

The Roadrunner

A BI-MONTHLY PUBLICATION OF THE SANTA CRUZ COUNTY CYCLING CLUB

Green stands for bicyclists in Santa Cruz County

Santa Cruz is looking greener for bicyclists these days, in terms of on and off road pathways. On Jan. 14, city and county officials opened the \$6.2 million Arana Gulch Multi-Use Trail System, allowing bicyclists to safely make crosstown journeys on a mile's worth of cement paths flowing through the 68-acre greenbelt. Just over a month later, on Feb. 16, Scotts Valley opened an off-road paved path for bicyclists and pedestrians connecting busy Glenwood Drive to Vinehill Elementary School. The new throughway is part of the Safe Routes to Schools Program.

The Regional Transportation Commission(RTC) is thinking green in terms of grants to support several off-road bicycle projects. With help from the Land Trust of Santa Cruz County and the California Coastal Conservancy, the RTC has applied for a \$5 million federal grant to build a 4.6-mile paved trail from Wilder Ranch State Park to Highway 1 at Laguna Road, within the railroad right of way. A 1.7-mile natural surface spur trail will provide access to the coast. If granted, this segment will become part of the Monterey Bay Scenic Sanctuary Trail System (MBSST), aka the rail trail. (Segment 7 of the rail trail between the Wharf and Natural Bridges and Segment 18 in Watsonville between downtown and the slough trails have already been funded and await construction.) The RTC learns in April if its request to the Federal Lands Access Program qualifies for final selection.



Dave Dominguez, Koa at Arana Gulch

The RTC has also completed part of the rail trail's trestle renovation program. Ribbon cutting takes place Feb. 26 for La Selva Beach's revamped iron trestle bridge, and the RTC is redoing three other trestles at Hidden Beach, Wilder Creek and Harkins Slough. These projects are part of the 32-mile Branch Rail Line between Davenport and Pajaro.

Finally, various versions of green bike lanes are cropping up like mushrooms after rainy weather in both Santa Cruz and Soquel. Thanks to County Supervisor John Leopold, green lanes are now visible at the busy intersection of Soquel Drive before Daubenbliss, and at Soquel and Porter streets. In Santa Cruz, green striped lanes on Laurel Street at intersections from Front Street to California give bicyclists more visible spaces in which to ride. Recently the Bicycle Advisory Committee of the RTC voted to use a \$30,000 grant to improve bicycle safety over Highway 1 at Soquel Avenue and Highway 1 at State Park Drive.

These green lane efforts are a small step in the right direction. "Ultimately the county needs to come up with a plan for green lanes countywide," said Steve Wiesner, assistant director of county public works.

—Glide A. Long



A club tradition is now in its second year. SCCCC members gather at Cafe Iveta on the Westside to celebrate January birthdays. Thanks to Teri Ruegg (top row) for arranging the festivities, with help from Marianne Benforado (at right.)



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New class starts 4/11

SCCCC's Education Director and Licensed Certified Instructor (LCI), Myrna Sherman is offering a six-week Cycling for Starters Class starting at 10 a.m. Saturday, April 11 at the Pajaro River levee parking lot, 500 Clearwater Lane off of Beach Street, in Watsonville. The class will cost \$25, which includes membership in the Santa Cruz County Cycling Club.

Participants will learn cycling safety, skills for riding with traffic, other road cycling skills, rider etiquette and group riding protocol. Most rides include a coffee stop. Anyone 18 years of age or older who can ride his/her bike at least five miles may participate. Weekly classes will feature gradual increase of mileage, with participants riding 25 miles and climbing hills on their bikes by the end of the six weeks.

The graduation ride will be combined with a SCCCC club ride from Monterey to Pebble Beach. Class limit is 20 participants. Contact: Myrna Sherman at cyclingbuddie@gmail.com for more

SCCCC Meeting
7p.m. Thursday, April 23, 2015
Simpkins Swim Center
979 17th Avenue

Club Shorts: Isabelle Magnin is SCCC member of year

SCCCC Member of the Year honors for 2014 go to **Isabelle Magnin**, photo at right, for her enthusiastic participation in club activities as well as her encouragement of other members. Isabelle completed the 2014 Mar-bleville Death Ride, a challenge usually passed over by most sane bicyclists, and she encouraged others to train for and complete the endurance ride.

SCCCC member **Tom Pennello** reports that the Highway 9 closure from Santa Cruz to Felton doesn't apply to weekend bicyclists, at least for the time being. "The park ranger... doesn't seem to care about bikes. The road isn't torn up yet, but there is a portion with lots of orange markings on it, which might end up dangerous and impassable once work commences," reports Pennello. (Work that started Feb. 9th may last for six months.)

Here's a new device for the problem of bike theft. A high-tech pedal which warns you when your bike is moved and then beams its location to you via GPS is available through a French company called Connected Cycle. Learn more at: <http://ow.ly/HwHEm>

Closer to home, San Francisco police use "bait bikes" in locations known for bike theft, which they monitor on remote cameras, sometimes catching the bike thieves red handed. This plan earned **Officer Matt Friedman** a Golden Wheel Award from the **SF Bicycle Coalition** and coverage in *The New York Times*. (Friedman also has a voluntary bike registration program and *Twitter* account for the purpose of



returning stolen bikes.)

Three cheers for Ecology Action's **Elise Ehrheart**, former program coordinator for Bike Smart, an education program for teaching road

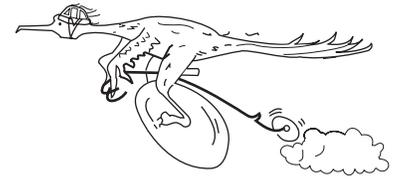
bicycling skills to elementary and middle school students, and to her volunteers! In 2013, 2,600 students learned bike safety during 47 events at elementary and middle schools. Elise has been so successful, in fact, that she has been promoted! She will now split her time between project management within EA's Energy Department and assisting with Bike to Work/School Day. Fortunately, Elise's replacement will be the equally high-energy **Kira Ticus**, who headed Bike Smart before becoming a world traveler. Kira will be assisted by **Nallely Ruiz**, Ecology Action's bilingual assistant program coordinator.

Speaking of totals, Bike to Work/School Day (counting both May and October dates) attendance has almost doubled since 2004! According to **Piet Canin** of Ecology Action, 2004 attracted 5,070 students biking to school and 1,110 adults biking to work for a total of 7,180. By 2014, that number nearly doubled, with about 13,000 students and adults attending the free breakfasts across the county. Wow!

—Rhoda Bike



SCCCC members gather at the home of Emilie Holder in Corralitos for New Year's Day ride.



THE ROADRUNNER is the official newsletter of THE SANTA CRUZ COUNTY CYCLING CLUB. It is published bimonthly, sent out via email to members and is available at local bicycle shops, the Santa Cruz Visitors Bureau and local libraries and chambers of commerce. Submissions (articles, photos, and letters) are gladly accepted. Email is 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

THE SANTA CRUZ COUNTY CYCLING CLUB is a nonprofit organization pursuant to Section 501(c)3 of the Internal Revenue Service code. The club's mission is to bring cycling to all levels of riders and encourage healthy lifestyles through education, friendship, teamwork and fun. The club is known for its annual **Santa Cruz Mountains Challenge** held the last Saturday in July. Proceeds from this event go to the club's educational activities.

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Happy spring everyone! New growth, new year. New is good, right? We often say we want change, but sometimes new directions appear unexpectedly. When that happens, the challenge is to welcome change.

The Santa Cruz Mountains Challenge is going through some changes this year. Scotts Valley High School (site of the event's start and finish for the past several years) has changed its policy. The school no longer takes reservations for events more than three months ahead of time. Unfortunately, successful planning for the SCMC takes more than three months of work. Waiting until May for permission to host our ride from the school won't work. So, it's onward to other start and finish locations.

A few captains volunteered to research other locations based on the need for ample parking and serviceable kitchen space, and the short list included Soquel High School and



UCSC. Past club president and past SCMC Director Janet Fogel contacted folks at the school district, while I ventured up above town to the university. Soquel High would be the easiest switch for logistics, but I had scoped out UCSC in 2012 as a possible start for the Amgen Tour of CA. The campus folks were very interested and supportive, but the tour dates were unworkable.

From that experience, I remembered the supportive vibe from the university, and the views! I couldn't stop thinking about the allure of starting the ride on campus and then heading up into the Santa Cruz Mountains. Riders would finish in the lower east parking lot before sitting on the edge of the soccer field eating burritos and enjoying the

view of Monterey Bay! (A decision on the ride start location is coming soon.)

Another change is event director. David Giannini has been in charge of the SCMC for the past three years, and the ride's profit margin has grown measurably. But the winds of change are felt here too, and I will be replacing David this year. (The captains hope to see him participate in some manner as the ride date approaches.) Besides directing, I hope to have an apprentice director this year who will take over the SCMC in 2016. (If interested, contact me!)

With these two changes, I encourage everyone to return to past volunteer positions. So far most club members are available on July 25th. (If you haven't contacted your captain from last year, please do so soon.) We need and want your experience and input for this exciting new chapter of the Santa Cruz Mountains Challenge.

—Maura Noel, SCMC President

Cyclists for Cultural Exchange offers 26th Strawberry Fields ride on May 17

Cyclists for Cultural Exchange (CCE) celebrates the 26th version of its fundraising bike ride, Strawberry Fields Forever, on Sunday, May 17, starting from Pajaro Valley High School. Rides of 100 miles, 65 miles and 30 miles are offered. Cost is \$65 up until midnight of March 15, after which the cost is \$75. Ride limit is 1,200. Lunch, a post-ride meal and strawberries with chocolate and whipped cream will be served. Go to <http://www.strawberryfields.org/about-the-ride/> to register.

Proceeds from SFF will be used to support CCE projects like Watsonville Open Streets, Congo Transport, Team Rwanda, Bicycles to Support Cambodian School Children and Humanitarian Services for Children of Vietnam.

CCE will sponsor three tours in 2015, starting with a camping and hostel trip for 25 people May 17–29 from Calistoga to

Santa Cruz. A tour in England takes place, hosted by British cyclists, from

Aug. 11–24 for a cost of \$1,000 plus airfare for 25 persons, and a tour of Taiwan will occur from Nov. 1–15 for the same cost.

Contact Marilyn Marzell, CCE president, at marilynmarzell2000@yahoo.com for more information.

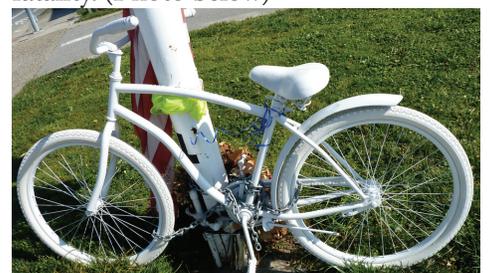
Hit and run truck driver surrenders in death of cyclist

Luke Logan, 41, of Live Oak has surrendered to police for the fatal hit-and-run crash involving his pickup truck, which killed Adan Lainez, 63, on Dec. 26, 2014 in Santa Cruz. Lainez was riding his bike on Soquel Avenue near Hagemann Avenue when he was hit from behind. The truck Logan was driving then knocked over a traffic light. Police report that Logan disguised his Ford F 150 pickup truck after the crash to evade authorities, before eventually turning himself in.



2015 SFF JERSEY DESIGN BY DOUG ROSS

He remains in jail in lieu of \$50,000 bail. Lainez, a father of 11 children, was riding his bicycle at 6:40 a.m. to a landscaping job when he was killed. A ghost bicycle marks the scene of the fatality. (Photo below)



Arana Gulch pathways offer safe corridor to people of all abilities



Left photo, l to r: County supervisors Ryan Coonerty and John Leopold, Mayor Don Lane (hat) and, front row John Dougherty and Lynn Gallagher. Right photo, l to r: Betsy Schwartz, Lilly Ann Popken, Janet Fogel, Jack Johnson and Marilyn Marzell. Carrot lady in photo below right is Sandy Rechenmacher, nutrition specialist.

Santa Cruz County Supervisor John Leopold said his oldest daughter and the Arana Gulch Multi-Use Trail have a lot in common. Both have spent the past 20 years preparing for the future, be it college graduation or the official opening of the Arana Gulch Open Space Trail System. On January 14, more than 100 outdoor enthusiasts—county and city officials, parents with children, bicyclists, seniors, dog walkers and people in wheelchairs—attended the ribbon cutting at the Westside entrance to the greenbelt, the 340-foot long Hagemann Bridge.

The \$4.2 million dollar open space project, covering 68 acres, began in 1994, the year Leopold's first daughter was born and the year he joined the Regional Transportation System, which funded the project. A far cry from the original plan to build a major cross-town road for cars, today's bridges and trails provide safe passage for bicyclists, pedestrians and the disabled, from Broadway on the Westside to Brommer in Live Oak. Besides the Hagemann Bridge, a 70-foot long causeway bridge over Arana Creek and a mile of porous cement pathways complete the project, which also features benches, interpretive natural history signs and (still to come) cattle grazing in the fenced areas to promote growth of the Santa Cruz Tar Plant. On the Brommer side, along the causeway's metallic railings, designs of fish cast their shadows onto the cement surface, illuminated by the

afternoon sun.

The star of the show remains the well-engineered ribbon suspension bridge over Hagemann Gulch on the Broadway side. This connector, with its 10-foot-wide passageway, allows for easy sharing of the roadway for all comers. Built with no supports from below, it boasts two abutments at each end held in place by 50 anchors drilled 100 feet deep. Composed of 32 pre-cast concrete panels, it also contains 36 lights located near ground level. Slight movement of the bridge occurs, which is noticeable if one stands quietly, enjoying first-time views of the gulch.

Ribbon cutters on Jan. 14 were John Dougherty and Lynn Gallagher, both wheelchair occupants, who advocated for the multi-use trail system for years. A coterie of county and city officials spoke glowingly of efforts by Assistant City Public Works Director Chris Schneider and his staff. Mayor Don Lane said, "Arana Gulch truly did take a village—a cooperation between city and county officials, the private sector and community advocates." Lane gave special kudos to People Power for its unstinting support over 20 years.

Chief lobbyist from the private sector was Paul Schoellhamer, a Watsonville resident, who said that Arana Gulch will now benefit seniors, the mobility impaired, teachers, climate change people, parents who want a safe place for their kids to ride their bikes to school and a lot of people who just want a quiet place for reflection.

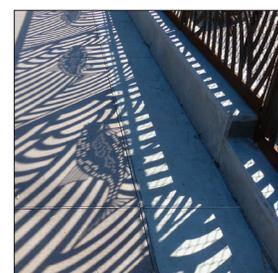
Leopold gave special commendation to

Betsy Lyndberg of the county parks department, who chaired community meetings at which citizens voiced the need for a crosstown passage, and John Presleigh (county public works), who spearheaded the Brommer Street–Small Craft Harbor connection. He thanked everyone for attending the ribbon cutting, saying, "I'll see you out on the trail."

—Grace Voss



Arana Gulch trail system is attractive to a family of six—two adults and four terriers.



Shadows on causeway bridge lengthen in afternoon sun at Arana Gulch.

Scotts Valley opens \$600,000 Shugart Park bike and ped pathway



Scotts Valley Mayor Dean Bustichi, left photo with scissors, is helped by The Mini-Mermaids, a running group, at Feb. 18 ceremony for new bike/ped project connecting Glenwood Drive to Vine Hill Elementary School. Right photo, l to r: Majid Yamin, project engineer, Lex Rau of the RTC's Bicycle Advisory Committee, Janet and Lawrence Fogel.

Ribbon cutting ceremonies for bicycle and pedestrian projects abound in the first few months of 2015. On Feb. 18, Scotts Valley Mayor Dean Bustichi, ably assisted by The Mini-Mermaids, an all-girl running group, opened the Shugart Park Pedestrian Pathway and Footbridges Project, a connector from Glenwood Drive in Scotts Valley to Vine Hill Elementary School.

The \$600,000 project, which accommodates bicycles as well as

pedestrians, was made possible through a Safe Routes to School Grant. Caltrans and the Regional Transportation Commission aided the project, a cooperative effort by the city and the school district.

"How grateful we are to city officials," said Scotts Valley Schools Superintendent Penny Weaver. "Good things are happening in Scotts Valley."

The paved, off-road project means safer commuting for students at both the elementary and the high school

level. Principal Julie Ebert of the Vine Hill Elementary School said the pathway means Scotts Valley High School students may easily travel to her school to tutor students. City Engineer for the project is Majid Yamin, who may start to ride his bike more often now that he is retired.



SCCCC adopts new ride safety policy for members

Recently the SCCC Board of Directors approved the following rider safety policy: "Riders witnessing questionable bicycling skills or riding habits on the part of another club member are asked to gently explain the problem to the rider. If the problem persists, a club member may refer the matter to the SCCC Board of Directors. At its next monthly meeting, the board will discuss and possibly take appropriate action, with the intent of lowering the risk of accidents on club rides. Mandatory safety training for the member and/or suspension from club rides until safety awareness improves are possible." Here are some questions and answers regarding this policy:

Q. Why not refer a problem to the board first? The problem is that unsafe riding practices need to be managed in the moment, or worst case, at the end of the ride. If you wait until afterwards, people's memory of who did what, where they were at the time etc. fade.

Q. What about telling the ride leader? If you're just too embarrassed or intimidated, then that might be an option, but dealing with it in the moment is far, far better.

In closing I want to make clear that I find club members to be wonderful people, and even riders with unsafe habits do not intentionally create problems. We cannot make this sport risk-free, but with a little gentle guidance from each other, we can improve our skills and lower the risk of rider-on-rider crashes. The accident you prevent might save your own skin.

—John Marshall, SCCC Vice President

Weekly Rides *Rider Levels*

C Rides are between 25-35 miles, at 10-14 mph, with up to 2,000 feet of elevation. B Rides are for intermediate riders and are between 25-50 miles, at 12-16 mph pace, with up to 3,000 feet of elevation; A Rides are for experienced riders looking for a challenge., These rides are from 40 - 80 miles, at a 15-20 mph pace, with over 3,000 feet of elevation.

Bicycle club members lead social group rides for the enjoyment and pleasure of the bicycling community. While riders regroup along the way, we recommend riding with a buddy. If you don't come with someone, feel free to ask one of the other riders if you can ride along with them. Come prepared with extra tubes and know how to change a flat tire. Bring water, a snack and ID. Before the ride starts, every participant must sign a League of American Bicyclist (LAB) approved waiver stating that the Santa Cruz County Cycling Club is not responsible for any incident occurring during the ride. Saturday bicycle rides (or carpools) may start from the Capitola Community Center (Jade St/45th Ave) in Capitola. Route sheets will be emailed to the club mailing list about two days before each ride. Rain cancels rides.

Tuesday ride: Meet at 9:45 a.m. for a 10 a.m. start for this social/leisurely paced road ride. 1st and 3rd Tuesdays of month, start at Gateway Plaza (the shopping center on River St. near Hwy 1). No public water or restrooms available.. On the 2nd and 4th Tuesdays, meet at parking lot by the entrance to Nisene Marks Park, Aptos. The fifth Tuesday of the month is a leader's choice for start location. Distance will vary from 20-40 miles. Destinations include a lunch stop. Bring water and snacks. Questions? Contact: David Lawrence at thewizarddavy@gmail.com. "Light" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride.

Thursday ride: Meet at 10 a.m. in front of the Corralitos Market in Corralitos for a moderately paced road ride of 25-45 miles.

Saturday, March 7 A/B Ride

Join Richard for his 70th

Meet at Pezzini Produce Stand, (Highway I and Nashua Road); park on road shoulder, at 8:45 for a 9 a.m. start. B/Fort Ord and Barloy Canyon; A adds San Benacio; A=52mi/3400'; B=35mi/2100'

Richard Huffman.....831-476-8650

Saturday, March 7 C Ride

Royal Oaks via Beach, Lewis, 129, Carlton

Ride starts from West Marine in Watsonville. Arrive by 9:45 a.m. for 10 a.m. start; 30mi/753', 25 FPM.

Petronella vanDam.....831-454-6010

Saturday, March 14 A/B Ride

Zayante and Beyond

Meet at Felton Fair Parking Lot at 8:45a.m. for 9 a.m. start; A's-Zayante and Soda Springs; B's-Zayante, Bear Creek, Quail Hollow; A=58mi/6800';B=31mi/2800'

Arleen Pietrzak.....435-655-1010

Saturday, March 14 C Ride

Corralitos, via Freedom, Hames, Day Valley

Meet at Capitola Community Center (Jade St/45th Ave) by 9:45 a.m. for 10 a.m. start. 25.8 mi/1486'

Brian/Camia Chapman.....650-740-4169

Saturday, March 21 A/B Ride

Mt. Diablo (Devil's Playground) and Morgan Territory

Meet at Danville (SE corner of Crow Canyon and Camino Tassajara) at 8:45 a.m. for 9 a.m. start; carpool from CCC (Jade St/45th Ave) at 7:15; A =68mi/6600';B=32mi 3174'; ride is co-listed with ACTC.

John Marshall (w/Alejandro Pujol).... 408-688-6980

Saturday, March 21 C Ride

17 Mile Drive via Point Lobos

Meet at 9:45 a.m. for 10 a.m. start at Barnyard Shopping Center in Carmel; 29.0 mi/1385'

Teri Ruegg.....831-334-7097

Saturday, March 28 A/B Ride

Eureka Canyon Loop

Meet at Nisene Marks Park entrance at 8:45 a.m. for 9 a.m. start. A;s-Eureka Canyon, Mt. Bache; Loma Prieta, Old San Jose Rd.; B's skips Mt Bache and Loma Prieta.; lunch at Summit Store; A =52mi/5000'; B =40.5mi/3265'

Isabelle Magnin.....831-325-2712

Saturday, March 28 C Ride

Aromas to Gizdich Ranch via Carr Avenue

Meet at 9:45 a.m. for 10 a.m. start at Aromas Elementary School, 365 Vega St. 31.3 mi/1365'

Rod/Tina Armer.....831-227-841

Saturday, April 4 A/B Ride

Moss Landing Circuit

Meet at CCC (Jade St/45th Ave) at 8:45a.m. for a 9 a.m. start; Moss Landing via San Andreas; Lunch at Phil's; A's add Hazel Dell with lunch in Corralitos; A=68mi/3200'; B=53mi/2200'

Bart Coddington.....831-475-5234

Saturday, April 4 C Ride

Coyote Creek Trail

Meet at 9:45 a.m. at the end of Malaguerra Ave. for 10 a.m. start in Morgan Hill. Restrooms available. Lunch at Rosy's at the Beach. 27mi/564'

Jack Johnson.....831-359-2501

Saturday, April 11 A/B Ride

Pescadero Fun

Meet at 8:45 for 9 a.m. start In Pescadero in parking lot by stoplight; A's-Tunitas Crk, Woodside, Old La Honda; B's-Stage, La Honda, Cloverdale; A=51mi/5700'; B=45mi/3600'

Chris Boman.....831-325-2712



An important stop included visiting the Mountain Charlie Redwood on Glenwood Drive by SCCC members during a Tuesday ride recently. Are you in this photo?

Saturday, April 11 **C Ride**

Fort Ord via Bike Path, General Jim, Parker Flats

Meet at 9:45 a.m. for 10 a.m. start at Pezzini Produce on Nashua Rd. Picnic lunch on Eucalyptus Road; 32.3 mi/1331'

JT Hart.....831-234-7726

Saturday, April 18 **A/B Ride**

Big Basin Trip

Meet behind Johnnie's in Boulder Creek at 8:45a.m for a 9 a.m. start; Carpool from CCC (Jade St/45th Ave) at 7:45. Snacks available at Big Basin store; A=45mi/4500';B =30mi/2800'

Ric Eiserling.....831-336-1040

Saturday, April 18 **C Ride**

Watsonville Royal Oaks via Beach, Lewis, 129, Carlton

Meet at 9:45 a.m. for 10 a.m. start in back of West Marine's parking lot off Harkins Slough Road in Watsonville; Lunch at Royal Oaks Market. 25.8 mi/1488'

Bill McBride.....831-239-6081

Saturday, April 25 **A/B Ride**

Carmel Valley Loop (Soledad/Laureles Grade)

Arrive at 8:45 for a 9 a.m. start! A's start at Carmel Valley Community Park; B's start at Creekside Trailhead at HWY 68/

Reservation Rd.; A=87mi 5600';B=70mi 3900' SAG support
Peter Jones.....831-234-5555

Saturday, April 25 **C Ride**

Kirby-Pez-La Tapatia

Arrive by 8:45 a.m. at Kirby Park off of Elkhorn Rd. for 9 a.m. start. Lunch at La Tapatia in Prunedale. 31.9 mi/1721'

David and Jeanni Kadotani.....831-588-3561

Saturday, May 2 **A/B Ride**

San Juan Bautista via Crazy Horse Canyon Overpass

Meet at Kirby Park on Elkhorn Slough at 8:45 a.m. for 9 a.m. start; San Juan Grade, SJ Bautista, Aromas (Fremont Peak for A's); A=63mi/5907'; B =43mi/3200'

Tom Mattinson.....831-566-8247

Saturday, May 2 **C Ride**

Sand City to Pebble Beach via 17 Mile Drive

Meet by 9:45 a.m. in parking lot near Starbucks in Edgewater Shopping Center in Sand City for 10 a.m. start. 32.2 mi/1232'

Petronella van Dam.....831-454-6010



HELMET FIT : LEFT-CORRECT; RIGHT-INCORRECT

Pathways to Safety: let's all learn to use our thinking CAP when bicycling

Let's all remember to use our thinking CAP! This acronym stands for: Communication – Appropriateness – Predictability. Be mindful of these three practices and you will reduce the risk of being involved in an accident.

Communication: Clearly communicating your intentions will make other riders and vehicles aware of your next move. It is a good idea to be in the habit of always using hand gestures. Sometimes there will be a vehicle or rider that has sneaked up on you, and it is often those surprises that lead to close calls.

Appropriateness: We all have personal riding habits and styles, and we hear lots of other riders expounding upon rules and safety practices. We integrate some of these concepts into our riding and others we may dismiss. But I suggest that you at least consider them in the appropriate context. Are these adjustments intended for group rides or solo rides? In urban traffic or on country roads? On flat roads or on high speed descents? These ideas may not apply all the time, but be willing to consider when and where they could be useful. Be open to learning.

Predictability: Hold your line steady. Communicate your intentions. Don't ride erratically. Subconsciously, other vehicles and riders have already processed how to avoid you based on what they have already witnessed and what they expect you to do next. Don't surprise them.

When you do your part correctly, there is a higher chance that others will do so as well. I know this sounds corny, but when you put on your bike helmet, don't forget to also put on your thinking CAP.—Peter Jones, SCCC Rides Coordinator

Bicycling in Crete countryside means climbing mountains

Crete, the largest and most populated of the Greek Islands, is a region of contrast. The beautiful cerulean blue and turquoise Aegean Ocean borders a rough, rocky coastline. Sandy beaches and busy port cities give way to rural inland roads which twist sharply uphill into small mountain towns, where people earn their living herding sheep and goats, raising chickens and leading the simple, slow-paced life of their ancestors.

In late October, Pat Lawson and I rode bicycles for eight days on these sparsely-traveled roads, along with two friends from Arizona and California and 27 other members of the Bicycle Adventure Club of San Diego. Our base of operation was the modern, spacious and well-maintained Nautilus Bay Hotel overlooking the ocean in Kissimos, a small city in Western Crete. From there we biked to archeological ruins dating back to the Minoan Civilization (5000 B.C.). At mid-day we often enjoyed a lunch of fresh fish at local tavernas, occasionally losing our way home since Greek roads lack helpful road signs! Weatherwise, we enjoyed mostly sun, accompanied by some rain and strong winds, the remnants of a hurricane passing far to the north. A 6 p.m. social hour allowed the two trip leaders to explain the next day's route (on those no-name roads) while we sipped samples of Greece's two national drinks, ouzo and raki. (Both liquors are strongly-brewed.)

Our frequent destinations were archeological ruins which were amazing! It's one thing to ride your bike from Santa Cruz to Davenport, stopping at the Whale City Bakery for a muffin baked that morning. It's another experience entirely to see the ruins of Phalasarna, a seaport dating from the 4th century B.C. which was destroyed when an earthquake lifted the ground almost 20 feet, obliterating the city's trade potential and leaving it exposed to a takeover by the powerful Romans. Or to walk through the ruined



Pat Lawson, left, and Grace Voss by Adriatic Ocean

acropolis of another Minoan city-state, Polyrinia, whose ancient walls and guard tower still stand. Here you need your imagination to recreate the view of a once-powerful city state.

One day we biked to Chania (pronounced Han-Ya), the former capitol city, whose Old Town tourist area features original art and pottery, worry beads, scarves, jewelry and Greek-style hats and slippers. Restaurants use sidewalks and even parts of narrow passageways to seat customers, taking chairs and tables inside at the end of each day. Many stray cats and dogs wandered freely in the narrow, winding streets.

On another day we boarded the *Porto Gramuusa*, a large tour ship, for an hour's voyage to the island of Imeri Gramvoussa, famous from Homer's *Odyssey* as the island where Aeolus gave the Greek hero Odysseus a bag containing the four winds. (Legend has it that nobody was to open the bag. Unknown to Odysseus, his crew members did just that, causing the winds to escape and blow the voyagers so far off course it added years to their return trip.) Fortunately we found calm weather and a long uphill climb, as we visited the remains of an Italian castle situated almost 500 feet above sea level. The castle's ramparts and a guard tower at the entrance are all that remain of the fort built between 1579 and 1584. During the Ottoman Empire, 3,000 Greek revolutionaries lived on the island for three years, resorting to piracy to survive, and the island today is a bird sanctuary. Our ship also took us to the Lagoon of Balos, where the

incredibly white sand gives the ocean a jade-like quality. The water temperature was a pleasant 75 degrees, and some people swam the quarter-mile from the boat to the beach, while others took a ship to shore boat.

A bus tour to the Palace of King Minos at the archeological site of Knossos in the city of Heraklion was also memorable. Another Greek myth helps to understand this large, complicated structure built by Daedalus and restored from 1900 to 1903 by an intrepid Englishman, Sir Arthur Evans. The Minotaur, a fearsome creature, half man and half bull according to myth, lived in a labyrinth, a cave of twists and turns. Unfortunately, Athens had to pay tribute to this monster by sacrificing 14 young men and women every nine years. Theseus, a Greek hero, decided the tribute of youth was too steep to pay. With the help of Ariadne, a princess, he entered the labyrinth and slew the Minotaur, finding his way back out with the gift of a thread from Ariadne. At the height of its popularity, 2,000 royal family members, priests and priestesses lived during the Bronze Age on this site, nearly three miles long and more than a mile wide.

Next we visited the Historical Museum of Crete, which contains antiquities from the Bronze and Iron ages, plus original frescoes and stone tablets containing the earliest forms of writing. One fresco features "bull jumping", a sport for both men and women. Like today's gymnasts approaching a "vaulting horse," a bull jumper races full speed at the bull, grasps his horns and then flips over the animal. The danger of this event is exceeded only by the athletic ability of the jumper! This museum was incredible, featuring well-lit and modern display cases of archeological treasures covering 17 centuries.

Throughout our travels, we found the people of Crete to be gracious and friendly. The island is not crowded with tourists in the fall, and its beaches are still inviting as temperatures remain in the 70's. Crete is a wonderful place to hike on mountain trails or bike on traffic-free roads.

—Grace Voss



WHAT'S A SHARROW?

Sharrows are used to guide bicyclists on streets that don't have bike lanes. They're a simple reminder to car drivers and bicyclists **to share the road!**

When you see **sharrows** on the road...

1 Expect to see plenty of bikes – and be ready to **slow down** and share the road.



2 Bicyclists will be riding in the **middle of the right-hand lane** to avoid the door zone.



3 Keep an eye out for **kids on bikes** – sharrows are often used around schools.



Hey, Bicyclists!

Sharrows are a reminder to avoid the door zone of parked cars. Please also follow the rules of the road: yield to pedestrians, obey traffic signs and signals, and never ride wrong way.



Local bicycle shops

These shops are supporting our bicycle club with discounts on bicycling accessories. Discounts vary according to the shop. Ask sales clerk for club discount.

Another Bike Shop
2361 Mission Street
427-2232
Open seven days-10AM-6PM

The Bicycle Trip
1001 Soquel Avenue
427-2580
Monday-Saturday-10AM-6PM
Sunday-10AM-5PM

Bill's Bike Repair
2826 Soquel Drive
477-0511
Open seven days but call first!

Dave's Custom Bikes
910-A Soquel Avenue
423-8923
Tuesday-Sunday-9AM-5PM

Family Cycling Center
912 41st Avenue
475-3883
Monday-Saturday-10AM-6PM
Sunday-10am-5pm

The Spokesman Bicycles
231 Cathcart Street
429-6062
Monday-Thursday 10am-6pm
Friday-10AM-7PM
Saturday-10AM-6PM
Sunday-Noon-5PM

The Bike Coop
1156 High Street
457-8281
Monday-Friday-10AM-6PM

Bike Station Aptos
36 Rancho del Mar
688-4169
Monday-Friday-11AM-6PM
Saturday-10AM-5PM
Sunday-Appointment only

Scotts Valley Cycloport
245 Mount Hermon Road
Scotts Valley
440-9070
Tuesday-Thursday-10A,-6PM; Friday 10AM-7PM
Saturday-10AM-6PM; Sunday-Noon-5PM

Watsonville Cyclery
25 East 5th Street
724-1646
Monday-Saturday-11AM-6PM;
Sunday-Noon- 5PM

The Bike Church
703 Pacific Avenue 425-2453

Epicenter Cycling
Aptos Station, 8035 Soquel Dr. Suite 23
662-8100
Monday-Friday-11AM-7PM; Weekend-8AM-4PM

AND...

1730 Mission Street, Santa Cruz
423-9000

Sprockets
1420 Mission Street
426-7623
Monday-Friday, 9 AM to 6 PM
Saturday-8 AM to 6 PM
Sunday-9 AM to 5 PM

The Roadrunner is printed by **Maverick Mailing**, which is owned by Peter Glynn, right photo, who sometimes delivers by bicycle. Call him for your mailing/printing needs. Peter has been serving Santa Cruz for over 20 years; Maverick Mailing uses 100% PCW recycled paper created with wind power and is the only 100% solar powered printing and mailing service in the nation.

831-234-4663 www.maverickmailing.com



JOIN AND RENEW ONLINE at www.santa cruz cycling.org/club

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 award-winning, bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, local bicycle shops offer a 10% discount for club members. The club's website, www.santacruzcycling.org provides a home base for your club activities. Annual membership dues must be paid to remain a member in good standing. **Dues become due on Jan. 1st of each year based upon the term of your membership.**

Member First Name	*Member Family Name	*Member Contact Email
*Member Contact Telephone	Member Ride Cell Phone	<input type="checkbox"/> New Member <input type="checkbox"/> Renewal Member <input type="checkbox"/> Include on Printed Roster <input type="checkbox"/> Add to SCCCC Email list
2nd Member First Name	2nd Member Family Name and Email	One Year Memberships <input type="checkbox"/> Individual \$25 <input type="checkbox"/> \$30 for RR Mail* <input type="checkbox"/> Family \$35 <input type="checkbox"/> \$40 for RR Mail* <input type="checkbox"/> Junior \$10 <input type="checkbox"/> \$15 for RR Mail*
2nd Member Contact Telephone	2nd Member Cell Phone	Three-Year Memberships <input type="checkbox"/> Individual \$60 <input type="checkbox"/> \$75 for RR Mail* <input type="checkbox"/> Family \$90 <input type="checkbox"/> \$105 for RR Mail*

*Street Address *City *State *Zip *Roadrunner Newsletter delivered by US Mail

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-year-old) family members:

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

March–April, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Board Meeting 7 p.m.	3 Club Ride GP	4	5	6	7 Club Ride
8 Volunteer to lead a ride	9	10 Club Ride NMP	11	12	13 Sign up to lead a ride!	14 Club Ride
15	16 SCMC captains 7 p.m.	17 Club Ride GP	18	19 Ride Safely!	20	21
22	23 Clean your bike!	24 Club Ride NMP	25	26	27 Go for a bike ride!	28 Club Ride
29	30 Ride Safely!	31 Club Ride Leader's choice	1	2	3	4
5	6 Board Meeting 7 p.m.	7 Club Ride GP	8	9	10 Sign up to lead a ride!	11 Club Ride Cycling for Starters
12 Go for a bike ride!	13	14 Club Ride NMP	15 Roadrunner Deadline	16 Volunteer to lead a ride	17	18 Club Ride Cycling for Starters
19	20 SCMC captains 7 p.m.	21 Club Ride GP	22	23 S CCCC Meeting 7 p.m.	24	25 Club Ride Cycling for Starters
26	27	28 Club Ride NMP	29	30		
					GP is Gateway Plaza	NMP is Nisene Marks Park



 Santa Cruz County Cycling Club Membership Card
 www.santacruzcountycycling.org (Valid only with member's mailing label.)



SCCC
 PO Box 8342
 Santa Cruz, CA
 95061-8342