

Bike to Work Week Begins May 15th



Bike to Work Week poster by John Poole of Michael Angelo Sculpture Studio, Santa Cruz.

With Bike to Work Week still two weeks away, controversy has settled in regarding a proposed train ride May 22 organized by Friends of the Rail Trail as the culmination of the week-long celebration of cycling. For bikers, the 10 a.m. ride from Santa Cruz to Watsonville was a chance to hear about local history while riding the rails with bikes stored on the train for a return bike ride. In the evening the train would take dinner passengers to Davenport and return. But the event has been scrubbed due

to threats of lawsuits from the Santa Cruz Coalition Against Recreational Rail (SCARRED), which doesn't want another train causing noise and pollution.

Despite this setback, event coordinator Piet Canin says that Bike to Work Week still offers a full schedule of events for cyclists of all ages. Starting Sunday, May 15, activities range from a Wednesday evening "Cycling in Tibet" slide show to a Saturday morning wine tasting tour. The main event remains Bike to Work/Bike to School Day on Thursday, May 19, preceded by a free breakfast for cyclists at eight different locations, from downtown Santa Cruz to Scotts Valley, Felton and Watsonville. Participation has grown in the last five years, according to Canin, from 2,300 cyclists in 2000 to 3,900 cyclists last year. Here is a schedule of the week's free events.

Sunday, May 15: Bike to Church Day followed by The Bicycle Trip's Bike Fest from noon to 4 p.m. featuring a bicycle and skateboard air and stunt show at 1127 Soquel Ave. Also included is a bicycle safety obstacle course, free BBQ and drinks, live music by Stone Groove, Radio Remote by Santa Cruz X and valet bike parking by People Power. **Monday, May 16:** From 6:15 p.m. to 8 p.m. a bicycle skills class will take place at Another Bike Shop, 2381

Mission St. Free pizza to all participants. **Tuesday, May 17:** Commute race begins at 4:30 p.m. in Watsonville for all forms of transportation. Race ends at Watsonville Plaza. **Wednesday, May 18:** Cyclists with panniers and/or bike trailers may help with Food Delivery Day from 10 a.m. to 5 p.m. at The Hub, 224 Walnut St. Call Rick at PedX (426-BIKE) if you want to help deliver or you need to use one of The Hub's bikes to help deliver food for the Thursday breakfasts. Later that day, a slide show called "Cycling in Tibet" will be shown by Julie Mitrovich from 6:30 p.m. to 7:30 p.m. at the Family Cycling Center, 914, 41st Avenue. **Thursday, May 19:** Bike to

(continue on page 3)

E-Mail Delivery Starts

E mail delivery of The Roadrunner saves the club \$1 per issue and is easy to sign up for. Either check the e mail category on the membership form (p. 11) upon renewal, or contact Leo Jed at membership@santacruzcyling.org to make the change. (The Roadrunner is also available at the club's excellent website www.santacruzcyling.org.)

Time Trial Season Up and Running

Team Santa Cruz is once more sponsoring the monthly Swanton Road Time Trial series starting at 6 p.m. on the first Thursday of each month through September. Race coordinator David Gill says it is "a very low-key time trial and riders of ALL abilities and bikes are welcome.

SCHEDULE

Thursdays: May 5, June 2, July 7, August 14 and September 1.

WHERE

Just north of Davenport near the southern intersection of Swanton Road and Highway 1. The Start is located about 250 yards up Swanton Road off of Highway 1. The Turnaround is marked at Last Chance Road (first sight of ocean). No facilities, bring water. Last Rider off at 6:45pm.

COURSE

11.0 mile out-and-back course; 5.5 miles up Swanton Road. (includes a 1.2 mile climb), turn around at Last Chance Road (top of the hill, first sight of the ocean), and 5.5 miles back. Narrow country road with several sharp turns, pavement poor to good. (NOTE: This is NOT a closed course and will be open to vehicle traffic at all times.) The Center Line rule will be in effect! Helmets required. (See latest results at <http://www.santacruzcycling.org/teamsc/timetrial/>)

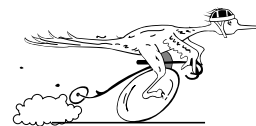
"New" Membership Cards

Membership cards are now in the form of mailing labels, with date for renewal listed also. No membership cards will be mailed to renewing members. Instead, check your mailing label for renewal info!

Cycling Resources and Websites

Cyclist for Cultural Exchange www.strawberryfields.org/cceinfo.html
 Friends of the Rail Trail (F.O.R.T.) www.santacruztrail.com
 Mountain Bikers of Santa Cruz www.mbosc.org
 The Hub www.santacruzhub.org
 S. C. County Regional Transportation Commission www.sccrtc.org
 Bike to Work (programs and events) www.bike2work.com
 League of American Bicyclists www.bikeleague.org
 Adventure Cycling www.adventurecycling.org
 California Association of Bicycle Organizations www.cabobike.org
 Cycle California www.cyclecalifornia.com
 Almaden Cycle Touring Club www.actc.org
 Bay Area Roaming Tandems www.artcycles.com/tandems
 National Bicycle Greenway www.bikeroute.com
 Northern California/Nevada Cycling Association www.ncnca.org
 Bay Area Women's Cycling www.bawcycling.com
 Biking Gifts and Awards www.biking-gifts.com
 S.C. Randonneurs <http://pages.prodigy.net/srandonneurs/index.html>

**Deadline for the July-August newsletter is
June 15, 2005**



The Roadrunner is the official newsletter of the Santa Cruz County Cycling Club. It is published bimonthly, mailed free to all members, and is available at local bicycle shops, etc. Submissions (articles, photos, and letters) are gladly accepted. Email or a diskette are easiest, but we'll entertain all options.

Contact us at:

Santa Cruz County Cycling Club
P.O. Box 8342
Santa Cruz, CA 95061-8342
 or www.santacruzcycling.org

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

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Bike to Work Week Scrubs Historic Rail Trip

(Continued from p. 1)

Work, Bike to School Day from 6:30 a.m. to 10:30 a.m. Free breakfasts at Jamba Juice(downtown Santa Cruz), The Buttery, Amsterdam Bicycles, 41st. Avenue and East Cliff, Long Marine Lab, Another Bike Shop, UCSC, Cabrillo College, CycloSport in Felton, New Leaf Community Market in Scotts Valley and three Watsonville locations: Downtown Plaza, Fox Racing Shox and Trey's True Wheel. Call Kelley for free breakfast school locations (423-9569 ext. 128) Later that morning, UCSC will host the Slug Fest from 10:30 a.m. to 2:30 p.m.



Piet Canin

at Bay Tree Plaza on campus. **Saturday, May 21:** Santa Cruz Winery Bike Tour will begin at 11 a.m. at Storrs Tasting Room at 303 Potrero St. #35 and will go to local tasting rooms in Soquel and Capitola. Bring lunch, water and helmet. Also at 11 a.m., a history-oriented bike ride will leave from Spokesman Bicycles at 231 Cathcart, courtesy of Ross Gibson. It will be an "easy-paced bike tour through Santa Cruz." Again, bring own water, food and helmet. "The purpose of Bike to Work Week is to get people to ride who don't

normally ride their bikes, and, hopefully, make biking a year-round activity," says Canin, who bikes to work, even on rainy days.

SCCCC Notes

It's not too early to mark August 6th on your calendar to help with the club-sponsored Santa Cruz Mountains Challenge, the only fund raiser specifically for the Santa Cruz County Cycling Club. See p. 9 for the variety of pre-ride and ride day jobs. All volunteers receive T shirts and post-ride dinner.

Welcome new members: Patricia A. Bailey, Oliver Wright and Richard Robinson!

Finally, for latest developments on the railroad trip controversy, you may check the People Power website at www.peoplepower.org.

41st Year for Great Western Bike Rally

About 2,000 cyclists from all age groups are expected to attend the 41st annual Great Western Bicycle Rally, May 27-30, at the fairgrounds in Paso Robles. Bike routes each day range from 10 to 100 miles. Other activities include a swap meet, get-acquainted party, wine and cheese party, Concourse Delegation, cookout and various cycling-related competitions. See www.gwbr.org for details.

Strawberry Fields 2005 Ride Has Turkish-Iraqi Influence

Jerseys of red, white and black with green stars, colors of the Iraqi flag, will be on sale (below) for \$90 on May 15 at Strawberry Fields Forever, a 25 mile, 100k and 100 mile bike tour organized by Cyclists for Cultural Exchange.

Jersey sales will benefit the Iraqi Junior National Team, while the ride will benefit 14 Turkish cyclists, who will work the ride as part of their two week stay in the US. Registration is online at www.strawberryfields.org and all three rides start and end at Aptos High School. The jerseys

come from Hincapie Sportswear and feature the company's quadretto material and gel grip waist. All sizes except small are still available. SFF also sells T shirts for \$12 and caps for \$9.

Host Families Needed

Ride organizers, Frank and Vita Pritchard, are in charge of arranging the home stays for the Turkish cyclists. Anyone who can offer support from May 11-15 and again from May 25-29 may contact the Pritchards at frankandvita@comcast.net. A bike tour of the Napa and Sonoma valleys, the Russian River, Olema, San Francisco and Butano State Park will follow Strawberry Fields and is open to any SCCC club member. Contact Chris Boman for more tour information at cwbcycler@yahoo.com.

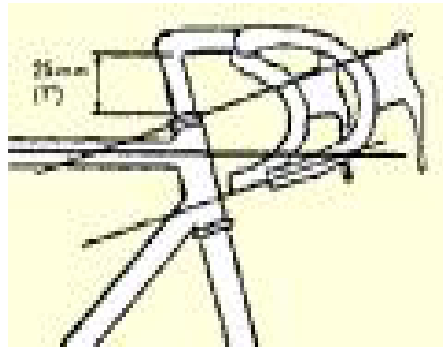


From My Handlebars to Yours *by Richard Bedal*

President's Message

What is this group we call the Santa Cruz County Cycling Club? According to Thesaurus, club can mean association, organization, or alliance. Ok, but what specifically do we do as a club? According to our Bylaws "the specific and primary goals of the SCCCC shall be the education and instruction of the individual members and the general public in all facets of bicycling." Are we doing that, or are we just a group of bicycling enthusiasts that like to bicycle together? Do we want to do more? As a result of these questions and others the Board of Directors met on March 20, 2005, for about seven hours to thrash out these issues. The meeting resulted in the following:

First of all, we determined that we agree with the Club's stated goals and that we are involved in numerous projects to achieve them. For instance we conduct bicycle skills classes, beginner bike ride training,



long distance training, and a Santa Cruz Mountains Challenge. Over the years we have provided financial support for: our team to travel to Japan for races, a local bicycle racer to travel to the World Cyclo Cross Championships in Germany, a video on mountain bike racing, and several Turkish bicyclists to travel to Santa Cruz. We also provided a new bike for a Baja racer.

At our general meetings, held quarterly, we have guest speakers on topics that help improve our bicycling skills and interest. In January the topic was bicycle tours in Europe. In April we had a Feldenkrais instructor provide training on body awareness

and proper stretches for bicyclists. For the July meeting we are arranging to have a former CHP officer who teaches senior drivers. It is hoped that we will have an open discussion about the friction between drivers and bikers and ways to improve the situation.

Need To Do More?

The discussion at the retreat then developed into future activities. Should we be doing more? There was a definite agreement that we can and should. Ideas for future projects included: coordinating with local law enforcement to provide reward to kids wearing bicycle helmets, creating a speakers committee to promote bicycle safety and interest, increasing support for school bike safety classes and bike rodeos, encouraging more ride leaders, having columns in local newspapers that address the concerns of cars vs bicycles, and increasing support for bike paths.

SCCCC's Bottom Line

The bottom line is that the Club is in an excellent position to promote bicycling and bicycle safety. With the ever-increasing cost of gasoline, bicycling is definitely one of the best alternative forms of transportation—besides it is fun and provides fitness. As a result, your Board of Directors is committed to encouraging more people to ride and helping make Santa Cruz County a more bike-friendly community. If any of you are interested in getting involved in any of these activities, or have ideas for other club activities, please contact me or any club officer.



On a recent Saturday ride near Hollister in marginal weather conditions, club members David Stihler and Pat Lawson collaborate on plastic bag inspired cold-weather gear.

Sea Otter is Thrilling Experience for Local Cyclist

By Karen Kefauver

When spring rolls around and the words sea otter are spoken, some people think of the furry, playful marine mammals. For many cyclists, however, Sea Otter is another beast entirely: a multi-day festival of cycling in Monterey (www.seaotter.com). I fondly recall my first cross-country mountain bike race in 2003 at the nation's largest multi-discipline cycling event. This year's Sea Otter was held April 14-17 at Laguna Seca Raceway.

For six years, I had attended Sea Otter as a spectator and a sportswriter for a variety of publications. I had always enjoyed watching the road and mountain bike races and trials courses, cheering for friends and strangers alike and shuddering at the crashes. And I did quite a bit of bargain hunting too for cycling clothes and parts at the 300-vendor expo.

When I tackled the 18-mile cross-country course, I wanted to improve my fitness level and test my skills on my titanium Airborne mountain bike from Spokesman. Most of all, I wanted to ride with gals from Velo Bella, an all-women's cycling team based in Santa Cruz.

At 10 a.m., our group of beginning women, ages 30-34, lined up to wait for the starting gun. The fact that I had raced cyclo-cross did not help. This field of 40 women was bigger than I had ever experienced. After the longest 10 minutes of my life, our group started with a sprint up a steep, paved hill. In about 20 seconds, I was watching the pack of women leave me behind as I huffed and puffed up that brutally steep hill.

Lungs on fire, I funneled onto the



Karen Kefauver

a narrow path winding through the spectacular, grassy slopes of Fort Ord. I followed the bumpy trail as I barreled down through the emerald fields, home to grazing sheep. On the punishing uphill, I peeked at the scenic panorama and recalled Maria running through the hills in The Sound of Music. Imagine Julie Andrews mountain biking!

With back and legs aching by mile ten, I needed to conserve energy. I still had to contend with the hardest part of the course, Heartbreak Hills, a series of three grueling climbs. Like the majority of women, I dismounted my bike to tackle the unbelievable pitch, but I drew cheers from riders when I powered up one punishing climb.

I discovered that I was the Monica Seles of mountain biking, grunting aloud as I exerted myself on the trails. When I struggled up the punishing finish chute, I bellowed, "Oooooowww!" I pushed as hard as I could in the final stretch, pedaling like a madwoman to cross the finish at my first Sea Otter race. When at last I reached the paved track near the finish line, I shamelessly cheered myself, "Ahoooo!" as spectators gawked.

I wound up placing 10th in my age group in a little under two hours. By far, the most satisfying part of the experience was trying something new and pushing as hard as I could with other fun-loving cyclists by my side.

singletrack dirt path, through a slippery patch of mud, past a pile-up of fallen riders. We quickly spread out in single file on

For cyclists considering their debut at a cross-country mountain bike race, here are my tips:

1. Carry a hydration system on your back instead of a water bottle, which can fly off the bike on bumps.

2. Shed excess clothing before the race. Many beginning racers were encumbered by rain jackets and extra layers that caused them to overheat or stop during the race.

3. Don't judge yourself solely by how fast you finished the race and where you placed in your age group. Enjoy the experience!

(Karen Kefauver is a freelance writer living and racing in Santa Cruz. Her excellent website is www.karenkefauver.com)

SCCCC members Jim Keenan and Lex Rau finished 14th and 17th in their age group at this year's Sea Otter Classic.

Safety Obstacle Course Part of Bike to Work Week

Bike Smart! Youth Bicycle Safety Program will hold an obstacle course for four to eight year olds at the Bicycle Trip's Bike Fest on Sunday, May 15th at 1127 Soquel Ave., Santa Cruz. Participants will learn bicycle handling and traffic safety basics such as: starting, stopping and steering, making eye contact with drivers when crossing intersections and the meaning of signs and signals. Start times are 1:30 p.m.-2:00 p.m. and 2:30 p.m.-3:00 p.m. Bring your bicycle and helmets are required. Loaner bikes and helmets will also be available.

Bike Fest will also feature Giant Bicycles' Pro Air and BMX Stunt Show.

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

Beginners Ride—starting at 9:30 A.M. Start at Lighthouse Field State Park ENTRANCE at Pelton and National Streets. Parking on Pelton.

Martha Bedal 460-1818, marthab@cruzio.com

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 all traffic laws!

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.

Long Distance Training Rides

The Long Distance Training Support Group/Saturday Series is for riders from every ability level to achieve goals that they have set for the year. Whether you want to ride your first century or just lose a few extra pounds, this is the best way to accomplish your goal. Each ride will increase in mileage and/or intensity. Come out and challenge yourself!

Saturday April 30 2005

Pescadero

Start at the church on Stage Road in Pescadero @ 9a.m. Don't park in their lot. Carpool 8a.m. at CCC Lunch at Alice's Restaurant in Skylonda or bring your own. A=29mi 1800' B=39mi 2600' C=54mi 4400'.

Scott Campbell 479-3575

Saturday May 7 2005

Tres Pinos to Panoche

Start at Tres Pinos School on Hwy. 25, just north of Tres Pinos, 9am. Carpool at CCC 8am. A=40mi/1700' B=54mi/2700' C=72mi/3200'

Jim and Stephanie 728-5951

Saturday May 14 2005

Gizditch for Pie!

Start from CCC @ 8:30am A=39mi/450' B=40mi/750' C=50mi/1250'

Daphne Gullig 438-4321

EXTREME HEAT CANCELS RIDES

Smart Riders Use Sunscreen

Other Rides

Sprocket's Sunday Ride

1420 Mission St., Santa Cruz 8:00 A.M. 25–35 miles moderate pace. Questions? 426-7623 or check the web www.sprocketsbikes.com for details. These rides may be suspended for any reason. Call to be sure.

Saturday May 21 2005

Boulder Creek, Big Basin and Skyline

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

Ed Kilduff 724-2501

Saturday May 28 2005

Soda Springs and Lexington Reservoir

C start is Park and Ride lot in Scotts Valley at 9:30 A/B start is Lexington County Reservoir Park at 10:30 Carpool from Scotts Valley Park and Ride at 9:00 A=12mi/400', B=30mi/3400', C=48mi/5000'

Barnaby Lee and the Race Team 471-0842

Saturday June 4

Leo's Local Ride

Explore the hills around Santa Cruz: all riders meet at 8:45 AM for a 9:00 start. We'll start at the County building parking lot. (corner of Ocean and Water); 'A' ride approx 32 mi & 1400 ft; 'B' ride approx 40 mi. & 3000 ft; 'C' ride approx 52 mi & 4400 ft. Extra credit options will be provided.

Leo Jed 425-2650



Saturday Ride Rest Stop at Lexington Reservoir

Saturday June 11 2005

Moss Landing

(Note different start locations) A group starts at the market in La Selva Beach at 10 a.m., B and C groups start at CCC at 9 a.m. A=30mi/500', B=50mi/800', C=65mi/2500'

Ed Kilduff 724-2501

Saturday June 18 2005

Eureka Canyon

Meet at CCC at 9 a.m. A=35mi/1000', B&C=60mi/2800'.
Lunch at the Summit Store.

Tim McCloskey 458-9860

Saturday June 25 2005

Gene's June Jaunt

Meet at CCC at 9 a.m. for a group of local rides with a special dessert stop. B&C rides go into the hills and A ride stays on the coast. A=18mi/300', B=35, 1000', C=50mi/2000'

Gene Lytle 338-4758

Saturday July 2, 2005

Mountain Charlie to Soquel

Meet at Scotts Valley Park and Ride at 9:00 AM Go up Mt.Charlie and on back roads to Soquel-San Jose. Lunch in Soquel and return via Branciforte and Glen Canyon. B&C: 45 miles with 4,000 ft of elevation.

Janet Fogel 438-0706

All ride participants must wear helmets and obey traffic laws!

Saturday July 9 2005

Smith, Davenport, and Swanton

Start at CCC, 9 a.m. A=28mi/600' B=42m/ 1200' C=60mi/ 2000'

Charley Fisher 425-3559

Saturday July 16 2005

Palo Alto/Woodside

Start from Park & Ride on Page Mill/I-280 at 9 a.m.
Carpool from CCC at 7:45a.m. A=30mi./2200', B=41mi/ 2200', C=45mi/4000'

Pat Lawson 408-379-6949

Grace Voss 462-4884



Left to right are SCCCC riders Mike Cox, Les Overbeck, Jim Keenan and Leo Jed.



Left to right are SCCCC riders Gail Overbeck, Janie Tibbals and Janet Fogel.

SCCCC Tuesday Rides Promote Friendship, Fitness



On a recent Tuesday ride, **Bart and Joan Favero**, left, dusted off their tandem while **Howard Swann** gave directions to **Linda Brodman**, center, and, right photo, **Herb Greenfield**, left, **Richard Bedal**, center and **Ric Eiserling** checked the route. (Photos by **Glide A. Long**)

Life's Lesson on a Bicycle

(Poem courtesy of SCCC member Emilie Holder)

*I thought I needed exercise, so I bought myself a bike.
It was a fun alternative to going for a hike.*

Centuries and Tours

To see complete calendar click	
http://www.bbcnet.com/RideCalendar/RideListDate.asp	
5/1	Delta Century
5/1	Grizzly Peak Century
5/1	Napa Valley Tour de Cure
5/7	Tour of the Unknown Coast
5/8 to 5/14	Greenbelt Alliance Go Greenbelt Tour
5/15	Foothill Century
5/15	Strawberry Fields Forever
5/21	Davis Double Century
5/27-5/29	Great Western Bike Rally
5/28	Nevada City Mountain Bike Endurance Ride
6/4.....	Sierra Century
6/4	ALS Central Coast Century
6/5	Sequoia Century
6/18	Big Basin 200k Brevet
6/18 to 6/23	Sierra to the Sea Tour
6/19	RAM
6/25	Climb to Kaiser, Fresno
6/25	Terrible Two, Santa Rosa

*I practiced and I practiced. I thought "I'm getting good!
I'm ready for a bike trip." But I misunderstood!*

*You see, I'd been riding flatland, few hills had come my way.
So when I joined a bicycle tour, you can imagine my dismay.*

*I expected flatland with gentle, rolling hills.
When I saw that first, long climb, I really got the chills.*

I thought, "I'll never make it, that climb is much too steep."

*But I put my bike in low and took it at a creep.
That first hill seemed endless, I thought, 'I've got to stop.'
But I kept slowly pedaling finally reached the top!*

*Wow! What a sight! Going down was quite a thrill!
But, you know, when I reached the bottom there was yet another hill.*

*I worried about the hills so much I forgot to look around.
You miss a lot of scenery when you're staring at the ground.*

The next time I went on a bicycle tour, I made a solemn vow.

Not to worry so much about the hills, I'd make it up somehow.

*And I did by small increments and rests along the way.
And, you know, the hills got easier every single day!*

*Life's hills are like that, you can worry about the climb.
Or you can divide it into increments, one step at a time.
You'll find that muscles build as you climb up those hills,
Not only that, but the downside can bring some wondrous thrills.*

Then as you learn to look around and smell the roses, as they say,

You'll live life to the fullest—every single day.

By Ann Reed-Mead

GIVE THE SANTA CRUZ MOUNTAINS CHALLENGE A HAND

Saturday, August 6, is the day of the **7th Annual Santa Cruz Mountains Challenge**. This year's (100km., 100mi.) will begin at **Scotts Valley High School** in Scotts Valley. The rides will be using the campus both as a Start/Finish and for lunch at the end of the ride. We are limiting the number of riders to 500 to ease preparation and the purchase of food. The Mountains Challenge is the primary fund raiser for the club. To provide rest stops, SAG support and food for the riders, we rely on the help of club members, their families and friends. Take a few minutes to fill out this volunteer form. If you are unable to help the day of the ride, sign-up for one of the "before ride" jobs.

As registration, lunch and check-in will be located in the same general area, feel free to volunteer for several jobs, (i.e. registration in the morning, take a break, then check-in or assist with lunch in the afternoon). You'll be part of the action and show off the **Santa Cruz County Cycling Club's** hospitality to other riders. All volunteer staff will receive a 2005 Mountains Challenge T-shirt and will be invited to the worker's dinner. It will be a long standing tradition for members of the **Santa Cruz County Cycling Club** not to ride the Mountains Challenge; however, we will be having "Workers Preview Rides" in July (see the ride schedule for details). After your form is received, your "Captain" will be calling you about specific assignments. Worker's T-shirts will be distributed on the day of the Mountains Challenge.

**THE TIME TO GEAR UP FOR AUGUST 6 IS NOT FAR OFF. WE NEED YOUR HELP.
ALL WORKERS MUST FILL OUT ONE OF THESE FORMS SO WE CAN ORDER THE COR-
RECT NUMBER OF T-SHIRTS. THANK YOU FOR YOUR COOPERATION.**

QUESTIONS? Call the Coordinator: Scott Campbell (831) 479-3575; longrider_scott@sbcglobal.net

Volunteer Checklist: T-shirt size ____ (S) ____ (M) ____ (L) ____ (XL) ____ (XXL)

(Fill out one form for each volunteer. Photo copy this form if you need more)

NAME: _____

ADDRESS: _____

PHONE: (HOME) _____ (WORK) _____

BEFORE RIDE JOBS:

____ **Route Marking** (Weekend in July, to be arranged)

____ **Sign Making** (Weeknight in July)

____ **Bread Bakers** (For the Rest Stops i.e. Banana, Apple Spice, Blueberry etc.)

DAY OF THE RIDE JOBS:

____ **Floater** (Wherever needed most)

____ **Rest Stop** (Keep food/drinks stocked for riders — select a Rest Stop)

____ Sanborn County Park ____ Big Basin State Park ____ CDF Training Center ____ Franks' Tree Farm

____ **Registration** (Morning, register riders)

____ **Check-in** (Afternoon, track riders as they return)

____ **Lunch** (Midday, keep food/drinks stocked for lunch at the end of the ride)

____ **Sag Driver** (With your car or truck - drive routes to help riders with minor repairs and assistance)

I CAN LEND THE FOLLOWING EQUIPMENT:

____ Presta Pump ____ Schrader Pump ____ Ice Chest ____ 5 gal. Water Jug

Please submit completed forms to:

Santa Cruz County Cycling Club, PO Box 8342, Santa Cruz, CA 95061-8342

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 (Starting mid-May)
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

May - June 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	Grizzly Peak 7 Century
8	Board Meeting 9 7 p.m.	10	11	12	13	14
Strawberry 15 Fields Forever	16	17	18	19	20	GWBR, 21 Davis Double
22	23	24	25	26	27	28
29	30	31	1	2	3	Sierra 4 Century
Sequoia 5 Century	6	7	8	9	10	11
12	Board Meeting 13 7 p.m.	14	15	16	17	Sierra to Sea 18 starts
RAAM 19	20	21	22	23	24	Terrible 25 Two
26	27	28	29	30		

