to catch the ferry back to SF and watch the Blue Angels perform from the best seat in the house !! Bring money for lunch and ferry. Approximately 37 miles.

Frank Pritchard.....477-1736



Above, Linda Brodman, left, and Janie Tibbals show proper right turn signaling, while, center photo, the Tuesday bikers visit Olive Springs Quarry off Soquel-San Jose Road on a Leo Moll-lead informative ride. (The Beatles were once known as the Quarry Men.)



Above, Janet Fogel and Violet Puretz sample Vi's award-winning salad at SCMC post-ride meal.

October 14

Progressive Dinner and Gourmet Ride

The food ride of the year!! A variety stops along the Westside of Santa Cruz and other areas. Each stop will have a taste treat to enjoy!

Dining info Sally Salmon...372-4283 Ride leader Paula Barsamian.....421-9030

October 21

Open Art Studios Ride

From CCC at 10:00am, Ride into the hillsides and explore open studio art on the encore weekend. 30-45mi Several stops along the way and bring a pack for souvenirs

Debbie Hale.....462-6653

October 28

Hollister and Cienega

Start from Tres Pinos School (below the intersection of Airline Hwy/Hwy 25) south of Hollister at 9a.m. Carpool from CCC at 8a.m. A=27mi/1500', B=36mi/2500', C=45mi/3900'. All do Cienega loop plus some extra credit for B's and C's; bring lunch or buy at store.

Janie Tibbals.....336-1040

November 4

Boulder Creek, Big Basin and Skyline

Start from behind Johnny's Market (don't park in their lot) at 9a.m. Carpool from CCC at 8:15am A=21mi/1800', B=30mi/2400', C=46mi/4600'

Shalom Compost.....345-2017

Report all Road Hazards to:
www.sccrtc.org/pdf/bikehazr.pdf

Cool Riding Conditions for SCMC

Mild weather greeted the 429 riders of the 8th annual Santa Cruz Mountains Challenge Aug. 5, making the stiff mountain climbs more welcome than usual as they provided warmth from chilly descents. Highlights included a Friday evening check-in at the Scotts Valley Hilton, jazz music at lunch by Marshall Ottwell and the usual superb organization from club volunteers headed by SCMC director **Michel Hudick**. Four riders were injured, none seriously. The 9th version of the SCMC will be Aug. 4, with Hudick promising "a number of enhancements which we think will be well received." Registration was up 30% this year to 529.

Bicycle Safety Tip From Leo Moll

Always use a mirror (you wouldn't drive a car without one). When attached to the left of the helmet or glasses, the mirror should be adjusted so a slight turn and lift of the head is needed for a clear glimpse behind. At the same time as moving the head, one should close the right eye. (The right eye cannot focus on the close mirror along with the left eye due to parallax limitations.) Your brain then receives two images, one of the road behind and one, from the right eye, of the side of the road. Your brain can be trained to sort out which image is the relevant one, but why risk it when the total action only takes a second? IMPORTANT correlation: "If you do not see a car behind you through your mirror, DON'T BELIEVE IT !!; if you do see a car BELIEVE IT !!".

Watsonville Artist Dismantles Iraqi War Memorial

By Glide A. Long

One Halloween, when trick or treaters were scarce at her house, artist and Santa Cruz middle school art teacher Kathleen Crocetti, 42, put her generous spirit to work. As the Watsonville High School varsity football team tromped by her home on their return from an away game, she cajoled team members into filling their football helmets with her cornucopia of Halloween candy. Today this compassionate and peace-loving woman is responsible for 42,000 clay figures standing in groups of 100 in an 800 square foot sandy area, symbolizing lives lost in the three-year-old (and counting) conflict in Iraq. For every 16 Iraqi soldiers in brown clay, Kathleen has fashioned a white figure with a folded American flag to symbolize the 2,500+ dead US soldiers. In addition she has created 200 coalition forces from 14 countries. The exhibit opened Memorial Day Weekend, thanks to the efforts of 40 volunteers and \$3,500 in materials donated by Crocetti, and it rests at the Sierra Azul Nursery on Highway 152 across from the Santa Cruz County Fairgrounds. Titled "Counting Lives Lost—Making Tangible an Abstract Measure of Grief", it is being dismantled and "boxed up" until Crocetti finds it a permanent home. The memorial is the result of a three-year-long personal journey for the artist.

Crocetti calls January of 2003 her "tipping point." Along with other peace marchers at the Friday night demonstrations near the Farmer's Market in Watsonville, where she shares a home with her husband, Bill Lucas, she was optimistic that the large turnout of people would have a ripple effect in Washington D.C. However, three months later, when the invasion began, she says she was "stunned." Over the next several months, she was at a loss about how to express the loss of everyday Iraqi lives as well as US dead. "It started to bug me that...Iraqi lives lost are referred to as collateral damage...they are reduced to small numbers, a news bite. For every individual that dies, there is an entire community that grieves, and an exponential amount of hate," she says.

Using her art instincts to battle the depression she felt, Crocetti conceived of the clay soldiers



Kathleen Crocetti, red shirt, assembles Iraqi War Memorial last Memorial Day Weekend.

project, and, with the help of digital photography and e mail, she opened it up to the community. The response has been overwhelming, and half a dozen faithful volunteers have come by her home weekly to pick up 25-pound batches of clay, only to return a week later with figures punched out. (The process is like making cookie-cutter cookies.) Kathleen then fired the figures and added them to the exhibit. So far, 150 different people have helped make the figures, while it took 500 hours to place the figures in the sand. Referring to the group effort, Crocetti says, "It snowballed. It turned out to be the best idea!"

Crocetti is now looking for a permanent home for her exhibit, admitting she could use a business manager to explore possible venues. One tangible effect of the exhibit, however, has been the purchase of a bio-diesel-powered VW by Jeff Rosendale, Sierra Azul nursery owner, who loaned out the land for the exhibit. Whether it's placing clay figures in sand or offering Halloween candy in football helmets, Kathleen Crocetti is doing her part to promote world understanding. (Persons wishing to donate to this project and receive a tax deduction may make out checks payable to: Santa Cruz Chapter of the United Nations and mail them to 240 Maple Avenue, Watsonville, CA 95076).

(Editor's Note: The display ended on Aug 26 and is still seeking a permanent home.)

Leukemia Society Inspires Portland-Seattle Tour

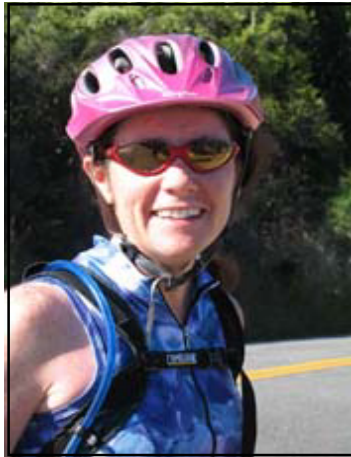
(Editor's note: SCCCC member Maura Noel raised \$2,500 for Team in Training, the Leukemia Society, in order to participate in the following ride. Maura is the Communications/PR captain for the Santa Cruz/Monterey Chapter of TNT Cycling.)

By Maura Noel

If you've ever considered doing the annual Seattle to Portland (two-day) bike ride, (STP) I definitely recommend it. This past July 15th weekend, the weather was perfect—clear skies, with a smattering of small, puffy clouds and not too hot. The route was both flat and rolling, so the first day passed quickly. I saw a guy on a scooter, an older gentleman wearing jeans, canvas tennis shoes and a straw hat, riding an old English bike, several tandems with kids on the backseat, and a smattering of recumbent bikes.

I seriously considered finishing the ride in one day. But then we hit the 100-mile mark, and the rest stop where we were camping was somewhere around 109 miles.... Funny how your body starts to let you know it's done more than you agreed to and so you start analyzing the ride route and querying all the people going the same way. (Are we all wrong?) Finally we camped at a church, where we were generously fed pasta, meatballs, salad and cookies. Like little kids going to bed before dark, we collapsed in our tents and set alarms for 4 a.m.

By 6:30am we were ready to ride. Everyone was excited as the morning dawned—talking and



Fundraiser Maura Noel

biking at a good pace. The rows of riders reminded me of layers of moving walkways at the airport. Depending on how strong you felt, you could work your way left, away from the shoulder of the road, and ride with folks at a similar pace. It was too early in the day for me to talk, but when a three-person paceline overtook me and the last guy said, "Hop on", I didn't hesitate. It was a long way to go and solo riders were swept up, like feathers in the breeze.

At the 152-mile mark, we crossed over the WillAHmett (Willamette) River on the Lewis and Clark Bridge. Groups of several hundred cyclists were escorted over by motorcyclists on gold wings and what a sight to see! The bridge curved slightly up and over, 8-10 lanes wide. As we descended the other side, the road arched into a sweeping right that went under and then parallel to the highway. It was a lovely, graceful image—all those riders trickling down, around and out.

Finally we crossed our last intersection and turned into Llyod

Center Park and the finish line. We dumped our bikes, picked up our schwag (goodies) and staggered into the hotel across the street. After a quick shower and change, we went back down to cheer other riders in, especially our TNT participants who, four months earlier, were amazed they could ride 16 miles! Such a wonderful sight to see—their tired but happy faces as they glided across the finish. And all of us said we'd do it again. I might have to try the 200-mile route in one day next year.....

Welcome New Members

Thomas Antone
Douglas Kehn
Sharon & Scott Williams
Monte McDonald
Chris Pearson
Joel Steinberg
Nicole Thibodeau
Ronald Jaye
David Hopkins
Peggy Hansen

SCCCC Website Redesign

Web designer and graphic artist Justine Heaton was hired recently to redesign **www.santacruzcycl.org**. She is currently working with a committee of four to produce design ideas which may lead to smoother navigation within the site. Suggestions may be made to committee members: **David Gill, Richard Bedal, Tim McCloskey, Dennis Pederson and Grace Voss.**

Local Bicycle Shops

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

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

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

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

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

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

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

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

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

The Santa Cruz Bicycle Shop
1325 Mission St., Santa Cruz
454-0909
Open 7 days • Hours 9 — 5
New & Used • Trades • Rentals

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

Bill's Bike Repair
2630 Soquel Dr., Santa Cruz
477-0511
Open 7 days • Hours 9 — 5

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

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

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

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

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

Santa Cruz County Cycling Club Membership Application/Renewal Form

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

Applicant First and Last Name (please print)		Family Members (if family membership)		Date of Application	
Address		City		State	Zip Code
Home Phone	Work Phone	E-mail			Birthdate (mo./day)
Please check the appropriate box <input type="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

September-October 2006

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

