

President's Message

The SCCC By-Laws were first adopted on October 4, 1997 and last revised on January 21, 1996. It is time for a face lift. The Board and I have been diligently working on updating the By-Laws and have come up with a few changes that will bring SCCC up-to-date. If you are online, go to the SCCC website and check out the current By-Laws and the Draft By-Laws. I will place both versions online as well for your reference. The strikeouts are deletions and the *italicized* portions are additions.

Below is a list of the changes that the Board proposes and will be brought to the October 28th General Meeting, at which time we will ask the general membership to vote on the proposed changes.

1. The most obvious change is the conversion of format. Basically the format went from A, B, C subsections, to Section 1.01, 1.02, etc.; and Article One, Two, etc. has changed to Roman numerals. Also some of the words have been changed, for example, from racing to race, to incorporate consistency throughout.

2. Section 2.02 has been changed to reflect the current distribution of The Roadrunner from "monthly" to "no less than six times a year".

3. Section 3.03. This is an important section. This is an increase in the annual membership fees to \$20 for an individual, \$10 for a Junior, and \$30 for a family. With over 160 members, this increase will help SCCC with newsletters, skills classes, social events, and more.

4. Section 4.01. A sentence has been added for clarity on responsibility of the SCCC and Race Team Membership Agreement.

5. Sections 4.19, 4.20, and 4.21 are an addition to the By-Laws. The following Director positions have been added: "Clothier", "Webmaster", and "Social Director".

6. Section 6.01. Listing of The Roadrunner in specific publications went to "in local publications".

7. Section 7.01 has been changed to reflect that all members of the Race Committee shall also be "members of the current racing governing body approved by the Race Team Director".

8. Article Thirteen has several changes. This went from one long paragraph to Sections 13.01 – 13.07.

A. Section 13.01 is the first sentence of the paragraph and has changed from "U.S. Cycling Federation" to "licensed" amateur racers.

B. Section 13.02 deleted the word "select" and changed the last word from "affairs" to "business".

C. Section 13.03 is new. This clarifies the election process within the Race Team.

D. Section 13.04 is new. This specifies jersey sponsorship responsibilities as it relates to the Race Team and SCCC.

E. Section 13.05 is the third sentence of the paragraph and has added "the Race Team shall be paid members of SCCC and," to the beginning of the sentence.

F. Section 13.06 is the fourth sentence of the paragraph and has not been changed.

G. Section 13.07. "The Race Team shall provide written" has been added to the beginning of the last sentence "and Annual" reports has been added as well. "Shall be made to the Directory" has been deleted from the sentence.

This concludes the By-Laws revisions. Please review the changes as proposed above and please come to the next general membership meeting on October 28, 2003 and vote. After we take care of business, we will have a presentation for you to enjoy.

See you there.

Linda Correia

SCCCC Board Meeting

July 14, 2003

In attendance: Linda Correia, Scott Campbell, Brent Chapman, David Gill, Justine Heaton, Simone Montez, Tim McCloskey, and Chris Boman.

Board members agree it would be appropriate to have Director's job description on the club web site. Linda will collect job descriptions from each Director. Brent and David will get the description for the Web Master to Linda by Monday, July 21st.

Directors discussed the possibilities for developing a plan for using the excess money from the club treasury. Several ideas were tossed around. It was decided all plans would have to wait until after the Santa Cruz Mountains Challenge to know how much surplus would be available.

Directors feel that the club needs to work on public relations with the local bike shops for club sponsorships as soon as possible. Many of the shop sponsorships need to be updated.

ACTION: Linda will send Brent sponsorship forms to discuss with bike shops. Brent is to mention newsletter advertisement opportunities. A price schedule was announced for advertising in the newsletter; \$50 for a quarter page ad, \$75 for a half page, and \$100 for a full page.

Finance report: \$411.00 is still owed to the club for clothing. SCMC has taken in \$5400 thus far. This puts the club in the black by \$3400.

Club Clothier: Sharon Curtaz has agreed to do this job, but it will be on a part time basis.

Draft Protocol for Race Team

and SCCCC: Linda discussed highlights of changes and will give update to next board meeting.

New Business:

Future Board Meeting: Joint meeting with Cyclists for Cultural Exchange and Surf City Cyclists to discuss storage locker organization.

Tim has requested that the club purchase some cardboard bike boxes to sell to members going on tours. Tim will do more investigation and present to board.

David and Justine would like to have new club jersey's and would like to close old issues before new ones are ordered. Design changes can continue to go forward, clothier will only be involved at time of orders. Justine will bring a few new designs next month.

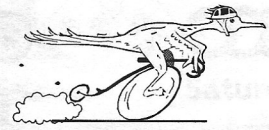
August 11, 2003

In attendance: Linda Correia, Chris Boman, Vita and Frank Pritchard, Larry Puertz, Justine Heaton, Tim McCloskey, David Gill, Sharon Curtaz, Kathy Watson, Brent Chapman, Scott Campbell, Janet Fogel, Herb Greenfield

Minutes recorded by Brent

Road Signs: The club is at a crossroads with the equipment it owns. We are experiencing problems with record keeping. It was discovered recently that 13 of our road signs are now missing. We recently purchased 21 signs @ \$510.00 to replace the missing signs and get some more that we needed. We are planning to create an agreement for all organizations who use the inventory. Brent will make check out sheets for inventory. We are also looking into purchasing folding tables for the events. Sharon will make price comparisons with several sources.

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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:

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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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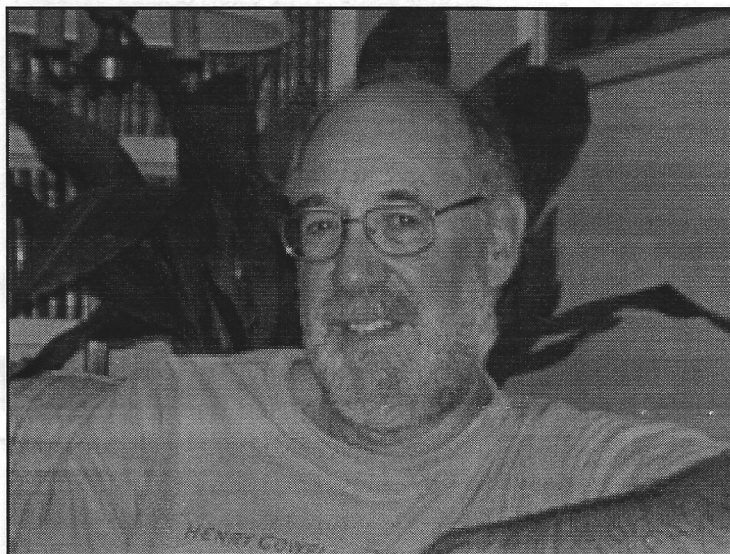
An Amazing Life: Lawence Fogel

Age: 60 this past March.

Born: In San Francisco, grew up in Redwood City.

Intro to Biking: Cycled as a kid; moved to Santa Cruz in '74 and lived on East Cliff and tried to cycle as much as possible as a means of transportation on his old Schwinn; after moving to Scotts Valley he got a better bike when Janet got him back into cycling — apparently it's been downhill ever since.

Fave Ride: From his home to Sea Bright and the boardwalk.



Hobbies: His hobbies are legion and keep him quite busy. He's been in Toastmasters since 1990 and once gave a demonstration speech on how to purchase and maintain a chainsaw! He's a member of the Scotts Valley Planning Commission and the Heritage Tree Committee. He's a huge history buff and map collector. He's also a collector of early Iranian stamps. We looked at some his collection and it's fascinating.

Biggest Adventure: Being in the Peace Corps in Iran in the mid-60s. Also the cycling trips to the Baltics and northern Spain.

Career: Highly varied. After getting his degree in Political Science from UCLA he did a short stint in the Army. He's worked for Texaco, run a half-way house and worked for the Farmers Home Administration which helped individuals build their own homes. While working for Beacon Moving Company he transferred from Bakersfield to where he'd always wanted to live;

Santa Cruz. He's worked for friends in graphic design and advertising businesses. Before retiring 5 years ago, he spent 15 years with Phillips in the semiconductor industry.

Accomplishments: Becoming an Eagle Scout, Graduating from College, Doing Peace Corps work in Iran, and Getting Married

Running for Governor? Not at this time.

Two Fave Movies: The In-Laws with Peter Falk & Alan Arkin, and House of Games.

Hero or Someone Who Inspired You: Thomas Jefferson, Benjamin Franklin, George Washington, Charles Lindberg, etc., you know, men of strong character

Person, Living or Dead that you would most like to meet: Benjamin Franklin

Cycling Resources and Websites

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

Report of Girls Got Skills™ by VeloGirls™

A Road Biking Skills Clinic for Women

by Saskia Lucas

Recently I had the opportunity to participate in a women-only two-day road biking skills clinic put on by the coaches of the VeloGirls' road racing team. The clinic was open to intermediate and advanced recreational riders and beginning racers, however the focus was definitely on racing.

Overall, the clinic was good. I learned many good skills and the instructors were always very encouraging and willing to answer questions.

The clinic drew a wide variety of ages, ranging from an eleven year old girl to a couple of women in their 50s. In addition, over the two days different members of the VeloGirls™ team joined us to lead drills and rides and give demonstrations. Their role-modeling and the experience and enthusiasm they shared added a lot to the clinic.

All the food and drinks participants needed were provided by the class. A variety of goos, energy bars, sports drinks and ice cold water were available on an all-you-can-consume basis. There was no need to pack a lunch either as the noon repast was catered.

The coaches emphasized the fact that this clinic, by and for women, would address the needs of women which coed, or more accurately "men's" clinics, as our instructors called them, often overlooked, such as providing opportunities to go to the bathroom. True to their word, frequent bathroom stops were

made. Indeed, bathroom lines became a bonding place for us 20 participants.

Day One

The first day was the most useful of the two days for me. It was mostly comprised of drills to practice specific skills. We began with the basics, stopping and starting, which seemed a little unnecessary considering the prerequisite level of the participants. Next we covered emergency stops. I'd never skidded or experienced fish-tailing on my road bike before, so that was fun and useful. Then we practiced looking over our shoulder, under our arms and between our legs (to locate other riders); bumping and other exercises to get us used to riding in close proximity to other cyclists; and cone slalom drills to practice steering technique.

Before long, it was time to eat our catered lunch, which, as another participant said, was what we were paying the big bucks for. Kidding aside, it was quite good and included a portion of pasta salad, a tortilla rolled with meat or marinated veggies (the vegetarian option) greens and sauce, fruit and a generous sized lemon bar day one (we got brick-sized brownies day two). This was definitely one of those cycling events where you have the potential to go home weighing more than when you arrived.

After lunch we received a short introduction to heart rate based training, which, we were told, has been the key to Lance Armstrong's success. This was new and enlightening to me since my modus operandi has been to ride at whatever speed is comfortable and

enjoyable. The idea is that to improve one's fitness it is important to train at different heart rate zones, which are individually determined. Later in the day we did a time trial to determine our anaerobic threshold, upon which our heart rate training zones would be based. This part could have been omitted in my opinion. Going over the theory alone would have sufficed. That way those wanting to do serious training and race preparation could follow up while the others would not have to spend time on something they weren't interested in.

Pace lining and cornering were also covered in the afternoon. These two topics were the most useful parts of the entire clinic for me.

Day Two

Much of the second day was centered around practicing the skills we'd learned the day before in a more realistic context. A great idea, however, it was fairly disorganized. At a couple of points, the two leaders appeared to not be on the same page. Also, on more than one occasion, one of the leaders did not appear to be certain about where she was supposed to be taking us. Finally, the roads chosen to practice pace lining and descending had a dangerous amount of automobile traffic on them. However, the drills to practice sample workouts such as intervals and strength training were helpful and have given me ideas I'm already using to improve the weak points of my riding.

I personally could have benefited just as much from a scaled-down, no-frills version of this clinic. The \$175 price tag seemed

expensive, especially given that the clinic felt disorganized and the instruction unclear at times. The organizers were also slightly over-ambitious in the number of topics they tried to cover. Consequently, the treatment of some subjects seemed a bit too superficial to warrant any time at all, for example nutrition and training plan design.

As the designer and leader of a bicycle camp for kids, I appreciate the challenge of developing and executing this kind of class. The clinic I participated in was only the second put on by the VeloGirls coaches. Like all teachers and organizers, I'm sure they will improve with experience and benefit from the feedback they eagerly solicit from their participants. Overall this program has the potential to be quite good.

I'd like to thank the SCCCC for sponsoring me to participate in this clinic.

3-Day Road Kumano Stage Race, Japan

by Brent Chapman

Continued from last newsletter

We went into the really long tunnel which was really freaky with sunglasses on. But the wind was at our backs and we accelerated, we were flying up the hill and we shot out the other end. At this point we were advised we were about 2 minutes behind the lead. I kept on pushing and so did he. We got to the bottom of the climb and I looked back at him. I slowed, but I knew he was not going to help me at this point. I took off in chase alone. I could see the main group about 2 turns ahead.

~~My pace was good as I am not a~~ climber but I felt like I was going

to make it. I could hear the bells ringing as the KOM points were earned. I figured there was a big push at the top and I would lose time. 2:30 behind. Downhill. Tight narrow roads were ahead and I figured the pack would have to slow. As I rounded each corner I saw the Malay of riders on the side some still laying on the ground. I knew I was close. Last corner. I took too hard, put my foot on the guard rail and held myself up. Lost serious speed. I could see the bridge and I sprinted to it knowing the tunnel was there. It looked like they were saying I was only a minute off the back. I turned in the tunnel and Wham! Headwind. Serious headwind. This was the wind that pushed us up the tunnel, and it was now against me. I pedaled furiously and could see a shadow on the side walking toward me. It was Heath, broken spokes (cursed). I finally made it out the tunnel, and worked my way down the mountain, it wasn't steep so I Time Trial as much as possible. 2 minutes, 3 minutes. I was losing ground the peleton slowly worked away from me. Then finally the turn into the final climb to the top.

Ouch.. The climb was like 28% for what seemed like miles. An old man passed me with a bamboo walking stick! Just kidding. I suffered, weak and tired I crossed the line alone for 53. Only one other racer came in within the time limit and that was the guy I had left behind on the climb.

Day 3

Circuit race. Rain, wind, Heat!

Coastal town, steep climb, long rollers. Super hot! and rain! I will admit it. I was worked at this point. I barely ate any breakfast. I felt like

crud. I tried to hide it so I didn't rub off on my teammates. My back was super sore and I had Dan stretch my legs (which we over did). The race started and it was a fiery start once again. Now on the first and second day I thought some riders popped off the back and purposely blocked me. Then on the second climb, David and I are working our way up and a racer pulls in front of me and locks up his brakes. EEEK.. David saw that and asked "what was that?". So, now David and I are struggling to catch back on.

Within a lap, we passed the racers going the other way already a 1/4 of a mile ahead. I tried to get David to hang on, but I think we both knew it was useless. Mike and Brian were in...but where was Heath? We didn't know. David dropped his chain on the climb, I waited at the top. We talked about what to do, and then came Heath. At this point we had already gathered together with a few racers from another team who were in as bad a shape as us. One of the racers was obviously stronger and was trying to help his teammate and would accidentally accelerate too much and create a gap. So Heath jumped in and when the other guy accelerated we got popped off. We climbed the hill one more time and suffered horribly in the heat, but we were kissed by cool rain. "Happy Easter" called out David. Amen. A few corners later we were pulled as we did not meet the six-minute cutoff. Heath was there waiting. Mike got pulled a lap later as his chase group was about 3 minutes off Brian's who was about 3 minutes off the lone breakaway. Brian was the only finisher that day.

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, 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

Tour du Coyote

Start from Chitactac Adams Park on Watsonville Re. near Burchell Rd. in Gilroy @ 9:00A.M. Carpool from CCC @ 8:00A.M. A = 37 mi., B = 60mi., C = 70mi. Lunch at Eric's Deli in Morgan Hill.

Scott Campbell 479-3575

Sunday, September 14, 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, September 20, 2003

Moss Landing

A riders start from La Selva Beach (behind library near church) @ 9:15A.M., B & C's start from CCC @ 8:30A.M. 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

Saturday, September 27, 2003

Climbing Through the Redwoods

Start from Natural Bridges State Park (park on Delaware Blvd.) @ 8:30A.M. Cycle up Western, Heller & through UCSC to Cinquapin/Cinquapin Trail, left just beyond fire station, to Empire Grade. Continue up Empire Grade to Pine Flat and down Bonnie Doon to Hwy 1. Do Swanton Rd. (out and back.) Lunch at Taqueria in Davenport. A=30mi/2250ft, B & C=45mi/2850ft. C option, continue to Ano Nuevo & back before lunch.

Betsy Schwartz 476-7811

Saturday, October 4, 2003

Pescadero, Tunitas Creek & Skyline

Start from church parking lot at the north end of town in Pescadero @ 9:00A.M. Carpool from CCC @ 8:00A.M. A=29mi/900ft (lunch in Pescadero), B=39mi/2650ft, C=52mi/4250ft with option to Woodside. B & C lunch in Skylonda.

Eileen Beaudry 458-1785

Saturday, October 11, 2003

Pre-Columbus Day Italian SF Celebration

Meet @ Pac Bell Park in front of Willie Mays gate/statue (if Giants aren't in the World Series) at 9:30A.M. Carpool from CCC @ 7:30A.M. We will cycle across the Golden Gate to Tiburon and around to Larkspur Landing where we will take the ferry (bring \$) back to SF. On the way back to the cars, visit the Columbus Day Festival and Street Faire in North Beach.

Frank & Vita Pritchard 477-1736

Sunday, October 12, 2003

Second Sunday Standard Ride

Check ride listing for September 14, 2003

Saturday, October 18, 2003

Progressive Dinner & Ride

Start from Martha & Richard Bedal's house (111 National St., between Pelton & Bay) @ 9:00A.M. Bring an appetite! See details elsewhere in The Roadrunner.

Frank & Vita Pritchard 685-8914

Saturday, October 25, 2003

Dead-End Roads Local Ride

Start from CCC @ 9:00A.M. A=25mi/2000ft, B=40mi/2500ft, C=60mi/3500ft. Includes Glenwood, Redwood, Jarvis and some local surprises! Group will decide lunch location.

Ric Eiserling 475-5397

Saturday, November 1, 2003

Scotts Valley to Los Gatos

Meet @ Scotts Valley Transit Center (Kings Village Rd.) @ 9:00A.M. Mt. Charlie, Old Santa Cruz Hwy., around Lexington Dam to lunch in Los Gatos. B & C=51mi with Soda Springs out & back.

Janet Fogel 438-0706

Saturday, November 8, 2003

Carmel Valley Via 17-Mile Drive

Start from old K-Mart (near Del Monte & Reservation Rd.-intersection is Del Monte & Beach Rd.) @ 9:00A.M. Sharp. Carpool from CCC @ 8:00A.M. A=30mi, B=40mi, C=50+mi with hills. Coffee in Monterey Plaza, lunch in Carmel Valley.

Ed Kilduff 724-2501

Sunday, November 9, 2003

Second Sunday Standard Ride

Check ride listing for September 14, 2003

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 for details.

Final Swanton Road Time Trial of 2003

Team Santa Cruz conducts 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.: **Thursday, September 4**

NEW SCCCC MEMBERS

Please make these members feel welcome. Check for new members on your rides and introduce them to the rest of the group.

Tico Andrea

Robert J Carroll

Lauren Crux

Garrett and Tara Neier

Canon Westgrn

Paul McGrath

Ellen Miller

Lee Sanders

Matt Wocasek

Susan DeCaporale

Cullen Wojcik

Reed Searle

Jean Vitugi

Veronique Winiarski

Claudia MacLeod

William Hadinger

Sean Kerr

Eric Hand

Pam Goldman

Centuries, Doubles, Tours

To see complete calendar check
www.bbcnet.com/RideCalendar/RideListDate.asp

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	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
9/27/03	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
10/4/03	No Hill Hundred
10/11/03	MS 150 Bay to Bay Tour
10/11/03	People Powered Ride
10/12/03	Riverbank Cheese & Wine Century
10/18/03	Death Valley Century and Double Fall
10/25/03	Spooktacular

MARK YOUR CALENDARS FOR THIS SOCIAL EVENT

What: PDBR (Progressive Dinner Bike Ride)

When: 9:00AM, Saturday, October 18

Why: To eat our way through Santa Cruz County

Where: The ride will begin and end at Martha and Richard Bedal's home at 111 National St., Santa Cruz.

This event is a potluck, and we are asking all the riders to bring food to share to the starting point in the morning. We'll arrange for your offerings to be transported to the various POPs, i.e., PIG OUT PLACES.

What to Bring: A BIG APPETITE and for those of you whose last name starts with A to D - Please bring items for lunch, E to J - Hors de' oeuvres K to R - Salads, casseroles, hot dishes for supper, S to Z - Dessert

Please bring serving utensils with your offering. Call or e-mail us to confirm your attendance. Hope you all can make it. Please RSVP by October 16. (831) 477-1736; e-mail: frankandvita@cs.com

Board meeting minutes

Continued from Page 2

The Directors are considering two new positions to add to the board.

Publicity Director: This position will be responsible for advertising and club sponsorships.

Club Clothier: This position will manage clothing orders and sales. Sub committee made up of Anita, Justine, Scott, and Linda will come up with job descriptions.

Bike shop discounts: Brent is gathering commitment forms and will give to Linda.

Financial Report: SCMC03 shows a 30% increase over last year. Some expenses haven't come in yet so a final accounting will come later.

A vote was taken on Bylaw changes to increase members dues. Dues will increase to \$20 for adults, \$10 for juniors, \$30 for family memberships. Vote was unanimous except Herb who wanted to be recognized as opposed.

Bylaw updates and changes were discussed and applied. Linda is working on a draft to present to general membership for vote at the next general meeting.

"Spin, Swim and Trim" Club Social Triathlon

Saturday, July 19th was a perfect day for the club Ice Cream Social. Some riders left from Jade Street Park and some arrived by car to enjoy the wonderful weather at Andy and Nancy Andreason's home in Bonny Doon. As you may recall, at the winter general meeting Andy and Nancy had graciously offered that anyone who would come and help prune the field of Christmas trees could pick and cut the tree of their choice as their holiday tree.

The hospitality (and tree pruning lessons) from our hosts Andy and Nancy went beyond our expectations as they generously shared their country paradise with us. After pruning the trees many riders took advantage of the pool while waiting for the BBQ.

Dan Johnson supervised the BBQ and Frank Pritchard supervised the coordination of the food and general good times! Dan's BBQ sausages were a big hit and great compliment to the turkey provided by the club.

The day was capped off with homemade ice cream. Vita Pritchard, Linda Correia, and Eileen Beaudry added their favorite fruits to ice cream and sorbet recipes. Even Tina Ensign, who could not make it because she had to work, sent along her delicious strawberry and vanilla ice cream.

I believe that Andy was also overheard saying something to the effect that we were welcome back next year to do the same thing! Everyone is looking forward to next year's Spin, Swim and Trim event. Thanks again to Nancy and Andy for hosting us at their home.

Make Work a Bicycle Trip: Fall Bike to Work/School Days

Make your commute to work a rewarding bicycle trip. Bicycling doesn't have to be just for the weekends. Bicycling can easily happen everyday if it's made part of a daily routine.

Join the Fall Bike to Work celebration. Bike to Work/School Day is Thursday, October, 2 and includes:

- Free breakfast served between 6:30am and 9:30am
- Free commuter massages (most sites)
- Free bike mechanic (most sites)
- Bike to Work t-shirts will be on sale for \$10 (at major sites)
- Breakfast sites are located throughout Santa Cruz County. Visit www.bike2work.com for complete listings of breakfast sites.
- Rejuvenation, Jubilation, Invigoration – a guaranteed great start to your day.

For more information on getting started, improving your commute, or for any other questions, call Amba at Bike to Work/School directly at 831-423-3773.

Bike to Work is generously sponsored by The Santa Cruz County Regional Transportation Commission, The City of Santa Cruz, The Spokesman Bicycles, The Bicycle Trip, New Leaf Community Market, Good Times, Santa Cruz Sentinel, Jamba Juice, Cycleworks, Family Cycling Center, Beckmann's Old World Bakery and many other businesses and organizations in Santa Cruz County.

Let Bike to Work treat you to a free and nutritious breakfast while you do something for yourself and the environment.

Cycling Donations Needed for Kids in Mexico

Several months ago, at a general club meeting, the Andreason's provided some photos and information about their visit to Baja California. They shared the inspiring story of a young boy named Carlos, his racing adventures, and the ex-bike racer/shop owner who is helping young children get into competitive cycling.

With all the positive feed back, the Board has decided that we would like to send whatever we could to these young kids in BC to encourage the growth of cycling in their community. If you feel like you have any parts, clothing, or shoes in good condition that you would like to donate to the kids in BC please contact Brent Chapman
vicepres@santacruzcyding.org
Phone: 831-335-8108

Mountains Challenge Success

With 492 registrants this year, the Santa Cruz Mountains Challenge brought in close to \$8,000 in revenue for the club. This represents a 30% increase over last year, and put us very close to our goal of 500 riders.

This annual cycling event is the only fundraiser for our club which serves over 160 members with rides, newsletters, skills classes and social events. We are also able to share the great cycling we enjoy with folks from distant, flat places like Sacramento!

The coordinators, Janet Fogel and Jim Keenan wish to thank all the people that volunteered this year. ~~We need more people like you to get involved next year.~~

FOR SALE

2003 Specialized Allez Pro
Frame set, brand new, Columbus SLX tubing, double-butted, heat-treated super-light alloy frame with replaceable derailleur hanger. FORK is high modulus carbon fiber. Specialized Mindset headset, cartridge bearings.

MSRP approx. \$1200. Asking \$950

Ciclosport CM 436 Alti M
Computer/Altimeter
MSRP: \$215; Asking \$170.

SCCCC Clothing

WindShell Jacket(XXL);

WindShell Vest(XXL);

Shorts(XL);

BibShort(XL); LongSleeve Jersey

(race3X); ShortSleeve Jersey

(race3X); Arm Warmers(XL).

Leo Jed 425-2650

leo Jed@hotmail.com

Burley bike trailer: For luggage, not kids. Used for local trips only, and it appears to be in fine shape. Always stored inside.
\$150.00.

Earl Bell 408-356-6868

Electric Bike Program

\$375 off an Electric bike through the Ecology Action run incentive program.

For more information:

www.ecoact.org

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 poppageno@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 or <input type="checkbox"/> race team (\$15) <input type="checkbox"/> Family (\$20) 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

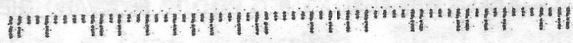
~~Please sign waiver. Incomplete Forms Will Be Returned~~

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

September - October 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Board Meeting 7:00	9	10	11	12	13
14	15	16	17	18	19	20
21 Surf City Century	22	23	24	25	26	27
28	29	30	1	2	3	4 Grizzly Century
5	6	7	8	9	10	11
12	13 Board Meeting 7:00	14	15 Newsletter Deadline	16	17	18 Progressive Dinner Bike Ride
19	20	21	22	23	24	25
26	27	28 General Club Meeting 7:00	29	30	31	



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General Club Meeting
October 28, 2003 @ 7:00 P.M.
Simpkins Family Swim Center
979 17th Ave., Santa Cruz

DATED MATERIAL

Santa Cruz, CA 95061-8342

P.O. BOX 6342

Santa Cruz County Cycling Club

