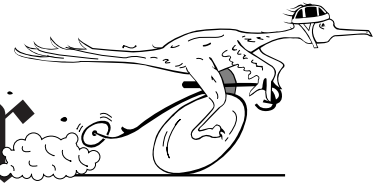




The Roadrunner



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

November - December 2003

Volume 32, Issue 6

President's Message

Hello fellow cyclists. I think that this is by far the best time of the year. The weather is not too hot, nor too cold. I hope you are out there spinning circles with your pedals. For those of you who will continue to ride in the evening hours (as the sun sets earlier and earlier in the evening), please ride with the proper equipment and be safe. Remember, visibility and alertness is the key to an enjoyable and safe ride. Sooooooooooooo, bundle up and pedal on.

By the time you read this, you will have attended the last general meeting of this year. A great bunch of folks have stepped up to the plate and offered their time and energy as Board members for the coming year.

Congratulations and thank you! Janet Fogel and Jim Keenan have done a fantastic job of organizing the Santa Cruz Mountains Challenge this year. The participants have given rave reviews. Without the support of the volunteers and staff, we wouldn't have pulled off such a success. Congratulations to everyone. SCMC keeps getting better and better!

The year is ending on a happy note for the Santa Cruz County Cycling Club and I look forward to 2004, with its new memories and riding with friends.

Paris-Brest-Paris

*by Judy and Osman Isvan
and Eileen Beaudry*

Two of our notable cycling buddies, Judy and Osman Isvan, recently completed a ride that is "the mother of all endurance brevets" in a sport called Randonneuring. They rode their tandem 760 miles, from Paris to Brest and then back, just inside the set time limit of 90 hours, by finishing in 89 hours and 15 minutes! This ride has been ridden continuously for over 100 years. At first it was every 10 years, then 5, and now it is every 4 years. Read on while Judy tells her story for us.

There were 4000 riders this year, from 26 countries including about 200 tandems and recumbants, several from Davis. Anyone can do it. It doesn't take speed or even great strength--just stubbornness and perhaps a lack of brains. We decided to do it because we needed a goal that was bigger than us, something to prove to ourselves that we were recovered from our accidents in 2002. That, and a good excuse for going to France. We flew into Charles DeGaulle with perhaps 60 other CA riders and family members. We had matching "American Team" t-shirts so we would recognize each other. Felt like the Olympics or something. The heat wave was just about to

break, but the day we arrived it was HOT. We were all zombies.

In fact, my biggest problem during the ride was trying to stay awake as our sleep debt grew larger and larger. At one control, the kindly old French official asked how I was doing and I pantomimed "falling asleep on my bike", whereupon he began to vigorously beat himself about the face, chest and legs, motioning me to do the same!

Our strategy was to get to Brest as soon as possible, and then to have a leisurely tour back to Paris. This depended on getting through the outbound controls very quickly and keeping a brisk pace. What we did not factor in was the combination of fatigue and long lines. In retrospect we could have gotten back on the bike and ridden to the next village for food, peed in the woods, but at the time we felt too tired and dim-witted to do anything but stand around in slowly moving lines, moo-ing occasionally and whisking our tails at flies.

Ludiac was the absolute worst. We got in at 10:45 Tuesday night and it was like the alien bar scene in Star Wars—cyclists in bizarre glowing clothing everywhere, speaking strange tongues, clacking this way and that in cleats, some

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SCCCC Board Meeting

September 8, 2003

In attendance: Linda Correia, Brent Chapman, David Gill, Justine Heaton, Eileen Beaudry, Janet Fogel, Larry Poretz, Frank & Vita Pritchard, and Chris Boman.

Board members Herb Greenfield, Justine, Linda, Scott and a member at large will meet to discuss the responsibilities of the Public Relations Director.

Directors discussed having Clothier and Public Relations added to the slate of nominations.

Directors approved the final version of the SCCC/Race Team Agreement after all the directors and race team reps reviewed it.

The Andreasons are going back to Baja Mexico to visit Juan Carlos and his family. Going with them is a check for \$500 and some bike parts donated by club members. Justine and Brent are going to attempt to sell a couple of bikes donated by Cyclists for Cultural Exchange that they received from Marco Polo on eBay.

FINANCIAL REPORT: We have \$500 available for Carlos' Mexican race team.

Cost of sign replacement will be split 3-ways between SCCC, CCE, and Surf City Cyclists.

Estimated profit from Mountains Challenge is \$6200.

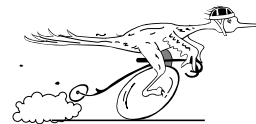
New Business:

Discussed making a gift to Ametur Ham Radio Club for doing an outstanding job during Mountains Challenge. Larry will do research on gift ideas.

Expiring Memberships

Memberships listed below are going to expire this month. If you see your name in the list please get your renewal application and check in the mail soon. You don't want to miss out on the benefits of membership.

Armstrong, Pat & Glenn; Beaver, Sarah; Branch, Robert; Callender, Marc & Marisa Abzug; Canin, Piet; Champness, Don & Sharon Stratico; Clifton, Steve; Coffey, Sharon; Cox, Michael; Dahl, Barbara; Daly, Mary Ann & Tiffany; Dill, Darryl; Doyle, Karen; Dyer, Kristin & Eric Lechner; Frandeen, Kathy; Gill, David & Simone Montez; Goodwin, Brad; Graves, Tom; Greene, Jody; Guttenberg, Paul; Harris, Andrew & Erin Murphy; Hiltz, Tom; Hyman, Vincent; Isvan, Judy & Osman; Izrailevich, Marina; Kefauver, Karen; Kelsey, Christine; Kohler, Gary & Kathy; Larson, Tom & Nancy; Lawless, Ian & Monica Bascio; Lee, Chimene; Lyons, Judy; Maddox, Heath; Martin, Mary L; Marzell, Marilyn; May, Dan; Mendiola, Jeff & Donna Buchholz; Nee, Jim; Neenan, Guy; Palmer, Ross & Darcie; Patterson, Bill; Peterson, Donna & Tom Gardner; Pritchard, Frank & Vita; Remaley, Shirl; Ruddy, Mari & Chris Klebl; Russell, Elisabeth & Bertrand Jacques; Scott, K. Michele; Scott, Katie & Bob; Spring, Jim; Stetak, Patti & John & Alison & John; Wallis, Michael; Weston, Byron; Wiench, Helga; Woodruff, Rick & Donna



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

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

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**Deadline for the January/February 2004
newsletter is December 10, 2003**

Paris-Brest-Paris

Continued from Page 1
wrapped in silvery space blankets. There were literally thousands of riders and support people there. We stood around blinking with fatigue, having ridden 275 miles, our longest ride without sleep or a shorts change. The food line took 45 minutes and the bathroom line nearly as long. Once we had eaten I became very sleepy. The line for sleeping space stretched outside of the dormitory. People were falling asleep in the line to sleep. We decided to just lie down in our space blankets on the lawn. After 10 minutes in the chilly breeze my leg muscles began to cramp, forcing me to get up and walk it off. I told poor Osman that I wanted to ride on to a place we could sleep indoors. By the time we got on the road again, it was 3 AM, and we had lost over 4 hours in Ludiac WITHOUT SLEEPING.

The hills began in earnest from Ludiac to Carhaix, and we were happy to find little groups of riders to keep us company. One team from Eastern Europe sang what sounded like war songs as we swept into sleeping stone villages, and a solo woman rider sang Italian lullabies. At last the sun rose, and we found ourselves at Carhaix. The sleeping quarters in a vast, silent gymnasium were almost empty at 7am, and after a meal, we laid down for our first sleep. Again, my legs started to cramp, but I wrapped them in wool blankets and after 320 miles, I slept soundly for 2 hours, which was as long as we dared to be off of the road.

We still had to ride to Brest and back to Ludiac. There was more climbing, but the grades soon turned to descents as we dropped

towards the coast. Entering Brest was dramatic, with panoramic views of the shipping channel and a suspension bridge, but then the route wound around in a stupid and arbitrary way, and I was nearly in tears with frustration and fatigue. Osman carefully asked me if I would like to catch the train to Paris...but I refused. I said I wanted to TRY riding back, and if it didn't get any better, THEN I would want the train. At last we found the control, and sat down to what was becoming the same old boring food: rice, pasta, mashed potatoes, some kind of brownish meat in gravy, and a variety of mayonnaisey salads.

Finally we were back on the road just a few minutes ahead of the checkpoint closing schedule. Everything changes for the better on the way back to Paris. For one thing, there is tailwind. For another, there is a great psychological advantage of knowing you are more than half-way done! And in our case, the third factor was knowing we had that hotel room in Ludiac, and would not have to wander like lost

souls in Hades at the control for a second night. We also began to feel, really for the first time, like we could finish this ride.

Despite our best efforts, we did not reach Ludiac until nearly midnight, and it was 1 AM before we finished eating and 130 when we found our hotel and checked in. The desk clerk was very kind and seemed used to delirious bikers coming and going at all hours. We had hot baths and showers, which were worth the time lost to sleep, and laid down from 230 to 430, another solid 2 hours of sleep. Despite the early hour, the hotel had laid a nice breakfast buffet with the ubiquitous ham, baguettes, crepes, pastries and preserves. We allowed maybe 5 minutes for this meal. The cathedral clock was striking 5 when I reluctantly left the table and climbed back on the bike.

The rest of the ride was more or less a blur. We rode a lot. Day turned to night again, controls appeared, we staggered to find food and bathrooms and lost each other several times. In Villain the whole town had turned out to

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

watch this bizarre event and we were treated like royalty, with small children leading us to the necessary places and adolescents insisting on carrying our trays for us, grandmothers cleaning up after us, etc. We tried to sleep here as well, but we only had 45 minutes and it wasn't enough time to really fall asleep, despite our enormous sleep debt.

My friend had told me that the third night of PBP was "the night of long knives", and they WERE long, and very SHARP—sudden stabbing pain at random places throughout the body. The fourth night was the most surreal part of this very surreal ride, and I call it "The night of the Dancing Moon." Yes, the moon danced, just like a candle flame. In fact, everything danced! The tubes of the tandem undulated like they were living things, the road swayed, fence posts shifted in an invisible wind. When we came in at 4 AM to the control, and adjusted to the lights of the city, things became solid again.

We were now within spitting distance from Paris, a mere 90 miles! We had done this in 5 hours the first night, in an excited pack of 200 tandems. Now, 80 hours later, it seemed like we might not be able to ride 90 miles in twice that time! We were stupid with fatigue. We knew we had to eat, but nothing looked appetizing. Osman felt sick. The line for the medic was longer than the line for the bathroom. He laid down for a while as I bought a tray of food. We were afraid to sleep, because we were too slow now, we couldn't risk losing anymore time, yet we were too groggy to hurry up and hit the road.

We headed out of Mortagne into the last dawn of PBP. We stopped repeatedly for Osman to lie down. Pulling my butt for 730 miles so far had taken its toll on him, and he was so tired he literally couldn't see straight. He had to close one eye to screen out the double images, which left him with no depth perception. He asked me to make a patch for one eye, because he was tired of keeping one shut all the time, but I told him that was nutty—what if he needed to see a car or something on that side?? And he said that this was



the problem, he would see TWO cars, and not know which one was real! This sounded rather serious, but we were only 30 miles from the end—how sad would it be to ride 730 miles and NOT FINISH?? I told him I thought we could do it. I would tell him everything, if a line was just a line or a speed bump, when cars were approaching, every turn—he just had to keep riding. I became the rear admiral. As we approached the city, the complexity of navigating increased, but

everyone on the sidewalks seemed to know the route, and would point this way or that and say something urgent in French, sometimes pointing at their watches.

Finally the stadium appeared, and there were the cheering crowds and the balloons and all the pomp and glory we had been expecting. They had been cheering in riders for 2 days by now! (The fastest riders do PBP in under 50 hours!) We parked the bike and got in our last line and it was one of those moments you can savor the rest of your life, one of those "WE DID IT!" moments. We saw Susan Notorangelo, our guardian angel on PAC Tour in 2000. She swept us up in big bear hugs, even though we were very stinky bears indeed, and cheered "All my couples made it! You were the last ones, and I was going for a perfect score!" She told me to take it easy. She said when she rode PBP, her whole body started to swell almost the minute she stepped off the bike, and she didn't really recover for a long, long time.

So that was it. We ate. We drank our free beer. We rode the mile back to the hotel and carried the tandem up to the bike storage room. We took long hot baths. We slept, and when we woke the next day, my lips were swollen like Mick Jagger's. My feet, when they hit the floor, were round on the bottom and tingly. My rings didn't fit. We dressed and went down to breakfast, and saw that the swelling disease was wide spread. It was a room full of Mick Jagers! We ate a celebratory meal with a large group of Americans and heard congratulatory speeches and drank a great deal of good French wine. Then it was the last night and

the last morning and the bus ride to Charles Degaulle and the beginning of hours of hassle required to move a giant bicycle to the other side of the world. We were met at SFO by our good friends Frank and Vita. We put the bike on Frank's trunk rack. It survived this and everything else we did to it without a scratch, or a flat, or even a derailed chain: we had zero mechanical problems on this trip!

One week after the end of PBP I am sick with a lower respiratory virus that attacked me in my weakened state after the ride, my husband and captain is also ill. Aside from this, we have a few other lingering injuries worth noting: a thenar palsy in my left hand, 2 numb toes on my right foot, and a very personal males-only numbness suffered by my husband.

Would we do it again? Probably not. It feels like once in a lifetime is enough for this event. Are we glad we did it? Absolutely, yes. The camaraderie, the countryside, the stone villages but above all, the people of France who truly love the bicycle and the randonneur made it worthwhile. They make this ride a celebration of cycling, and of endurance, and of, well, insanity! We were treated like star athletes, given seats in restaurants, had our plates carried for us in chow lines, asked to sign autographs, given water and food from citizens at roadside tables. Riding at night with hundreds of cyclists speaking all different languages--very surreal. It was a way to see France not as a tourist, but as a participant in one of her oldest sporting events, almost like being one of her own. It expanded our scale of many

things: a long ride, a short sleep, a crazy idea. We know that if necessary, we can go 4 days on 4 hours of sleep, though we hope we never have to. And we know that we can get through something really difficult, when we feel awful, for 4 days at least. That seems like enough for now.

Holiday Lights Ride Sunday Evening December 14

Light up your bike, put antlers on your helmet, don your Santa suit and join us as we ride through the spectacularly lit neighborhoods of Scotts Valley!

Convene at 4:30 pm at the Fogels (601 Navarra Drive).

If you don't want to ride, come for the party at 6:30 pm.

Bring a small salad or dessert to share AND the BEST \$10.00 gift you can come up with for the gift swap!

RSVP to the Fogels via email – jlfogel@sbcglobal.net or call 438-0706.

Arizona Tour: Grand Canyon to Mexico

by Scott Campbell

On Saturday, September 27 my brother, Bob, and I arrived at the Grand Canyon. We weren't there to hike down into the canyon although we did do that. We weren't there to see the sites or take pictures, although we did a lot of that too. We went to the Grand Canyon to start an epic adventure.

Along with 120 other bicycle riders we were in Arizona to start a bike tour that would take us through the state to the Mexican border town of Nogales. The tour

is presented by the Greater Arizona Bicycle Association.

After eating dinner with the other riders and organizers we went to pitch our tent in the dark. The biggest mistake was setting up near a refrigeration unit on the back of a market. It was running all night and kept us from getting a good night sleep. On Sunday we got to see the sites of the Grand Canyon.

The tour started early on Monday with a ride through the Grand Canyon. This area is filled with wonderful attractions. Pine trees, wildflowers, and multi-colored stones.

The road was for the most part smooth and on rolling terrain. About 6 miles in there was road construction that ran for about 3 miles. We rode on hard packed gravel until we hit the new asphalt that was like glass. Outside the GC the road started to tip road down. I didn't pedal for miles.

While I was riding my brother was helping with SAG or playing golf. He was very helpful and everyone was happy that he came along. I was also happy to have him share in this wonderful experience.

Riding with a small group of cyclist for 6 days you get to know people pretty quickly. I made friends with a couple on a tandem from Missouri and another from North Carolina. There were several people from Tucson including a hand cyclist. I rode with a guy named Jim that looks like Tommy Chong. He was very fun to ride with. One of the riders was a writer for Bicycling Magazine doing a story for the magazine.

I recommend this ride for anyone that wants to see Arizona from a bicycle.

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, 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

RAIN CANCELS RIDES

Call ride leader for more information

All ride participants must wear helmets and obey traffic laws!

Sunday, November 9, 2003

Second Sunday Standard Ride

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

Saturday, November 15, 2003

Pigeon Pt. Lighthouse 131 Anniversary

Meet to carpool at Western & Mission St. @ 1:00 pm. Ride starts at parking across Hwy 1 from lighthouse, on side street, at 1:30pm. A=17mi/500ft, B=45mi/2500ft. Rides go through Pescadero for snacks. Fog horn barns open 10am-7pm. Bring dinner and something to share (snacks, desserts, adult beverages, etc.) @ 5:30pm with toast to light at 6:00pm (old light lit 6-8pm only). Bring chairs and warm clothes.

Bart Coddington 408-353-1657

Saturday, November 22, 2003

Kirby Park to San Juan Bautista

Starts from Kirby Park on Elkhorn Rd. @ 8:30am. Carpool from CCC @ 8:00am. A=22mi., B=40mi.,C=62mi. Lunch in San Juan Bautista. Extra credit: Fremont Peak, all or part way.

Chris Boman 479-1817

Saturday, November 29, 2003

Upper Salinas Valley Ride or the World is Flat!

Starts from the intersection of Crazy Horse Rd. & San Juan Grade Rd. @ 9:00am Sharp; so there is time for C ride. Carpool from CCC @ 8:00am. A=25mi, B=40mi, C=65mi. Ride stops in Chular, Gonzales, Soledad, down the East Side of the valley and back up the west side. Ride should appeal to Mexican food fans!

Ric Eiserling 475-5397

Saturday, December 6, 2003

Winter Inland Ride

Start at the corner of Watsonville Rd. and Burchell Rd. in Gilroy @ 9:00am. Carpool from CCC @ 8:15am. Destination is Morgan Hill via Chesbro and Uvas reservoirs. Route covers some of Tierra Bella ride. Lunch in Morgan Hill. A=35mi, B&C=50-60 miles.

Charley Fisher 425-3559

Saturday, December 13, 2003

Cienega Loop

Start from Off the Chain Bike Shop near K-Mart in Hollister @ 10:00am. Directions: from Hwy 156 turn right on Union, left on San Benito, right on Nash, and then just after Gold's Gym turn right at the Fortino sign into the parking lot. Carpool from CCC @ 9:00am. A=24mi, B=40mi, C=60mi. Ride ends @ Barbara Dahl's house for a paella feast! RSVP, please.

Stephanie & Barbara 728-5951

Sunday, December 14, 2003

Second Sunday Standard Ride

Check ride listing for November 9, 2003.

Saturday, December 20, 2003

Jade St. to Scotts Valley Roundtrip

Start from CCC @ 9:00am. Route via Soquel-San Jose Rd., Laurel Glen, Mtn. View, Branciforte, Granite Creek and by way of Glen Canyon and the coast. Bonus Miles: Up Glenwood and down Bean Creek.

Anita & Howard 335-5792/day of 588-8998

Saturday, December 27, 2003

Kirby Park to Monterey

Meet at Kirby Park (Elkhorn Rd.) @ 9:30am. Carpool from CCC @ 8:30am. A & B=44mi/1000ft. (stay on bike path), C=52mi/2000ft (includes bike path and hills behind Monterey on Sylvan, Aguajito and Munras roads). Lunch in Monterey.

Bart Coddington 408-353-1657

Week 1-Saturday, January 3, 2004

Santa Cruz Harbor

Starts from (CCC) @ 9:30am. Lunch at Café El Palomar at the Santa Cruz Harbor. A=17mi/200ft, B=20mi/400ft, C= 32mi/2000ft.

Debbie Hale 462-6653

Week 2-Saturday, January 10, 2004

Seascape

Starts from CCC @ 9:30am. Lunch at Full of Beans or Market Deli or bring your own. A=20mi/750ft, B=26mi/1075ft, C=31mi/1400ft.

Herb Greenfield 685-8914

Sunday, January 11, 2004

Second Sunday Standard Ride

Check ride listing for November 9, 2003.

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!)

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.

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.

Cynthia & John Armstrong; Diane & RickDunning;
Norman Field; Richard Huffman & Lynn Manfree;
Bobbie Johnson; Jain & Michael Light;
Timothy Parthemore; Byron Sheppard;
Pam Slocum; Lisa Strand;
Peter Walz; Matthew Werner & Michele Whizin

Need For the Bike

by Paul Fournel

This spring a bunch of us SCCCC members took our bikes to Spain. In our culture we hope for and usually get "bicycle friendly." In Spain cycling is embedded in the culture. Motorists weren't just friendly, they understood.

At intersections I would find myself, a middle to the back of the pack rider desperately making eye contact with the motorists to find them relaxed and smiling and expecting me to ride through with my pack. Car loads of people would pass us with everyone hanging out the windows cheering. With the exception of the fancy Parador in Leon every place we stayed had secure indoor parking for our bikes.

This is a culture where cycling is part of the language as cars are essential to our cultural language.

Shortly after returning home Need for the Bike appeared in my life to open a window into this culture where everyone rides. Paul Fournel, French, not

Spanish, writes in the sparse, elegant prose usually reserved for poetry. He tells us of the brilliant joy of learning to ride at the age of five and then learning to read, thus finding both is life's work and leisure.

The collection of essays is organized in five sections, beginning with "The Violent Bike". Fournel begins the story of being awarded his first door with: "Every

cyclist, even a beginner, knows that at any moment in his life he could have a rendezvous with a door." In another essay "By an alchemy well known to cyclists, tiny useful objects one sees on the best bikes are easily turned into formidable weapons when the situation gets complicated." This time a shift lever embedded itself in his thigh as he plummeted over the handlebars. Stitches were required.

In the section "Need for Air" the essays capture the unique way cyclists experience the landscape through their thighs and lungs. The way one knows a road, a hill, a cool place where a brook flows nearby. Fournel describes the special joy of map reading and dreaming of the yellow roads and white roads of Michelin maps with their little "hooks" indicating the grades of the climbs.

"Bike Envy" captures the special joy of riding a pretty bike, ordering a custom bike and the miracle of the machine that brings us so close to flying. The final two sections share the way we feel when we ride and the unique bond we have with our cycling friends.

Need for the Bike is published by the University of Nebraska press as literature. In addition to being a cyclist, Fournel is a leading member of the literary group Oulipo. Be sure to order the paperback edition at \$15 as the hardbound edition is rather grandly priced at \$45. If you can bear to wait, add this book to your Christmas list.



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

leojed@hotmail.com or
425-2650

1999 LeMond Buenos Aires

700c, Triple, 27 gears, 21" Top Tube, 20" Seat Tube,

Great Condition. Bought for \$1450 Selling for \$950

335-0453--Clare

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

Swanton Road Time Trial Results

The following are the results of this years time trial held on Swanton Road. The route goes out 5 miles to the top of the hill and returns to the start line near Highway 1. Members of Team Santa Cruz conduct the time and record keeping. The race is held on the first Thursday of each month from April through September and open to any one with a bicycle. Congratulations to all that participated.

Date	First/Last Name	Club/Sponsor	City	Time
7/3/2003	Ben Jacques-Maynes	Sierra Nevada	Santa Cruz	27:06
4/10/2003	Hans Heim	Santa Cruz Bicycles	Santa Cruz	28:45
8/7/2003	Justin Robinson	Spokesman	Bonny Doon	28:52
8/7/2003	Miguel Aznar		Capitola	29:14
6/5/2003	Brian Vernor	Team Santa Cruz	Santa Cruz	29:51
8/7/2003	Brian Ort	UCSC	Santa Cruz	30:23
9/4/2003	Arlo Buijten	Family Cycling Center	Davenport	30:49
9/4/2003	Nils Tikkanen	UCSC	Santa Cruz	30:51
4/10/2003	Brent Chapman	Team Santa Cruz	Felton	31:23
8/7/2003	Piet Canin	Spokesman	Santa Cruz	31:35
4/10/2003	Nick Llewellyn	Spokesman	Santa Cruz	31:39
5/1/2003	Cullen Wojcik	Team Santa Cruz	Santa Cruz	31:53
4/10/2003	Heath Maddox	Team Santa Cruz	Santa Cruz	31:55
6/5/2003	Stella Carey	Kelly Bike Co.	San Francisco	31:58
6/5/2003	Norman Field		Bonny Doon	32:06
8/7/2003	Sarah Kerlin	Velo Bella	Santa Cruz	32:32
9/4/2003	Steve Hess	Bicycle Trip	Santa Cruz	32:37
5/1/2003	Jeff Bronack	Team Santa Cruz	Santa Cruz	32:43
4/10/2003	Philip Sims	Team Santa Cruz	Santa Cruz	32:44
7/3/2003	Matt Wocasek	Team Santa Cruz	Santa Cruz	33:08
4/10/2003	Uri Friedman	Borracho Bike Co-op	Santa Cruz	33:13
7/3/2003	Matt Watson	Team Santa Cruz	Santa Cruz	33:15
5/1/2003	Ben Weiner	Team Santa Cruz	Santa Cruz	33:30
8/7/2003	Mark Edwards		Santa Cruz	33:37
8/7/2003	Monty Worthington		Santa Cruz	33:44
5/1/2003	Jen Chapman	Velo Bella	Felton	33:49
5/1/2003	David Gill	Team Santa Cruz	Bonny Doon	33:51
8/7/2003	Rex Rose		Aromas	33:53
4/10/2003	Mike Phelps		Angels Camp	34:10
4/10/2003	Dan Henderson	Borracho Bike Co-op	Santa Cruz	34:33
9/4/2003	Alex Wheeler	Santa Cruz Spokesman	Aptos	34:37
9/4/2003	Jim Gentes		Soquel	34:39
9/4/2003	Rob Harvey	UCSC		34:56
7/3/2003	Joseph Vella		Santa Cruz	35:02
7/3/2003	Hillary Daniels		Santa Cruz	35:05
9/4/2003	Brij Lunine		Santa Cruz	35:22
8/7/2003	Brooke Miller	UCSC	Santa Cruz	35:51
5/1/2003	Phil Lee		Soquel	35:55
8/7/2003	Barnaby Lee	Team Santa Cruz	Santa Cruz	36:01
5/1/2003	Jessica Hickel		Felton	36:13
9/4/2003	Braxton Alsip	SCCCC	Santa Cruz	36:16
9/4/2003	Chuck Attema		Santa Cruz	36:18
9/4/2003	Grant Stoner	Team Santa Cruz	Santa Cruz	36:22
6/5/2003	David Crum	Big Entertainment, Inc.	Santa Cruz	36:26
6/5/2003	Joseph Little	Reno Wheelmen	Reno	36:39
4/10/2003	Laura Home		Santa Cruz	37:16
8/7/2003	Margie Biddick	SCCCC	Santa Cruz	37:17
8/7/2003	Saskia Lucas	SCCCC	Santa Cruz	37:21
7/3/2003	Kwan Low	LGBRC	Los Gatos	37:37
5/1/2003	Steve Calkins		La Selva Beach	38:02
9/4/2003	Steve Polson		Bonny Doon	38:04
9/4/2003	Mike Elliott		Watsonville	38:55
6/5/2003	Ella Lawrence	Another Bike Shop	Bonny Doon	39:20
7/3/2003	JT Gilkeson		San Jose	39:26
5/1/2003	Bill Best		Capitola	41:39
5/1/2003	Simone Montez	Team Santa Cruz	Bonny Doon	41:40
5/1/2003	Betty "Daphne" Boop	SCCCC	Santa Cruz	41:51
6/5/2003	Bill Grote		Felton	41:58
6/5/2003	Justine Heaton	Team Santa Cruz	Santa Cruz	42:12
7/3/2003	Marcie Pullman		Pacifica	42:36
4/10/2003	Peter Flanders		Watsonville	42:50
5/1/2003	Kathleen Watson	SCCCC	Santa Cruz	43:01
5/1/2003	John Register		Aptos	43:44
5/1/2003	Troy Lawson		Santa Cruz	45:08

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

November - December 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Board Meeting 7:00	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
x 30	1	2	3	4	5	6
7	8 Board Meeting 7:00	9	10	11	12	13
14	15	16	17	18	19	20
x 21	22	23	24	25	26	27
28	29	30	31			

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

