

Bike Week's Rail Trail Day is Roaring Success

Five hundred people filled eight passenger cars of the Santa Cruz Big Trees and Pacific Railway on a May 22 ride up to Felton. The event was Rail and Trail Day, the culminating activity of Bike Week, and for the return trip, 250 passengers who had hoisted their bikes on the train in Depot Park near the Santa Cruz Wharf, dismounted after the 30 minute journey to ride back to town. Mayor Mike Rotkin, a lecturer in community studies at nearby University of California Santa Cruz, spoke to all passengers on board, saying Santa Cruz is "a city that really wants to provide alternative transportation," emphasizing that "we cannot afford the automobile...it is bottlenecking our society." Rotkin was among the cyclists making the return trip via Highway 9 on his 10-speed bike. Laura Cohen from the Rails to Trails Conservancy and Mike Jones from Alta Planning gave a presentation on rails with trails. The first-ever train/bike event was the brainchild of Friends of the Rail Trail (FORT). It was a replacement trip for the Santa Cruz to Watsonville ride that Union Pacific scrubbed when some folks along the route protested. Future plans include creation of a 32-mile biking/hiking trail parallel to the tracks from Davenport to Watsonville.

Here are some quotes from the Mark Davidson family:

"Great event! We had a great time! I hope this becomes an annual event. We are looking forward to next year." - Eve Davidson "The tunnel was dark



Club member Mike Andolora helps load 250 bikes onto Roaring Camp Railroad for May 22 ride to Felton from Depot Park.

and just a little bit scary." - Jade Davidson, 3 years old. "So many bikes, so many friends" - Jade

"I was really looking forward to rail trail day and was pleased at the turnout. I would like to see this become an annual event and in the longer term I would love to see this event come to an end...because the goal of the event will have been



reached and we will have rail trail from Davenport to Watsonville." - Mark Davidson

The event showed the power of train and bike travel and how Santa Cruz embraces and would use the Coastal Rail Trail. The benefits of such travel are obvious, but the obvious is worth stating. A rail with trail provides a scenic, accessible, and safe place for healthy travel which reduces automobile congestion, pollution and parking.



Back on Her Bike

Hanna Sharmer, left, is fully recovered from a bike accident several weeks ago when she was hit by an elderly driver. Now she is in the market for a touring bike so she can plan a coast to coast trip. Left of Hanna is Jeannine Peerless.



Mayor Mike Rotkin (first row, second from left) makes Turkish cyclists honorary citizens of Santa Cruz. Bottom row, l to r: Alvaro Carias, Rotkin, Sadan Okmen, Mustafa Dinc, Alp Mor, Muhlis Dilmac and Fancy Graham. Top row, l to r: Jim Keenan, Berkant Atay, Bulent Savran, Leo Jed, Vita Pritchard, Gozde Senguller, Chris Boman, Gokhan Ak, Kazim Cetin, Arzu Ozdemir, Matt Werner, Ali Ozdemir, Liane Bencuya, Richard and Martha Bedal and Ed Kilduff. The cyclists visited the Central Coast for two weeks courtesy of Cyclists for Cultural Exchange.

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>

Next Roadrunner Deadline is August 15



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

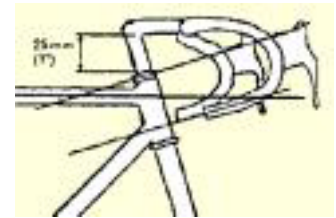
By Richard Bedal, SCCCC President

It has been a busy few weeks for the cycling club and many cyclists in the county. With the bikers from Turkey and El Salvador arriving on May 11th, Strawberry Fields on the 15th and Bike to Work just ending May 22nd, a lot of energy was expended toward our two-wheeled transportation. With the invitation from Cyclists for Cultural Exchange (CCE) 12 cyclists from Turkey and one from El Salvador arrived and many club members opened their homes as host families, including yours truly. The two we had from Turkey were the finest gentlemen you could ever meet. The experience has inspired me to travel there in the next year or two. Besides the interesting conversations, laughter and joy of being with them, they made their beds better than I ever thought possible. After bicycling around Santa Cruz County and working on the Strawberry Fields ride, the 13 foreign cyclists, with some CCE members, drove up to the Napa area to tour for a few days before returning to Santa Cruz County. Rumor has it that four inches of rain dampened them but not their ever-present camping enthusiasm. Strawberry Fields is CCE's main fund-raiser, held on May 15th this year. Funds are used to help defray the cost of sending cyclists to foreign countries and bringing bicyclists from other countries here. Although this is not a club function, more than 30 volunteers from Santa Cruz County Cycling Club helped with rest stops, meal preparation and other duties at the annual event, which attracted more than 900 cyclists.

BIKE TO WORK WEEK

Although bike-related events occurred every day during this week, the main attractions were the bike fest on the May 15th, Bike to Work Day on May 19th and Rail-Trail Day on May 22nd. On the 15th, Bicycle Trip's Bike Fest attracted hundreds of people to watch the professional air and stunt shows (yes, on bicycles!), Saskia Lucas's Bike Smart Bike Rodeo and live music. Although the Bike Rodeo had to compete with some very loud music, it was a great success with over 25 young kids learning about bicycle safety as well as traversing an obstacle course. The club sponsored a booth at the bike fest, where members handed out Mountain Challenge flyers and promoted the club to a few new members.

Although it rained on Bike to Work/School Day, many cyclists braved the weather. At the school where I volunteered, I saw over 30 bikes in the parking lot. Many



enjoyed the free breakfast and camaraderie. Receiving a free T-shirt also helped. Rail-Trail Day was an overwhelming success. (See p. 1) Best estimates indicate that 500 passengers rode the Roaring Camp Train from Depot Park to Felton. About 200 bikes loaded on the train allowed cyclists to ride Highway 9 from Felton to Santa Cruz for the return trip. (The CHP was kind enough to block the southbound traffic so we could take the lane.) The State Park Ranger was kind enough to block the north bound traffic so we could easily cross the road from the park. The club also had a booth at the event.

RIDE OF SILENCE

A planned nationwide Ride of Silence took place on May 17th, in memory of people killed in bicycle-related accidents. This program was started in 2003 in Dallas, Texas, and is spreading throughout the world. Unfortunately only three riders participated in the Santa Cruz ride this year, due in part to inclement weather.

BIKE RODEO AT SCHOOL

On May 15th, Saskia Lucas conducted a bike rodeo at the Mini White Elementary School. Two club members assisted in this rewarding experience. The fourth graders, from three different classes, received bicycle maintenance and safety instruction and then rode the obstacle course, practicing hand signals and looking over their shoulders. For children without bikes, Saskia brought some extra bikes and helmets so every student had an opportunity to ride. It was heartwarming seeing these kids so enthusiastic about bicycling safety!

All in all, May has been a bicycle focused month. Piet Canin, Micah Posner and all others involved in organizing Bike Week should be proud of their hard work.



SCPD Community officer Dominique Deluca at bike rodeo.

Cycling Offers Janet Fogel Ticket to Travel

By **Glide A. Long**

Some 13-year-olds think they can do anything...just ask Janet Fogel, an intrepid woman who once talked a teenage girlfriend into biking from Willow Glen to Santa Cruz so they could ride the roller coaster nonstop. To reach their destination, they biked on Highway 17! Actually, the journey over was not that difficult, since traffic in the late 1950's was a microcosm of what passes for the free flow of traffic today. But trouble brewed on the return trip. Janet and her girlfriend spent what money they had on the roller coaster, staying on and paying for additional tickets until their supply of quarters ran out. This meant they had no money for food or drinks, so the return trip over Highway 17 in the afternoon meant pushing their bikes for much of the way up to the summit. By this point, since it was a warm August afternoon, the temperature had reached 102 degrees and the garbage trucks rolling by were formidable. And their parents' reaction once they returned home? "We got into lots of trouble," remembers Janet with a smile. "But when you're 13, your spirit is telling you "Oh, why not?"

And that same spirit of adventure drives Janet as an adult. Encouraged by club member Anita Dwyer, Janet went from being a bicycle commuter to tackling longer rides with the help of a better (hybrid) bike and family support. For their first long ride, Anita and Janet biked to Monterey. Having learned her lesson when she was 13 about return trips, Janet suggested to Anita that their husbands pick them up in Monterey, which they did. Since then, however, both women have become regular participants on the club's Saturday rides. And Janet's husband Lawrence, has become a world traveler via bicycle thanks to his wife's interest in cycling. Janet and Lawrence traveled with Betsy Schwartz to the Baltics on one of her many international jaunts, using a "Family Tandem" made by Bike Friday to complete the month-long trip in 2001. In 2002, the Fogels went with Leo Moll and other club members on the "Pilgrims' Route" to Spain and France, following some of the trails forged by the crusaders from the Middle Ages.



Janet in her orchid garden.

In 2004 they again traveled with Betsy and another club member, Lilly Ann Popken, to Bulgaria and the Ukraine. And, this October will find Janet and Lawrence in Southwestern China as members of Imagine Bicycle Tours on a 12 day trip. "It's been a neat way to travel," says Janet. "You get to know the people and you can eat anything you want at the end of the day!"

Back on the home front, Janet's skill at organizing people helped lead SCCC to a "club revitalization" effort which it still enjoys five years later. Starting in 2000, Janet, Leo Moll, Anita Dwyer and Scott Campbell became the impetus for a more active bike club when they discussed how to make the club reach out to more people while they were returning by car from an

Imagine Bike Tour. The result has been officers serving for two years instead of indefinitely, a resurgence of the Mountains Challenge as a club fund raiser (p. 9), quarterly meetings with guest speakers at Simpkins Swim Center and a bi-monthly newsletter published on a regular basis. Janet also became the new president and Scott the new vice president. The new officers set a goal of 100 members (club membership is now 150+ members) as well as more involvement by all. "The club needed to exist outside of any individual."

And perhaps that success has been due, in part, to Janet's pleasant personality and people skills. An educator at heart, she still works part time for UCSC in the New Administration Program, which means she coaches junior high and high school principals in techniques for supervising new teachers, a ticklish subject that calls for tact and understanding. "A lot of principals today don't know what excellent teaching looks like or how to promote it," she says. As a result, Janet prompts principals to allow new teachers release time to watch good teachers in action on their campus and to hold faculty meetings to exhibit work done by students so teachers can talk about how that work came about. A former principal of Mission Junior

High School and Harbor High School in Santa Cruz, Janet coaches her clients based on personal experience. She is a 20-year English teacher, both in Hawaii and Monterey County, and she and Lawrence have been married for 20 years. "He keeps me grounded," says Janet, "we have a good balance."



Left to right are Jeannine Peerless, Patrick Kretsch, Herb Greenfield, Anita Dwyer, Howard Swann, Leo Moll, Patricia Bailey and John O'Hara at the Fogel house.

Try a Hardware Store for Your Next Pair of Cycling Glasses

By Herb Greenfield

For years I have balked at paying the stiff prices for cycling glasses. Oakley, Rudy Project and even Smith are all in the three-figure price range! I once had a pair of Smith specs that I got on sale for just under \$50 from Performance, and they were OK but no better than the Performance and Nashbar branded ones that I have used. The latter came with multiple lenses that included smoke, clear and amber. All these lenses were polycarbonate plastic and UV A/B protected. A few years ago, I switched to a clear lens because my eyes were not handling the rapid sun to shade change fast enough—for example, going down Hazel Dell out of Corralitos. The clear ones still provide some reduced light transmission—on the order of 5% and with the same UV protection.

A year or so ago, I was in a plumbing supply house (Ferguson Enterprises located across from the Sutter Surgery Center on Chanticleer Avenue), and saw a display of safety glasses, the kind of eye protection one should wear when

chopping wood or using a grinding wheel or for other eye-hazard projects. They have a black frame with a one-piece curved polycarbonate lens and adjustable length temples. They come with a soft plastic nosepiece so they are comfortable. I didn't like the small Smith & Wesson wording on the frame, but for \$6.50 with tax, how could I complain? I have been using the CycleAware ViewPoint adjustable lens mirror (the button size mirror sticks to the inside of the lens and works fine on the safety glasses.) I think the Smith & Wesson glasses come in a shaded color, too, for those younger than I, who can handle shaded lens.

I have used A.O. Smith safety glasses from OSH for many years for working around the yard, and they are not very comfortable and look like safety glasses.



However, Home Depot, Watsonville, has MSA brand straight temple safety glasses that look more like cycling glasses and they have clear and shaded lens options. Great! Another source without the gun manufacturer's name printed on the frame. I bought an amber lens pair for use around the yard. The MSA glasses have anti-fog lenses and an adjustable lens angle for what they call a "customized fit" and include foam earplugs. Well, forget the earplugs while cycling! Their price was \$8.96 plus tax. They have about the same lens curvature as the Smith & Wesson glasses I am using, so the CycleAware mirror ought to work for most people.

I see from the packaging that one should not use a cleaning tissue containing wood fibers on plastic lenses. A soft cloth is OK, and soap and water for cleaning, but not Windex. I just huff and wipe with a handkerchief.

So, if one wants a less-expensive pair of cycling glasses, home supply stores are good places to start looking.

Saskia Lucas Offers Bicycling Safety Tips to Youngsters

(Photos by Richard Bedal are from Bike Smart safety program offered during Bike Week at The Bicycle Trip. SCCCC member Saskia Lucas, SCPD community officer Dominique DeLuca and Bike Smart intern Reese Ornellas increased safety awareness of a dozen children. Saskia needs volunteers to help her stage future "rodeos." schools.)



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 February 4. 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

Thursday

Meet at 10:00 A.M. in front of the Corralitos Market in Corralitos for a moderately paced road ride of 25–45 miles. This is a No Leader—Decide and Ride. Bring water, snacks, and essentials for bicycle repairs.

Rider Levels

A = Novice: you can ride 15 miles on a mostly level road at a leisurely pace.

B = Intermediate: you can ride 40-60 miles with some hills at a moderate pace.

C = Experienced: you can ride 80-100 miles with hills at a brisk pace if you choose.

We wait for riders at all levels, although the C level riders are not obligated to wait, particularly when a map/queue sheet is provided.

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!

Saturday, July 9, 2005

Smith, Davenport and Swanton

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

Grace Voss 462-4884

Pat Lawson 408-379-6949

Saturday, July 23, 2005

Santa Cruz Mountains Challenge Workers Ride

Start from the Park and Ride/Metro Center in Scotts Valley on Kings Village Dr. Distances will be 100km and 100 miles, pace will be a moderate 8 to 12 miles per hour. Both rides will start at 8:00 am. Check in will begin at 7:45 am for the 8:00 am start. Roads will include Mt. Charlie, Skyline, Big Basin Way, Jaminson Creek, Felton-Empire Grade, Mt. Hermon, Mountain View just to mention a few. The bonus treat is this ride is fully supported. We will have rest stops at each of the locations that will be used on the official ride. This ride is put on for the benefit of those club members who volunteer to work on the Mountains Challenge August 6.

Scott Campbell 479-3575

Saturday, July 30, 2005

Pescadero

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

Tina Ensign 476-1043

Club Notes

Saskia Lucas will speak and show slides of her experiences teaching bicycle safety to elementary school students at the club's general membership meeting. The meeting is 7 p.m. **Wednesday, July 27** at the Simpkins Swim Center.

The Roadrunner is looking for stories of people who have had interesting bicycle trips. If there was a summer bike tour you enjoyed or a recent ride that was memorable, please write about it and send your account to the editor--gracevoss@sbcglobal.net. Next deadline is **August 15th**.

Saturday, August 6, 2005

The Mountains Challenge Ride!

(See p. 9 for Volunteer Form)

Scott Campbell 479-3575

Saturday, August 13, 2005

Eureka Canyon

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

Chris and Paula 462-4041

Saturday, August 20, 2005

Ducky Deli and Gizditch

Start CCC at 8:30 for B/C riders ~60/70 miles 3,000'
Start at 5 Mile House for A riders at 9:30 ~40 miles
1,500' (park behind shops in lot off Corralitos Rd) Ride
to Ducky Deli for lunch with a stop at Gizdich Ranch
for pie on return.

Bart Coddington 475-5234

Saturday, August 27, 2005

Monterey, Pacific Grove and Carmel

Start from vacant Marina K-Mart, Reservation Rd. turn-
off from Hwy 1, at 9:00 AM. Carpool from CCC at 8:30
AM. A=33miles,600ft.,B=40miles,1000ft.,C=48miles,
1,600ft.

Ric and Janie 475-5397

Saturday, September 3, 2005

Mt. Tam

Start at the dirt parking lot at the southwest end of Golden
Gate Bridge (just off Lincoln Blvd) at 9:30 a.m. Carpool
leaves CCC at 7:45 a.m., (Be there earlier to load up)
A=30mi/1500', B=40mi/2500', C=60mi/4000'

Leo Moll 662-9413

Saturday, September 10, 2005

San Juan Bautista from Kirby Park

Start at Kirby Park, 9am. Carpool at CCC 8:30am.
A=22mi/800' B=40mi/1200' C=62mi /1800'

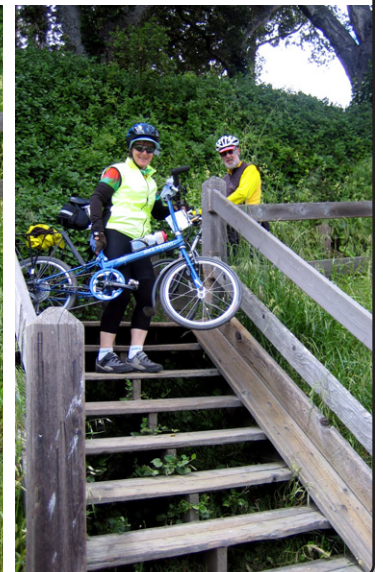
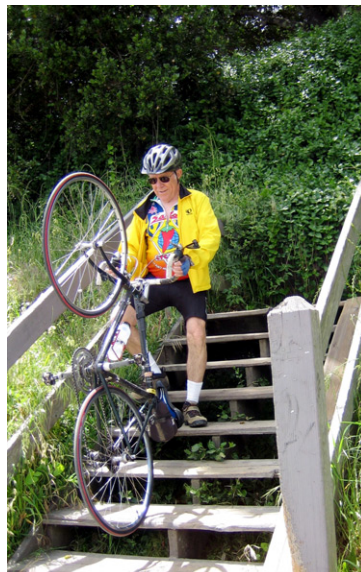
Larry and Violet Puretz 684-2758

Bike Safety Tip from Leo Moll

While riding, it is a natural tendency to try to
catch-up to (and pass) the person(s) in front of you.
However, it is not a good idea to do it on the downhill.
That is when accidents happen. As Leo Moll says,
"Do your catching up on the uphill."

How Do You Bring Your Bicycle Down the Stairs?

Left to right, club members Leo Moll, John O'Hara, Janet Fogel, Lilly Ann Popken and Lawrence Fogel
demonstrate their technique for descending the Frederick Street Park stairway after a weekday ride.



Retired CHP Motorcycle Officer Loves Free Flow of Traffic



CHP officer George Klein at an intersection.

About 95% of cyclists who are killed each year are kids riding their bikes on the wrong side of the road, according to longtime CHP officer George Klein, who was guest speaker at the April general membership meeting of the Santa Cruz Cycling Club. Relating deadly details of local incidents, Klein added that distracted drivers are another cause for biker fatalities, citing the example of a triathlete killed on East Cliff Drive when the driver of a parked car became distracted after checking his rear view mirror, seeing no one approaching, then looking back for something in his car before opening the car door into the path of a fast-moving triathlete on a bike, causing the biker to meet the pavement head first. (The triathlete was not wearing a helmet and died at the hospital.) Likewise, a biker was killed near Davenport once when an elderly woman thought the bike lane was the right hand lane.

Besides distracted drivers and the elderly, people talking on cell phones and people driving larger cars are also causes for the recent upswing in accidents involving cyclists and motorists, according to Klein. (CHP accident reports now contain a category for cell phone use as a cause of accidents, a fact which could help promote legislation banning the use of cell phone use while driving.) Now a retired CHP motorcycle officer, who spent many years patrolling Highway 17, Klein teaches an AARP-sponsored driver safety class and uses his backlog of real-life experience to illustrate his safety points. He uses humor when relating a wealth of stories gained from personal experience. One story he doesn't hesitate to tell is about his adventures delivering newspapers as a ninth grade high school student in San Jose. One day, after returning home in the early-morning darkness from his route, a police car passed him with the driver yelling at him to "Put a light on that thing." (his bike) "It never occurred to me," says Klein, "that the cop couldn't see me and may have almost hit me. I thought I could see just fine. It's all about perspective."

Likewise, Klein says many drivers today just want to steer their cars to and from their destinations, rather than actively engage in the act of driving. He rates only 5% of the total drivers on today's roads as very good drivers, with another 5% good drivers. That means the bulk of today's drivers, (60%), are "unqualified to drive" and the remaining 30% are "marginal

drivers." Yikes!

One situation bikers need to be aware of, with so many 'unqualified' and 'marginal' drivers on the road, is motorists turning right at an intersection with a bike lane. The motorist who wants to turn right from a road with a bike lane HAS to occupy the bike lane (the dotted white line means the bike lane is part of the road). By occupying the bike lane (which forces the biker to stay behind the motorist), the driver won't impede traffic behind him if he has to wait for pedestrians crossing the street in the crosswalk where he wants to turn. Likewise, he prevents the biker from scooting by on his right and becoming a hazard when the motorist makes a right hand turn. It seems to be the biker's responsibility to know this about drivers, according to Klein, as "only 1% of drivers know this law."

An affable man with forceful opinions, Klein enjoys interacting with people on any issue. His AARP driver safety classes are offered several times a year for \$10 at the Pajaro Valley School District Adult Education Office at 294 Green Valley Road, Watsonville, and motorists receive a 5% discount on their car insurance after completing the eight-hour class. Call 786-2160 for class schedule.

Club Shorts

Welcome new members: **Linda and Keith Mowen, Jeff VanDamme, Lee and Gail Overbeck, Anthony Pappa, Dr. Thomas Antone and Allan Edelson.** Welcome back renewing members **Tery Gargiulo, Shirl Remaley, Eric Hand, Michele Thomas, Debby Molina and Patrick Kretch.**

SCCCC members **Scott Campbell** and **Mike Andalora** may or may not have placed third in the annual **Kinetic Sculpture Race** over Memorial Day Weekend in Arcata, CA. Due to a broken fork, they needed assistance along the route and so didn't "ace" the course. Nevertheless, they were third across the finish line, resolving to return next year for a fourth attempt in the last five years at unassisted victory.

Intrepid globe-trotter **Betsy Schwartz** has returned from an extended bike tour in Mexico and Guatemala with SCCCC traveling companion **Jane DeJarnette.** Betsy reports that both women were greeted consistently by friendly folks who marveled at their stamina and resolve to travel long distances by bike. Betsy and club member **Lilly Popken** are now on a tour of Iceland.

Longtime race team director **Barnaby Lee** is heading north August 1st to teach drafting and machine shop at Ukiah High School. Barnaby was instrumental in the award of a \$500 grant to the junior race team for supplies and has been an enthusiastic SCCCC member and ride leader. He will be replaced by **Mike Martin.** The next race team meeting will take place at 7 p.m. Thursday, July 28 at **Big J's Pizza**, 845 Almar.

The **People Power** insert in this issue of the **Roadrunner** reflects the political views of that group, not necessarily the views of **SCCCC.**

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 CORRECT
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
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
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"/> US Mail <input type="radio"/> Both			

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
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Please complete the following for any minor (<18 years old) family members:

_____ Name	_____ Age	_____ Name	_____ Age
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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

July-August, 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9 Bike for Breath 100K
10	11 Board Meeting 7:00 p.m.	12	13	14	15	16 Healdsburg 100K
17	18	19	20	21	22	23 Bay in a Day Double Century
24 Fun Ride	25	26	27 General Mtg. 7:00 p.m.	28 Race Team Mtg. 7:00 p.m.	29	30
31	1	2	3	4	5	6 S. C. Mtns Challenge
7 Mt. Shasta Century	8	9	10	11	12	13
14	15 Board Meeting 7:00 p.m.	16	17	18	19	20 Salinas Century
21 Napa Valley Tour	22	23	24	25	26	27
28	29	30	31			

Santa Cruz County Cycling Club
 Membership Card
 www.santacruzcountycycling.org - P.O. Box 8342 Santa Cruz, CA 95060

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 p.8 Traffic Safety Tips
 p.9 Mountains Challenge
 Volunteer Form

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

