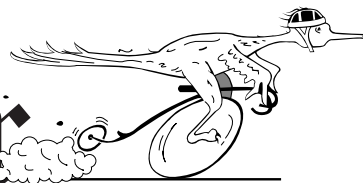




# The Roadrunner



A Bi-monthly Publication of the Santa Cruz County Cycling Club

July - August 2003

Volume 32, Issue 4

## Ice Cream at Ice Cream Grade

Don't scream for ice cream, - pedal for it!

Saturday, July 19 - meet at Jade St. Park (CCC) at 9:00A.M.

Bring your pruning shears (if you have them), your bathing suit, towel, and something to share at the BBQ. And don't forget your bike!

We will have a POTLUCK BBQ CHRISTMASTREE PRUNING SWIMMING ICE CREAM SOCIAL at Andy and Nancy Andreson's Christmas Tree Farm in Bonny Doon. We'll ride our bikes there and back. Turkey and tofu for BBQ and soft drinks will be provided by the club. Bring your favorite salads and desserts to Jade Street that morning and we'll have a SAG vehicle carry everything but you up the hill.

Non-cycling friends and families are welcome. The address is 747 Ice Cream Grade and Andy and Nancy will be expecting people around noon. Riders will probably start back down the hill around 3:00P.M.

If you have an ice cream maker or hedge trimmer, please contact Frank and Vita 477-1736.

Call to confirm and please let us know about friends and families so we can get an idea of how many to plan for.

## Cycling Reduces Cancer Risk

Researchers at the German Cancer Research Center have found that cycling appears to reduce a woman's risk for breast cancer—by one-third!

The study in the American Journal of Epidemiology reports that as few as three hours of "moderately intensive" riding per week can do the trick. And the more cycling, the greater the benefit.

## Now there's another healthful reason to do it.

Other studies have shown that exercise can reduce cancer risk, but this is the first one to pinpoint cycling. It was conducted on German subjects—about 880 healthy women and 400 premenopausal women under the age of 45 who'd already had breast cancer.

Of course, bike riding is a more common form of recreation and transportation in Germany than it is in North America and some other places. German women tend to have ridden quite a lot during their lifetimes.

For everyone else, it's never too late to saddle up several times a week. Now there's another healthful reason to do it.

## Tuesday Ride Schedule for July

Reminder - the 1st Tuesday in July will be "The Other Bart's" ride, out of his stronghold up on Riva Ridge (at the Summit).

Also - the last two Tuesday's in July (the 22nd and the 29th) cannot be brought to a fruitful bicycling happening by the original Bart and his stoker-wife, since they will be in the process of getting away for a Santana Tandem adventure in Amish Pennsylvania. We will be returning the 28th, then we have a backpacking trip to prepare for at the end of that week.

So, the 22nd and the 29th are open to anyone who wishes to lead a Tuesday ride.

**General Club Meeting**  
**July 22, 2003 @ 7:00 P.M.**  
**Simpkins Family Swim Center**  
**979 17th Ave., Santa Cruz**

### WHO IS JIM LANGLEY?

A bicycle fanatic who was Editor from '89-'99 for Bicycling Magazine; author of The New Bike Book and more. Jim will show and tell some of his collection, discuss the history of bicycling, and answer your questions.

### SANTA CRUZ RACE TEAM

Our Race Team will have pictures and/or slides to show of their adventure in Shingu, Japan.

## SCCCC Board Meeting

May 12, 2003

Attendees: Linda Correia, Tim McCloskey, Eileen Beaudry, Scott Campbell, Herb Greenfield, Brent Chapman, Justine Heaton, Frank & Vita Pritchard, Kathy Watson, Chris Boman

### Friends of the Rail Trail

This group has just started organizing. Goal is to educate public and raise funds and support for converting rail from Davenport to Watsonville into a multi-use trail. Does SCCC want to donate to the effort? Board to review budget at next meeting before making decision.

**Inventory check-out system** and organizing storage locker discussed. Final system/process to be determined.

**Accident report** procedure discussed. Frank to investigate liability in case of accident and read insurance policy.

### Action Items

- Chris to bring Budget Summary for next meeting to assist with decision on supporting Friends of the Rail Trail.
- Brent & Justine to set up a meeting so that Justine, David and Brent can meet with three other members of the board (Linda, Scott, Janet) Re clothing accounts and protocol for race team race. Tentatively set for June 5th, 2003
- Frank to research liability of club board members per club insurance. Report at next meeting.
- Tim to get web site meeting dates updated; add accident form.
- Janet will contact Bart Favaro regarding notices about Tuesday rides. Get Tuesday ride info into free local publications (Sentinel, Metro, GoodTimes, etc.)

•Brent to provide access codes to website for club members.  
Additional Items for next agenda  
Public Relations Person  
Finance Report  
Clothier Position  
SCCCC Property  
Mt. Challenge Masseur  
July 22nd General Meeting Agenda (Langley and Japan?)

June 9, 2003

Attendees: Linda Correia, Frank Pritchard, Vita Pritchard, Brent Chapman, Scott Campbell, Sharon Curtaz, Justine Heaton, David Gill.

**Santa Cruz Friends of the Rails Trails proposal:** Motion \$500.00 for 2003 and free article space in the Roadrunner for the remainder of the year. To make use of available space. Vote was unanimous.

**Board Members Liability:** Frank advised board members are covered for any except fraud.

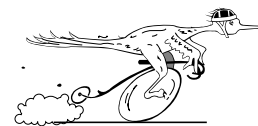
**Board Members Responsibilities:** Linda to meet with each person to develop "job description" binder.  
• Action item David and Brent agreed to write up description for Web Master and provide at team update meeting June 26th.

**Saskia Lucas** requested \$175.00 from the bike camp fund to attend the Girls Got Skills clinic. Motion to approve; Board approved as long as Saskia understands this will take from the kids funding.

*continued on Page 8*

## Clothier Post Filled

Justine Heaton has accepted the post of Club Clothier. Justine will be organizing all remaining clothing, placing orders for new clothing, and conducting all club clothing sales. Anyone interested in obtaining clothing may call her @ 247-5640.



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](http://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.

### OFFICERS

#### President

Linda Correia ..... 336-5864

#### Vice President

Brent Chapman ..... 335-8108

#### Secretary

Eileen Beaudry ..... 458-1785

#### Treasurer

Chris Boman ..... 479-1817

#### Membership

Kathy Watson ..... 460-9141

#### Social Directors

Frank & Vita Pritchard ..... 477-1736

#### Ride Directors

Herb Greenfield ..... 685-8914

Justine Heaton ..... 247-5640

[rides@santacruzcycling.org](mailto:rides@santacruzcycling.org)

#### Education Director

Sharon Curtaz ..... 464-2350

#### Race Team Director

David B. Gill ..... 423-0897

#### Century Directors

Janet Fogel ..... 438-0706

Jim Keenan ..... 728-5951

#### Newsletter Editor

Scott Campbell ..... 479-3575

[longrider@redshift.com](mailto:longrider@redshift.com)

#### Webmaster

Tim McCloskey ..... 458-9860

[webmaster@santacruzcycling.org](mailto:webmaster@santacruzcycling.org)

## Paula Barsamian finishes AIDS ride despite challenges

**Age:** 56

**Birthday:** October 5, 1946, born in Chicago

**Intro to Biking:** Years ago while working on her Exercise Physiology degree she saw the benefits of cycling and became interested. Last February Paula started cycling with SCCCC. Her first ride was 25 miles and she thought she was going to die. Thanks to Linda Correia who stayed with her and encouraged her, she finished and continued riding.

**Deciding to do the AIDS Ride:** Her friend Jim Ziglar suggested she try it as he's been doing the ride for seven years. She began talking about it with others and all echoed the same sentiment: You've got to do it; it's a wonderful experience of the human spirit and terrific physical challenge, too. She decided to take the plunge.



**The Agony and The Ecstasy:** Despite getting stronger she still felt anxious about her ability to ride 600 miles in a week; her longest training ride was 70 miles. One week before the ride she had terrible insomnia due to fear. Finally, thanks to acupuncture she found relief and pushed on with the challenge.

Being part of the community of AIDS riders was really intense. The challenge brought out the best in people and an utopian feeling beyond any other experience she's had. And her body rose to the occasion! She completed the entire 600 miles without SAG support -- despite having strong pain in her knee. On day six she completed the last 1.5 miles just using

her left leg (passing other riders)! And despite knee pain and a slower pace, she finished on day seven with the group. Incredible!

**Passion:** Besides biking, she enjoys cabinetry and languages. She speaks Italian and French and is learning Spanish.

**Biggest Adventure:** She has lived & backpacked all over the world; Italy, NY, Alaska. Also, learning Calculus was a great adventure that she loved.

**Career:** Highly varied. She has degrees in Occupational Therapy and Exercise Physiology. She also taught high school physics.

**Fantasy Career:** To have her own lab and do research in Exercise Physiology.

**Three Fave Movies:** Grande Illusion, Nine Queens, Magnificent Ambersons.

**Person, Living or Dead that you would most like to meet:** Thich Nat Hanh

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### Cycling Resources and Websites

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Mountain Bikers of Santa Cruz

[www.mbosc.org](http://www.mbosc.org)

The Hub

[www.santacruzhub.org](http://www.santacruzhub.org)

S. C. County Regional Transportation Commission

[www.sccrtc.org](http://www.sccrtc.org)

Bike to Work (programs and events)

[www.bike2work.com](http://www.bike2work.com)

League of American Bicyclists

[www.bikeleague.org](http://www.bikeleague.org)

Adventure Cycling

[www.adventurecycling.org](http://www.adventurecycling.org)

California Association of Bicycle Organizations

[www.cabobike.org](http://www.cabobike.org)

Cycle California

[www.cyclecalifornia.com](http://www.cyclecalifornia.com)

Almaden Cycle Touring Club

[www.actc.org](http://www.actc.org)

Bay Area Roaming Tandems

[www.artcycles.com/tandems](http://www.artcycles.com/tandems)

National Bicycle Greenway

[www.bikeroute.com](http://www.bikeroute.com)

Northern California/Nevada Cycling Association

[www.ncnca.org](http://www.ncnca.org)

Bay Area Women's Cycling

[www.bawcycling.com](http://www.bawcycling.com)

# 3-Day Road Kumano Stage Race, Japan

by Brent Chapman

## Day 1

Criterium. 80 Degrees in the sun. 1 bottle of water.

So we made it to Japan and are warming up in the morning, below a huge dam on a very unique criterium course. The course is tight in spots and sharp turns. At the start of the race Heath is already lined up front and I figured I would just hang out in the back. Within a few minutes of hiding out I heard my name being called "Brenta Chapmana". Crap...they want me to come to the front, I was really embarrassed. Fortunately they called the rest of the guys up with me.

We don't speak Japanese, so I am not sure if the first lap is a prolog or all out. I figured it out in a few seconds when a few racers went on the attack. I ended up countering. It seemed rather easy to hold my position in the front of the race. The racers were damn fast in the straights but are not as aggressive in the corning as we seen in California, sometimes putting the brakes on hard.

It was obvious that they relied on their superior sprinting abilities. So a few laps in there is a wreck, and a rider falls down in front of me and I hear a crash behind me. The plan as I understood it was that the team was going to work to support me at the finish if I could hang on. There was no one, I never saw a teammate until about 8 laps in when we passed David going the other way on the loopback. The sun was beating down and the wind was hot. I could feel my skin

burning and my lips drying out. Then within a few seconds I could hear Heath. Why you going so fast!! I was just trying to hang on. A little while later, I saw Brian and Mike. Brian advised not to go to the back as it was fast and he had barely hung on. Well, I was running low on water. I am used to racing a 1 hour crit, not a 2 hour one so I was unprepared. The sun was beating down and Mike and I were like marionette puppets jumping back in and out of the race. Eventually the heat beat me, I couldn't take it anymore and I was very dry. I figured I would relax and hope to catch on to the tail. I did and I passed Mike who flatly said "I'm done." That was the last I saw of him. I rode on and stayed with a few racers but we were now dropped off the back of the main pack. Brian was in the front group still, smart move on his part and I rode with my pasty mouth of foam looking at the 4 to go lap card. I was thankful. So, I hung on and hung on. Mike got pulled, so I knew if I didn't keep it up I would be out as well. On the final turn into my last lap, I could see the leaders coming. I got out of the saddle and cranked passed some racers and managed to get a good time trial pace going. I rolled across the line 4 minutes behind the winner for 51st.

## Day 2

Road Race. Mountain stage.

Warm but cool breezes. Race started earlier so temperature was great.

I started out in the morning with a sour stomach. Hotel food was "ok." I am not used to Japanese breakfasts. I missed my potatoes and sausages or bacon. Couple of

bites of rice, a few seaweed skins, cup of Miso and a tofu ball. My belly felt like it was going to explode. So were headed up the first hill of the day.

We were told this one would be slower. OK, someone forgot to tell the racers that. The first climb, wasn't too fast, but I was feeling it by the second climb. My belly was aching. About the 3rd climb in I knew we were headed up hill seriously soon. A racer crashed into a raised cement reflector on the shoulder of the road. Threw him off his bike and destroyed his wheel. I checked to see if he was ok, and he was. A few hundred yards later, breakfast returned.

A green pile of rice poured out of my stomach. I was wobbling all over, then I felt a hand on my back to support me. It was the racer who had crashed. He had a new wheel and was riding with his shredded jersey. I finished what I was doing and he rode on or should I say he lit up his after burners and disappeared. So at this point, I know David is back behind me and I could no longer see him. Heath, Mike, and Brian had made it with the group as I released my belly pain. I rode on and caught up with a cyclist who appeared to be having a bad day like I was. His breathing was sporadic. I put my hand on his back and pushed him up the climb. I remembered him from the day before and knew that he was a strong rider. I helped him calm down, I assume something mechanical happened and he wanted back on and had gotten over excited. So we worked together, back and forth until we could see the pack, but not anywhere near us.

*Look for conclusion in Next Issue*



## Travels with Betsy

by Betsy Schwartz

April 24, 2003

Greetings from Piriapolis, Uruguay,

My friend, Lilly Ann, and I are taking a marvelous but short two week bike ride thru the country of Uruguay. We have completed the first week of this great trip and there have been so many highlights that I feel compelled to share a few and write a travel letter to you all.

We arrived in Uruguay's capital city, Montevideo, and checked into a well located 4 star hotel (\$55/night/2 persons/with breakfast!). Right away we fell in love with this tiny South American country as we began to cycle thru the tree lined boulevards sporting their fall colors. Entering the Saturday market of antique items, I began a conversation with a curious older vendor, Risso, who had been a cyclist many years ago and who had owned 2 bike shops in Montevideo and Buenos Aires until he was forced to close both because of the ongoing economic situation. We were chatting away a mile a minute (in Spanish, of course!) and people began to gather around looking at these 2 women with their lovely bicycles, until Risso said to us, "Look around you! You 2 are stars here, just like Marilyn Monroe!" It indeed was true; nearly everyone was staring directly at us. That was our minute of fame.

The next day as we made ready for our trip and left our hotel at 12:15 to head to the bus station, we heard a lot of loud sirens heading our way.

Montevideo's main boulevard was lined with citizens as far as the eye could see. The Tour de Uruguay

was just finishing after the 76 cyclists from mostly South and North America had been riding in 10 different stages each consisting of not more than 150 kilometers, and they were riding past our hotel to the velodrome. Well, we jumped into the street and started pedaling with our fully loaded panniers, not knowing exactly how long before the cyclists would arrive. The first pack came hauling by so fast I could not even get my camera out to catch a photo. But then something really wonderful started to happen. The crowd who had been cheering for the racers, now turned their attention to us and now they were cheering and waving to us as we continued down the last mile of the blvd towards the velodrome!!!! Yes, all the waving now and shouting was for Lilly Ann and me and our heavily laden slow moving bicycles! Can you believe it? I was waving and sounding the bell on little Pumpkin and the children smiled and so did everyone. But I think I had the biggest grin of everyone! I felt so special and it was so much fun. I again felt like a hero for all of 5 minutes, and that feeling has lasted until today!

Then today there were 2 more special moments that I must tell you about: It has to begin with yesterday when we got rained out and had to "Hail a taxi" to take us thru the thunder, lightning and giant storm to our destination town of Minas, up in the mountains. Well, this morning as we were preparing to hit the road which happens to be one of the hilliest roads in the country, some people gathered and began asking me a bunch of questions about where

we were going and why we chose Uruguay and how we liked the country and how old we were! Well, that last question stopped them! Then the town's newspaper photographer came over and then next thing we knew the paper's journalist was there interviewing me and they were photographing us and making a big deal because we were so brave to be doing this bike ride all by ourselves at this advanced age, etc etc etc!! Again, we were made to feel so special. And that is what happens in this wonderfully friendly country where no one is a stranger after you say HOLA to them. They love that we are from USA and don't blame us for Bush's war!

They are so open and kind. And they think my Spanish is wonderful. (That always makes me feel good.)

Now since I said to you 2 moments, I must tell you the next thing: We were cycling along on this road that is very hilly and we had taken food with us as we were told there would be no place to stop enroute to buy anything. We had cycled 20 miles and I always get hungry after 20 miles so I said to Lilly Ann, "Let's stop soon and eat our meager lunch." She said, "Let's go a little further to that group of buildings over there. Maybe there will be some a place we can sit down." So we continued on and it turned out to be a big farm house and it did have a place by the road where we could lean our bikes and sit down to rest. As we sat, a bunch of dogs came running over, barking loudly. I jumped up and grabbed Pumpkin and flew off. Lilly Ann who moves a little more slowly put the bike between herself and the

*continued on Page 8*

## Weekly Rides

### Tuesday

Meet at 10:00 A.M. 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 coffee and lunch stops. Bring water, snacks, and money for lunch.

**Contact: Bart & Joan Favero ..... 438-1410**

### 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.

**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!

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

### Saturday, July 5, 2003

#### Monterey

A=30mi, start from Pezzini Produce Mkt. on Molera Rd. (just off Hwy 1, west of Castroville) @10:00A.M., B=54mi, start from Kirby Park @ 9:00A.M., C=92mi/2830ft., start from Soquel High School @ 8:00A.M. Informal carpool, riders choose. Lunch in Monterey.

**Linda & Frank Correia ..... 336-5864**

### Saturday, July 12, 2003

#### San Juan Bautista

Starts from Kirby Park on Elkhorn Rd. @ 8:30A.M. Carpool from CCC @ 8:00A.M. A=22mi, B=40mi, C=62mi. Lunch in San Juan Bautista.

**Larry & Violet Poretz ..... 684-2758**

### Sunday, July 13, 2003

#### Second Sunday Standard Ride

Starts from public parking lot on Soquel Ave. and Cayuga St. (next to the fire station) @ 9:00A.M. A 30-mile scenic route for lunch. No leader.

### Saturday, July 19, 2003

#### Ice Cream Social Ride

Start from Natural Bridges State Park (park on Swanton Blvd.) @ 9:30A.M. with ice cream makers, pruning shears, bathing suit and something to share at potluck pool party. A sag vehicle will get your gear to the Christmas tree farm on Ice Cream Grade. See details elsewhere in this newsletter.

**Frank & Vita Pritchard ..... 477-1736**

### Saturday, July 26, 2003

#### Pescadero II

Start in Pescadero (church parking lot, north end of town) @ 9:00A.M., carpool from CCC @ 8:00A.M. A=27mi/1650ft (Stage Road/La Honda), 20mi/750ft (Bean Hollow/Gazo Crk/Cloverdale), B=48mi/3550ft (Skyline & Alpine), C=51mi/4850ft (Tunitas & Lobitos Crk). Lunch for A's, Pescadero, B's, La Honda & C's, Sky Londa.

**Tina Ensign ..... 476-1043**

### Saturday, August 2, 2003

#### Santa Cruz Mountains Challenge

40+, 100K & 100-Mile routes. For more information and to register on-line, go to [www.santacruzcycling.org](http://www.santacruzcycling.org).

**EXTREME HEAT CANCELS RIDES**  
**Call ride leader for more information**

**Saturday, August 9, 2003**

**Carmel to Pt. Sur and Environs**

Starts from Safeway off Rio Rd. (just east of Hwy 1; right turn @ 1st signal on Rio Rd) @ 9:30A.M. sharp! Carpool from CCC @ 8:00A.M. Ride down Hwy 1 to Pt. Sur Lighthouse with options of Pt. Lobos, Spindrift, Carmel Highlands and Old Coast Road, 50mi/3227ft or just to Pt. Sur, 38mi/900ft. Bring or buy lunch at Safeway.

**Leo Moll** ..... **662-9413**

**Sunday, August 10, 2003**

**Second Sunday Standard Ride**

Check ride listing for July 13, 2003

**Saturday, August 16, 2003**

**Aromas**

Start from Rio Del Mar Grammar School on Pinehurst Dr. (off Club House Dr. in Rio Del Mar) @ 8:30A.M. A=25mi/1000ft, B= 45mi/2400ft, C=55mi/2850ft. A's lunch @ Gizdich, B & C's in Aromas.

**Herb Greenfield** ..... **685-8914**

**Saturday, August 23, 2003**

**Monterey**

Starts from old K-Mart (near Del Monte & Reservation Rd.-intersection is Del Monte & Beach Rd.) @ 8:45A.M. Carpool from CCC @ 8:00A.M. A=25mi/1000ft, B=40mi/1500ft, C=60mi/2000ft. May go into Ft. Ord. Lunch in Pacific Grove.

**Ric Eiserling** ..... **475-5397**

**Saturday, August 30, 2003**

**Eureka Canyon**

Meet @ Tim McCloskey's house (500 Glen Canyon Rd.) at 8:00A.M. for coffee and cookies. Ride starts @ 8:30A.M. A=35mi/1000ft, B & C=60mi/2875ft. Up Mtn.View, down Rodeo Gulch, Soquel Dr & little Hames to 5-Mile House for re-group & A turn around. B & C's lunch at Summit Store.

**Tim McCloskey** ..... **458-9860**

**Saturday, September 6, 2003**

**Gizdich for Lunch & Pie!**

Start from CCC @ 8:30A.M. A=30mi/450ft, B=40mi/750ft, C=50mi/1250ft. Familiar roads but Daphne is buying the pie!

**Daphne Gulling** ..... **438-4321**

**Saturday, September 13, 2003**

**Somewhere Special**

**Scott Campbell** ..... **479-3575**

**Sunday, September 14, 2003**

**Second Sunday Standard Ride**

Check ride listing for July 13, 2003

**Saturday, September 20, 2003**

**Moss Landing**

A riders start from La Selva Beach (behind library near church) @ 9:15am, B & C's start from CCC @ 8:30am. All go via San Andreas Rd. Lunch at Phil's in Moss Landing. A & B come back same way, C's come back via Elkhorn, Trafton & San Andreas.

**Ed Kilduff** ..... **724-2501**

**All ride participants must wear helmets and obey traffic laws!**

**Other Rides**

**Working Stiffs Ride**

Start at 5:30 P.M. and go until 7:00 P.M. – 20 + miles at a moderate speed. All are welcome to join, meets at Zanottos market in Scotts Valley. Please indicate if you plan to ride with us. Call the day before - plans change, do to a variety of interesting life events.

**Daphne Gulling** ..... **461-6448**

between 8:00 A.M. – 5:00 P.M. (that would be working stiff hours!)

**Fat Tire Friday**

Meet at 6:15 at the Delaware entrance of Natural Bridges every Friday. Ride is usually two hours long, in Wilder and UCSC. This is an intermediate level.

**Barnaby Lee** ..... **471-0842.**

**Spocket'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.Spockets.com](http://www.Spockets.com) for details.

**Swanton Road Time Trial**

Team Santa Cruz will conduct monthly time trials on the Swanton Road loop. This is a 11 mile course starting at 6:30 p.m. All riders of all abilities will be timed on the official course. You can compare your times with other riders, but the true test is to come back and see how your new time stacks up.:

4. Thursday, July 3

5. Thursday, August 7

6. Thursday, September 4

## Centuries, Doubles, and Tours

To see complete calendar check [www.bbcnet.com/RideCalendar/RideListDate.asp](http://www.bbcnet.com/RideCalendar/RideListDate.asp)

7/4/03	Fire Cracker 100
7/12/03	The Death Ride
7/19/03	Fall River Century
7/26/03	Climb to Kaiser
7/26/03	Windmill Century
7/31/03	RAMROD
8/2/03	S C Mountain Challenge
8/3/03	Marin Century
8/3/03	Mt. Shasta Summit Century
8/16/03	Cool Breeze
8/16/03	Holstein Hundred
8/17/03	Ride around Washington
8/24/03	Tour of Napa Valley
7/19/03	Healdsburg Harvest
7/26/03	Windmill Century
9/6/03	Amtrak Century
9/6/03	Worlds Toughest Century
9/7/03	Tour De Tahoe
9/13/03	Angeles Crest Century
9/13/03	High Sierra Fall Century
9/20/03	Knoxville Double Century
9/20/03	San Diego to the Grand Canyon and Back
9/20/03	Unknown Coast Weekend
9/20/03	Waves to Wine
9/21/03	O.A.T.B.R.A.N.
9/21/03	The Surf City Century
9/21/03	Thompson Peak 100
9/27/03	Grand Canyon to Mexico
9/27/03	Lighthouse Century
9/27/03	Tahoe Sierra Century
9/27/03	Tour of Two Forests
10/3/03	Pedal the Puddle

## Travels

*Continued from Page 5*

dogs and was yelling at them. The owner came out immediately and called the dogs. I yelled to the man we had only wanted to rest a little and eat our lunch! He came over and started talking. He is a cyclist himself (has an injured leg and could not race in the recent Tour de Uruguay) and asked if we would like to come and sit in his house. I said yes and off we went pushing our bikes past the dogs who now became our best friends. We went inside where his mother and the farm's owner sat eating a delicious parrillada (a typical Uruguayan meal = lots of meat of all kinds grilled over the open fireplace in the kitchen). We were now invited to partake in this wonderful meal. We had arrived there right at lunch time exactly as if someone had planned the whole event. It was a marvelous experience to step into the house of an 80 year old gaucho who had always been a large cattle rancher, and share a meal with him and his family.

This is a little part of the story of our trip to this tiny but very friendly country. There are so many other experiences we have had but I must leave some things for you to discover on your own for I know you all will want to grab your bike and come on down. You won't be sorry!

Much love,  
Betsy and "Pumpkin"

### WANTED

I am looking for a touring bike that is in excellent condition - I need a bike that will fit a person that is 5' 7" tall.

Daphne ..... 438-4321  
[Daphneg@thresholdent.com](mailto:Daphneg@thresholdent.com)

## Board Report

*Continued from Page 2*

**Public Relations/Sponsorship:** looking for appointee to contact local vendors for annual sponsorships and contact local magazines to update publications for promotion of club events. Justine has volunteered for position if no one else takes it. Sharon feels it is her job and wants more information.

### Treasurer's Report

-Finance quarterly and annual projection from Chris Boman.

-Motion and action item to board to collect last of monies due from clothing discrepancy within 3 months. Unanimous vote.

-Board approved \$75 for 3 year update of domain name for website.

Frank requested permission to put raffle on to sell two Marco Polo road bikes and one Mt. bike at SCMC. Money from Mt.bike sale would go to Cyclists for Cultural Exchange.

**July 22nd General Membership** meeting agenda discussed.

Brent and David to have show and report on race in Japan.

**Ice Cream Social** event at the Andresons Christmas Tree Farm. Motion: Frank requested up to \$100 to purchase turkey breasts and beverages. Board Approved.

### Action Items

- Linda to discuss further and create a timeline and bring back to board.
- Brent to contact Ed Kilduff and Barnaby Lee for whereabouts of bike travel case.
- David to collect all money due for club clothing by end of September.
- Scott to assemble Rest Stop kits before August 2.



## Rail Trail Moving Forward

We are fast approaching a time when you will be able to ride your bicycle from Davenport to Watsonville without interaction with automobiles while enjoying spectacular views of the Monterey Bay. Sound too good to be true? Not for long. Several recent developments are making a Santa Cruz County coastal rail trail look like a real possibility.

In March, the Santa Cruz Regional Transportation Commission approved research into an innovative proposal that would put a recreational trolley on the rails between Aptos and Capitola. What does a trolley have to do with a county wide cycling trail? Everything. If the RTC approves the trolley proposal it will release dollars approved by voters under proposition 116 for purchase of the rail line – “free” money, if you will – to the tune of approximately \$11 million. The rail corridor is now owned by Union Pacific (UP).

County ownership of the Santa Cruz rail corridor opens the door to several alternative transportation options for residents, including a bicycle and pedestrian trail that will allow us to ride on a flat, safe, quiet stretch, which includes many spectacular views of our beloved marine sanctuary.

But once the County takes possession of the rail corridor there is another very large step to be taken: we'll need to build 30 miles of trail. With construction costs estimated at \$1 million per mile, we have our work cut out for us in raising \$30 million.

But this is where our second bit of good news comes in. Last year an organization formed here in

Santa Cruz called the “Friends of the Rail Trail” (FORT). With cyclists, civil engineers, and activists, FORT has begun raising money, organizing volunteers, and writing a charter that will give advice to the RTC on optimal trail features (like building paths on both sides of the tracks for two way traffic; lighting; security; etc.)

Public information is an important part of the FORT effort so that Santa Cruz residents can keep pressure on elected officials to make this happen. Thanks to a generous contribution from the Santa Cruz County Cycling Club, FORT is laying the groundwork for a public information program that will begin in the Fall of 2003 that will include televised public service announcements, direct mail, and local lobbying.

In addition, FORT volunteers are mobilizing for a “demo build” along the San Lorenzo Valley corridor where the rails are already in private hands (Roaring Camp). With cooperation from Roaring Camp and SC County planning, volunteers could begin working by the end of the summer.

More information about the trail, both here in Santa Cruz as well as trails across the US, can be found by visiting [www.santacruztrail.org](http://www.santacruztrail.org).

## THE MUSEUM OF AMERICAN HERITAGE CLASSIC BICYCLE EXHIBIT

The Museum of American Heritage is hosting a spectacular exhibit of classic bicycles through September 28th, 2003. Admission is free (contributions accepted).

It is open 11:00A.M. to 4:00P.M. on Friday, Saturday, and Sunday, at 351 Homer Avenue in Palo Alto. More info at [www.moah.org](http://www.moah.org)

Homemade banana bread is the best treat at a rest stop! We need lots of it for the Mountains Challenge on August 2. Help us by baking a couple of loaves and delivering them to one of our two drop-offs by July 31. Use your own favorite recipe or try the one below! Drop offs for banana bread or other home-baked goodies:

Martha and Richard Bedal's (460-1818) 111 National St., Santa Cruz (off Bay)

Violet and Larry Puretz's (684-2758) 123 Seacliff Drive East, Aptos

### Whole Wheat Banana Bread (Makes 2 loaves)

1 cup butter or margarine  
(or 1/2 olive oil and 1/2 butter)  
1 cup sugar  
4 eggs, slightly beaten  
2 cups mashed ripe bananas  
2 cups regular all-purpose flour  
1 teaspoon salt  
2 teaspoons soda  
2 cups whole wheat flour  
2/3 cup hot water  
1 cup chopped walnuts

Melt butter and blend in sugar. Mix in beaten eggs and mashed bananas, blending until smooth. Sift all-purpose flour with salt and soda. Stir in whole-wheat flour. Add dry ingredients alternately with hot water. Stir in chopped nuts meats. Pour into two greased 9 by 5-inch loaf pans. Bake in a moderately slow oven (325°) for 1 hour and 10 minutes.

### For rent

B.O.B. trailers, I have two trailers one for single bikes and one for Santana tandems. Can be rented on a daily or weekly basis.  
Gene Lytle..... 831-338-4758  
email [poppagano@aol.com](mailto:poppagano@aol.com)

# 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*

**Armadillo Cyclery**  
**1211 Mission St., Santa Cruz**  
**426-7299**

*Open 7 days • Hours 9 — 5*

*New & Used • Rentals • Custom parts*

**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*

**Cruiser King Bicycle Company**  
**575 7th Ave., Santa Cruz**  
**477-1288**

*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 Recycled Bikes**  
**318 Pacific 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="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 (\$15) <input type="checkbox"/> Family (\$20) <input type="checkbox"/> Race Team (add \$5) <input type="checkbox"/> Junior (under 18) (\$8) 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 "RELEASES" 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 lessors of the premises on which the Activity takes place (each considered one of the "RELEASES" 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 "RELEASES" 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 "RELEASES" 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 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	Swanton Time Trial 6:30 3	4	5
6	7	8	9	10	11	12 Death Ride
13	Board Meeting 7:00 14	15	16	17	18	19 Fall River Century
20	21	General Club Meeting 7:00 22	23	24	25	26 Climb to Kaiser
27	28	29	30	31	1	2 Santa Cruz Mountains Challenge
3 Marin Century	4	5	6	Swanton Time Trial 6:30 7	8	9 Holstein Hundred
10	Board Meeting 7:00 11	12	13	14	15	16
17	18	19	20	21	22	23
24 Tour of Napa Valley	25	26	27	28	29	30
31						