

Mayor Endorses National Bike Greenway Ride

Mayor and bicycle advocate **Mike Rotkin** greeted a dozen cyclists and as many bike advocates before reading a proclamation to promote the National Mayors Ride 2005 on Wednesday, July 27 at City Hall. The cyclists, which included SCCC members **Judy Osmond, Braxton Alsip, Ed Kilduff and Tim McCloskey** had ridden from Monterey to present a proclamation to Rotkin celebrating bicycling as a method of transportation, as a recreational outlet and as a healthful form of exercise. The National Mayors Ride involves cyclists traveling with the proclamation from city to city until 52 major US cities have been reached. The idea is to promote bicycle-friendly roads and pathways between the cities, and the movement is headed by former SCCC member (and **Roadrunner** editor) **Martin Krieg** of Palo Alto. Krieg rode a high-wheeler from Monterey for the event.

For SCCC member **Mary Alsip**, it was a family event. Her mother, **Bernice Lorence** of Santa Cruz, was at City Hall to support her daughter Mary and grandson **Braxton**. And she didn't hesitate to speak out for more bike paths everywhere. "It's a great way to get from county to county when you have nicely laid out bike paths," said Lorence. "People will be more

encouraged to ride when they don't have to spend time finding bicycle-friendly roads but can rely on bike paths for travel."

Lorence's daughter Mary, who used to be a brakeman for the Southern Pacific Railroad, says putting bike paths along railroad tracks is an idea that is only limited by people's refusal to change their outlook. Now an associate planner for the City of Santa Cruz, Alsip says there exists "tons of right of way on each side of the railroad tracks which are necessary for rail repairs. All a bike path needs is a roadway two to three feet wide. Someday we will stop being so silly when it comes to limiting ourselves concerning alternate means of transportation."

Braxton Alsip celebrated his

17th birthday by participating in the Mayors Ride from Monterey, an outing he termed "fantastic." A senior at Santa Cruz High School, Braxton became interested in cycling through his mother and Boy Scout bicycle outings, although the main impetus for his cycling was the 2003 AIDS ride from San Francisco to Los Angeles. When asked if he liked supporting causes, he smiled and said, "Apparently."



Mayor Mike Rotkin



Mike Krieg

SCCCC General Meeting

7:00 p.m.

Wednesday, October 26

Simpkins Swim Center

Club Shorts: Bike Shops, Bike Smart Folks

A yellow house with tall red, white and green flags waving over a front yard display of bikes is the new home of **The Bike Station** at 8061 Aptos Street, next door to Mr. E's Cyclery. Owners **Joanne Thompson**, a former bike racer, and **Lee Gilbert**, president of Cycleaware bike safety products, opened in May, having moved from a smaller location near Highway 1 and Rio del Mar Blvd. "It's much nicer here," said Joanne recently. "We've been able to put our personalities on our new store instead of having a box in a strip mall."

The Dutch-style windmill that once sat atop Buckhart's Candy Store is now the home of **Amsterdam Bicycle Shop and Coffee Bar** on East Cliff Drive between 12th and 13th streets. Owner **Tom Sullivan**, formerly of Sullivan's Bike Shop in the Seabright area, is now a co-owner along with **Mike Bennett**

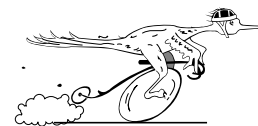
and **Doug Salesky**. "Coffee and cycling go together," says Bennett.

Saskia Lucas of Bike Smart! will train a dozen **SCCCC Youth Education Team** members on the do's and don'ts of teaching bicycle safety to elementary school students from 3 to 5:30 p.m. **Sunday, Sept. 11** at First Church of the Nazarene, 115 S. Morrissey Ave. The training will enable club members to help with **Bike to Work/School Day** on Thursday, **Oct. 6**

The fifth annual **Surf City Century**, featuring a 25-mile, 100K and 100-mile route will take place **Sept. 18**, at Cabrillo College to benefit the **Santa Cruz AIDS Project**. Riders are encouraged to do extra fund raising, with prizes ranging from t-shirts to wheeled duffel bags to luxury hotel packages, depending upon the amount pledged and raised. For route details and prizes, check out the website at **www.scapsite.org/century**.

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/scrandonneurs/index.html>



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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 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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From My Handlebars to Yours

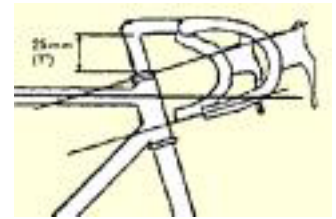
By Richard Bedal, President

In other parts of this newsletter you will find the what and how of our seventh annual Santa Cruz Mountains Challenge. Here I would like to address the why of this labor-intensive endeavor. In the early preparation stages for this year's event, it became a challenge whether or not we were going to go forward with it. Many board members, as well as others, were legitimately asking why are we doing it? The return on our investment of time and money has been relatively low, although better than last year—just several thousand dollars annual net profit. Perhaps our efforts could be better directed in other projects was the common lament. However, the decision was made to go forward at least one more year and then re-evaluate the love-hate relationship we have with this very challenging Mountains Challenge.

I would like to report that, on many levels, this year's Mountains Challenge was a tremendous success. After talking with riders at the first rest stop, and again at the end of the ride, I came away with a strong sense of pride of being associated with the volunteers and this event. More than 80 volunteers went out of their way to make the riders feel welcome and to make the ride a challenging but rewarding experience. A sampling of the comments I heard from the riders: "Great! Awesome! Challenging, but I loved it! Great rest stops! I liked the improvements you made on the route. I'll be here next year." In one e-mail afterwards, a rider wrote: "A superbly run event....one of the best-run centuries I've ever done...the registration folks were there early and well organized...the stops this year were well done and well placed."

This year's Mountains Challenge was not without its mishaps. Someone's chain broke three quarters of the way up Mountain Charley (he was sagged back to the start where Treys True Wheel (a sponsor) fixed it and the rider was sagged back to the top of Mountain Charley to complete the ride). Another rider was hit by a car's side mirror on Skyline Blvd—after the CHP investigated, the rider, who was fortunately only bruised, was sagged back because his bike did not fare so well. Many riders missed the Ice Cream Grade turnoff because the street sign was blocked by a tree branch and the arrows were difficult to see in the shade while rapidly descending a hill.

Although the ride was very well run and the riders loved it, your board is still faced with the question of whether or not to have an eighth annual Santa Cruz Mountains



Challenge. The numbers are approximately what they were last year regarding both total riders and net income. Therefore, with over 80 volunteers putting in thousands of hours of work, is such effort worth the net income of less than \$3,000? There is high potential for attracting more riders and sponsors next year. (This year we had a late start with a changing of the guard and the recruitment of new committee chairs—these now-very-experienced chairs are excited about putting on an even better ride next year.) However, success or failure depends on those volunteers, mostly club members, who continue to selflessly return each year.

We all need to ask ourselves if the effort is worth the return. Is it necessary that we make a lot of money on the event or are the intangible rewards (camaraderie, pride in a job well done etc.) sufficient reason to continue? The potential for making more money is there, but it will require a higher effort at publicizing the ride to attract more experienced cyclists. Sometime in the next month or so, the board will be discussing the future of the Mountains Challenge and exploring other options for fundraising activities. It is important that all of you make your opinions known to board members. After all, the club belongs to all of us.



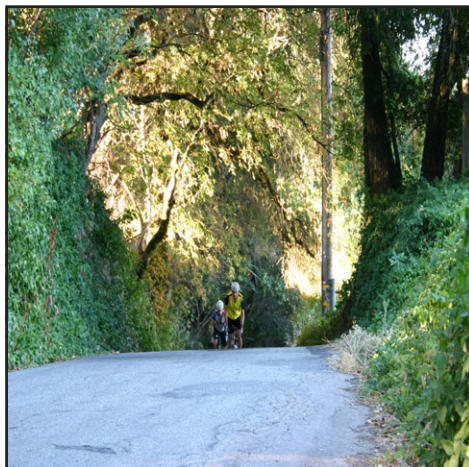
Making sure the Santa Cruz Mountains Challenge goes smoothly are, left, Scott Campbell, co-chair, and Lawrence Fogel, who was in charge of the post-race meal. Not pictured is Gene Lytle, who directed all volunteers and co-directed the entire ride.

SC Mountains Challenge Draws Praise

Testimonial Letter

Dear Dave and Simone (and all SCMC volunteers),

Just a note to thank you for your hard work on the Santa Cruz Mountains Challenge. I had a great time although I have to say it was one of the most difficult rides I have done in a long time. The rest stops were well placed and the food was GREAT! Thanks for the cola offer going up Zayante, but if I would have stopped I just might have climbed in the car and called it a day. I knew if I got off the bike, I'd have trouble getting going again. Also, it was super to see Simone at the top. Simone, thanks for the



Riders climb Mountain Charley

encouraging words. We finally made it (I just barely).

Dave Samples (Watsonville)

Ride and Food Totals

100-mile ride participants—230 (203 men, 27 women); 100-K ride participants—120 (84 men, 36 women); no show riders—32; riders needing sag support—21; number of volunteers—80+; cases of soda—20; cookies—72 dozen; lbs of cytomax—55; gallons of water—350; lbs of trail mix—35; lbs of turkey—40; lbs of cheese—20; loaves of bread—60; gallons of pickles—two

After All Was Said and Done...

Thank you Santa Cruz Mountains Challenge Volunteer Leaders!

Directors:	Scott Campbell Gene Lytle
Permits:	Janet Fogel
Road Marking:	Ed Kilduff
Registration:	Lilly Ann Popken Chris Boman
Sanborn Rest Stop:	Barnaby Lee
Big Basin Stop:	Herb Greenfield
Lunch Stop:	Tina Ensign
Bread Baking:	Janet Fogel
Frank's Tree Farm:	Ron Riley
Post-ride Meal:	Lawrence Fogel
SAG:	Scott Campbell
Floater:	Richard Bedal Margo Hober
Sponsors:	John Armstrong
T-Shirts:	Paula Barsamian
Zayante H ₂ O Stop:	Shalom Compost Emilie Holder
St. Clares H ₂ O Stop:	Sally Salmon Robin Bland
Check in:	Mike Andalora Alan Eklof
Cartographer:	Leo Moll

Tuesday Ride Features Anita's Bait and Switch School

By Paula Barsamian

Did you know that Anita Dyer has a new course designed to force SCCCC riders to learn to patch and install their own tire tubes? Anita, an experiential teacher, believes in putting riders in a position where they are forced to learn repair skills. As a result, she put her plan into effect on the Tuesday ride of 19 July.

First, she cheerfully announced that a small switch in the ride's route to Gisdich Ranch would result in fewer cars and more miles. Eight of the riders jumped at the chance for the supposedly safer, extra-credit route. Leading the riders cheerfully up Corralitos Road, she and the others noticed workmen vigorously cutting brush by the side of the road. Cause and effect soon resulted. Two miles later, the first rider, Paula Barsamian, announced a flat tire. As the other riders dismounted to view the gigantic puncture created by a vine thorn in Paula's tire, another flat was announced, then another, then another..... Within minutes, the entire contingent (minus Anita who had NO flat tire but who played the role of a patch cheerleader) dismounted to fix their tires, accompanied by helpful suggestions from nearby Corralitos neighbors. The bikers were 100% successful in their tire repair on what turned into a longer ride than anticipated. At ride's end, Anita gave her extra credit riders an "A" for expertise and an "F" for incredulity.

(See next issue of The Roadrunner for Puncture Vine explanation.)

80 Volunteers are Backbone of SCMC



Among the Santa Cruz Cycling Club volunteers who helped at the seventh annual event are, left to right, Fancy Graham and Martha Bedal, Paula Barsamian, Chris Boman (rear) Leo Jed, Mike Andolora and Alan Eklof.

The Devil is in the Details for Staging a Successful Century

By Richard Bedal

This year's Santa Cruz County Mountains Challenge went so smoothly, one might think putting on a ride of this magnitude is no big deal, a piece of cake. (The 100 mile route included 10,083 feet of climbing, while the 100k route included 7,093 feet of climbing!) However, from personal experience I know that in putting on a century, the devil is in the details. To understand some of its complexity, compare the SCMC with hosting a 12-hour party for up to 500 people when you don't know exactly how many people will come and the party is spread over 100 miles of roads! Furthermore, you have to coordinate the activities of over 80 volunteers, obtain permits from various government agencies, purchase or obtain donations of food and other items and be prepared for any emergency!

Contingency plans and flexibility are also a necessary part of a successful century. Because the Mountains Challenge taxes even the most fit and skilled rider, the coordinators need to plan for the

possibility of accidents and heat exhaustion. Change is inevitable and events don't always go according to plan, so committee chair-people need to be flexible to accommodate the unexpected, such as road closures, illness of volunteers, inability to contact a SAG driver, etc.

This year's Mountains Challenge went smoothly because the co-chairs, **Scott Campbell** and **Gene Lytle** did their job well. It went well because all the volunteers also did their job well—they showed up when and where they were assigned and they were cheerful and flexible. All of you are golden and I am proud to be associated with you.



Gary Harrold helps with meal prep at Scotts Valley High School.



Former SCCC race team director Barnaby Lee and team members help out at Frank's Tree Farm Rest Stop.



Jeannine Peerless serves up post-ride meal at Scotts Valley High School.

**SCMC Photos by
Vita Pritchard
and
Richard Bedal**

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

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!

For ride updates, check the Club's "new web-based calendar"; click on the ride date listing.

The SCCCC Race Team meets the last Thursday of the month at 7 p.m. at Big J's Pizza, 845 Almar Avenue near Safeway. Contact Mike Martin (429-8210) for details.

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 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=30 mi/1500', B=40 mi/2500'; C=60 mi/4000'

Leo Moll.....662-9413

Saturday, September 10, 2005

San Juan Bautista from Kirby Park

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

Larry and Violet Poretz.....684-2758

Saturday, September 17, 2005

Eureka Canyon

B & C from Jade St and back via San Jose /Soquel Rd loop; A from Corralitos or 5 mile house to Summit and return (36 miles); Lunch @ Summit Market; B&C Meet at CCC at 9 a.m., A at 5 mile house at 9:45 A=35mi/1000', B&C=60mi/2800'.

Ed Kilduff 724-2501

Saturday, September 24, 2005

Monterey Bike Path and Ft. Ord

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

Richard Bedal 460-1818

Saturday, October 1, 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'

Janie Tibbals 336-1040

Saturday, October 8, 2005

Cienega Loop and Santa Anita

Start from Tres Pinos School (Airline Hwy/Hwy 25) south of Hollister at 9 a.m. Carpool from CCC at 8 a.m. A=27mi/1500', B=36mi/2500', C=45mi/3900'. All do Cienega loop plus some extra credit for Bs and Cs. Bring your lunch.

Scott Campbell 479-3575

Saturday, October 15, 2005

Smith, Davenport, and Swanton

Start at the back gate of Natural Bridges Park, intersection of Natural Bridges Drive and Delaware, 9 a.m. A=28mi/600' B=42m/ 1200' C=60mi/2000'

Charlie Fisher 425-3559

Saturday, October 22, 2005

Pescadero and Half Moon Bay

Come out and play on a nice fall day, enjoy the change in seasons. We will begin the ride in Pescadero (please remember not to park in the church parking lot). Let's meet and car pool from CCC at 8:00 the ride leaves promptly at 9:15 from Pescadero. Coffee stop in San Gregorio and lunch in Half Moon Bay. A=25mi/1000', B=45mi/2500', C=55mi/3500'

Daphne Gullig 438-4321



Left to right: Judy and Osman Isvan at Davenport; Saturday group ride from Trestle Bridge near the Santa Cruz Boardwalk (center); and the club's two Leos, Leo Jed, left, and Leo Moll at downtown Santa Cruz start of Saturday ride to Felton.

Saturday, October 29, 2005

Moss Landing

A ride starts at La Selva Beach Market 9:30 a.m. B and C ride start at CCC 9 a.m. SHARP; A=25mi/500' B=35mi/1000' C=45mi/1500'

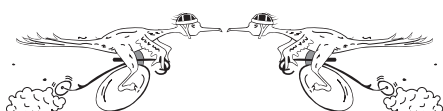
Ed Kilduff 724-2501

Saturday, November 5, 2005

Scotts Valley to Los Gatos

Ride leaves Scotts Valley Transit Center (King's Village Rd.) at 9 a.m. sharp; be there earlier. A=15mi/1500', B=51mi/2000', C= 65mi/3000'. Lunch in Los Gatos at the park downtown. There are short sections of hardpack dirt on the Los Gatos Trail and the west side of Lexington Reservoir.

Ric Eiserling 475-5397



All ride participants must wear helmets and obey traffic laws!

Welcome New, Returning Club Members

Please make the following people feel welcome on a club ride: Daniel Martin, The Jesse Nickell Family, Malinda Jones, Gerald Brown, Larry Colen, Kimberly Kogen, Maura Noel, Kathryn and Glenn Damron, Susan Forrester and Ken Sato. Renewing members are: Stephen Hoge, Winona Hubbard, Mike Martin and Michael "Mert" Martinelli.

General Meeting Notes

The October 26th general membership meeting will feature SCCCC member and freelance writer Karen Kefauver speaking about mountain biking. Besides writing for the Santa Cruz Sentinel on the Sea Otter Classic and the Santa Cruz Mountains Challenge, Karen is an occasional contributor to Outside Magazine and other periodicals. She has just returned from a mountain biking escapade to Utah.

For the meeting, refreshments will be provided by club members with fall birthdays (September, October and November.)

Santa Cruz Classic Criterium, Sept. 18, Beach Hill, course marshalls needed; contact Mike Marshall, race team director (429-8210) for more information.

Bicycle Safety Tip from Leo Moll:

When riding a bicycle, NEVER take your eyes off the road surface ahead of you (10' to 75' ahead) for longer than three seconds. For a prolonged view away from the road ahead, for goodness sake (your own goodness) STOP!

Tim McCloskey Has International Outlook on Life

By Glide A. Long

SCCCC webmaster Tim McCloskey is a survivor in more ways than one, having walked away from a 1980 mud slide that claimed his house and a 1998 bout with cancer, resulting in the removal of his salivary gland. "I bailed out into a pool of mud," is how Tim described his near-miss when mud from constant rain obliterated his summer cabin of a home 25 years ago on Glen Canyon Road. "But it was a blessing in disguise," he added, explaining that he was then able to build a studio apartment over his garage on the 3.5 acres of land while a larger and much improved home was constructed nearby. He now occupies the spacious home with his 23-year-old son Michael.

Tim's recovery from cancer was more drawn out, as he spent three years in a recovery program, only to have a slight recurrence last year, resulting in the cancellation of plans to join fellow club members Kathy Watson and Daphne Gulling on their bicycle odyssey across the US. He is now cancer-free and in good health despite, by his own admission, a weight gain from a formerly svelt 185 pounds. And his recovery from cancer has also lead to participation in Cycle Oregon for the last four years. Tim started the tour at the suggestion of his doctor, another Cycle Oregon rider, and now does it annually along with half a dozen other doctor friends and two lawyers. Held every September, the week-long tour of 450+ miles covers different areas of the state, ending this year in Astoria.

Besides being SCCCC's webmaster, Tim is a bicycling ambassador-at-large, hosting fund-raising dinners for international visitors here for the Strawberry Fields bike ride and cultural exchange, as well as giving lodging (in his new and improved home) to elite international racers who ride in the Sea Otter Classic each March. The latter come courtesy of Marco Polo Cycling, and in the past, Tim has hosted racers from Mongolia, Germany, China and even a former Tour de France racer from New Zealand. "We would go out riding," explains Tim, "and they couldn't drop me as I was their guide!"

Bridging cultures seems to come naturally for Tim, who grew up in The Phillippines as the son of a US Naval officer back when the US was "ramping up" for the Korean War. As an adult he lived and worked for several years in Singapore while traveling extensively



National Bicycle Greenways advocate and SCCCC webmaster Tim McCloskey at recent press conference for National Mayor's Ride which ended in San Francisco.

in the Far East. After hearing many speeches by Mao Tse Tung, he acquired an impressive pin collection from China (souvenirs of the speeches) and several bayonets. His bikes include a Huffy, bought when he was nine, which he rode by holding on to the backs of trucks in congested traffic in Manila, and a Peugeot he bought for commuting 30 miles a day roundtrip to his computer programming job at Stanford University. Now he rides a Cannondale ("top of the line") and also owns a Co-Motion, a collapsible bike which can be transported inside a backpack! He has taken it twice down to San Luis Obispo, where he rides the train on the return trip.

Tim's latest cause is the National Bicycle Greenway, having accompanied the National Mayor's Ride in late July from Monterey to Santa Cruz and then on to San Jose and Palo Alto to promote bike-friendly routes within and between major US cities. (The southwestern segment of this nation-wide cause ended in San Francisco. Bikers deliver a proclamation to each mayor asking for their support.) He says he was inspired to ride for NBG by Martin Krieg's speech at an SCCCC meeting. "The idea is to promote local awareness and national awareness of cities to come up with bike paths in their own communities and, eventually, to interconnect cities across the country with bike-friendly roads," concludes Tim. Inter-connection...that's a big part of Tim McCloskey's outlook on life!

October 15 is the Deadline for the November-December **Roadrunner**

The Evolution of a Bicyclist By Jeannine Peerless

While growing up in France, I bicycled around the countryside with friends. This was about as low tech as possible, with no gears and, of course, no safety gear. (I have vivid memories of accompanying a friend, who was a bloody mess, to a doctor's surgery after he had fallen off his bike on a gravel road. I also remember the moped that I rode with reckless abandon to school and being warned by a teacher that I had a death wish!)

Then work and family became my focus, and only after the children had gone and my husband David and I moved to Santa Cruz, did I return to cycling. First we decided to have only one car, as my husband intended to walk to work, and then, for those days that he took the car, I found that some places I wanted to go were a little too far to walk to easily. As an adult I had avoided riding bicycles because I'd been told they were bad for my back, but then one day I received different advice and decided that I'd try again. So, I bought a hybrid and found it much more complex than the bikes of my childhood! As a result, I went to Leo Moll's introduction to cycling class starting in January of 2002. Leo did his best to discourage us all by warning that we were bound to have a serious accident and then launching into some esoteric explanation of gearing that convinced me that I'd never know when I was in the right gear!

Fortunately, the beginners cycling group was made up of pleasant people (Leo included) full of encouragement. Those first rides were exciting, although one



Jeannine and her new bike.
(Photo by Howard Swann)

day I overreached by going all the way up Eureka Canyon Road, and that evening my husband took sadistic delight as I hovered painfully on the threshold of consciousness! I also became involved in the Bike to Work/School volunteer group with Piet Canin. I enjoyed the bustle of sorting food supplies and even arriving very early to help set up the free breakfast site at Gateway School during Bike to Work Week every May.

It really helped that it was easy in Santa Cruz to find friendly cyclists. Somewhere in my early enthusiasm, I also signed up for the Wildflower Century in Paso Robles, completing the half century and feeling good.

When the introductory rides ended, I found that I missed my weekly bike rides. So I joined the Tuesday ride group. Here I found very friendly and helpful bikers who encouraged me to get a better bike.

Fortunately, at the same time as I made my decision, my friend, Hanna Sharmer, decided that she needed a better bike than her Bianchi, so I traded up.

The new bike made a lot of difference and, as my strength and endurance continued to improve, I did not lie half dead after completing Eureka Canyon Road's elevation, although I have yet to find it a fun ride! The routes that I could take expanded, and so did my desire to ride more. I continued to encourage my husband to get a better bike so he could accompany me on some easy 30 and 40-mile rides. (His and my definition of easy are very different.) There was no way he would be able to do that with his hybrid, so one day I dragged him into Spokesman to fit him with a better bike. In the process, the owner Matt cunningly showed us a bike well above my husband's needs and, after I tried it, we bought it for me! So here I am now with a bike that cost more than we ever thought we would spend, a Specialized carbon fiber bike called Roubaix Comp. We now have four bikes in our garage (and one stored in a neighbor's garage), and once I find a saddle that's shaped the same way as I, I'll never think of doing a paltry half-century again!



On tour in Iceland are, left to right, Betsy Schwartz, her brother Frank Markland and Lilly Ann Popken, who spent several weeks there in July. (Travel story in next issue of **The Roadrunner**.)

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
10 a.m. to 6 p.m. 7 days a week

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

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, 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	C 3
4	Labor Day 5	C 6	7	8	9	L 10
Youth Ed. 11 Workshop	Board Meeting 12 7 p.m.	L 13	14	15	16	U 17
Surf City 18 Century	19	U 20	21	22	23	Two-Day 24 Big Sur Ride
25	26	B 27	28	Race Team 29 Meeting 7p.m.	30	B 1
Mt. Diablo 2 Challenge	3	R 4	5	6	7	R 8
9	Board Meeting 10 7 p.m.	I 11	12	13	14	I 15
16	17	D 18	19	20	21	D 22
23	24	E 25	General 26 Meeting 7p.m.	Race Team 27 Meeting 7p.m.	28	E 29
30	Halloween 31 Ride					

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

In This Issue:

p. 2 President's
Message
pp. 4-5 Santa Cruz
Mountains Challenge
pp. 6-7 Ride
Schedule
p. 8 Member Profile

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

