

The Roadrunner

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

RTC approves Progressive Rail contract

After two hours of public comments pro and con, the Regional Transportation Commission voted 8-4 to approve a freight rail contract with Progressive Rail at its June 14th meeting in Watsonville. The vote allows the rail company to provide freight service for a seven-mile stretch in the Watsonville area. The second phase of the contract, involving passenger rail service, is on hold until the fall when results of the United Corridors Investment Study (UCIS) will be made public. Two “friendly amendments” will prevent storage of rail cars on the rail line as well as storage of rail equipment next to the Wrigley Building unless the RTC gives its permission.

If the RTC decides to retain the tracks for passenger service, then Progressive Rail would remain as the operator for 10 years. If the RTC decides to remove the tracks beyond the southern part of the rail line, then it has the option to leave.

The RTC’s vote was favorable for both Watsonville’s economy and the immediate future of the rail trail. “Today’s vote delivers a win for hundreds of workers in Watsonville, for Santa Cruz County residents who want continued progress on a safe bike and pedestrian trail, and for commuters who want to keep open future transportation options such as rail transit,” said Mark Mesiti-Miller, chairman of Friends of the Rail and Trail.

Watsonville City Councilman Felipe



Hernandez was more blunt. “A no vote is a great example of nimbyism. It will be the kiss of death for local jobs.”

Several supervisors stressed the importance of keeping all options open for rail service. RTC’s

Board Chairperson John Leopold chided opponents of rail with trail, advising them “not to look for a conspiracy or assume the RTC is trying to get around what you want to do. We are keeping our options open,” he said. “We expect an equally robust conversation when the United Corridors Study is completed.”

The RTC also approved the five-year Measure D plan which includes a bike/ped bridge over Highway 1 at Chanticleer, funding for rail trail sections in Santa Cruz, Watsonville and on the San Lorenzo River Bridge and completing the environmental study of the North Coast rail trail. Construction of a bike/ped bridge over Highway 1 on Mar Vista in Aptos depends upon auxiliary highway lane construction. The RTC Board also passed a friendly amendment allowing a \$50,000 study of the Capitola Trestle for train and trail use.



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Ready for The Challenge?

SCCCC’s annual Santa Cruz Mountains Challenge set to roll out its four routes of fun and challenging climbs starting at 6 a.m. Saturday, July 21st at the Baskin Center of Engineering, 1156 High Street at UCSC.

Are you ready for the challenge? More than 100 volunteers help make this ride the best of its kind in California! If you have volunteered leading up to the event, feel free to ride it. If you have not yet volunteered, please respond soon to captains’ requests or contact Catherine van Rhee at president@santacruzcycling.org.

News you can use: Traffic skills classes, pizza/pie ride info, Green Hills road repair

Two sections of the popular Traffic Skills 101 class, free to SCCC members, will take place on Saturday, July 7 and Saturday, Aug. 4. (Cost for non-members is \$25.) Sign up at santacruzcycling.org under CLASSES. Space is limited. Location is the Emeline Street Parking Lot for County Health Services (off Plymouth). Classes are for all levels of bicyclists. Instructor is Bernard Green.

ARE YOU A CLUB MEMBER?

Saturday, Aug. 25th is the date of SCCC’s annual Pizza and Pie Ride, starting at 9 a.m. (A,B riders) and 10 a.m. (C riders) from the Forty Thieves area of Delaveaga

Park. This is a MEMBERS ONLY ride. If you want to participate and are not a member, go to santacruzcycling.org and join the club!

ROAD REPAIR COMING SOON!

Bicycling to and from Scotts Valley will be easier on both your body and your bike starting in mid August. The city expects to complete resurfacing (1/4” slurry seal) Green Hills Road between South Navarro Drive and Glen Canyon Road as well as Glen Canyon between Green Hills and Graham Hill roads. The project includes striping for a bike lane and green bike lane markings at the intersection of Green Hills

and Glen Canyon. Sharrows will be placed on Glen Canyon Road.

RAIL TRAIL BEGINS

The first phase of Segment 7 of the rail trail has gone out to contractors for bids. Construction will begin in late August, ending in early 2019. The segment extends from Natural Bridges to Bay Avenue.

BIKE SHARE OFF TO GREAT START

As of June 10th the City of Santa Cruz reports that Bike Share customers have taken 5,200 rides around town since the program began in late May. About half of the 250 bikes are available, with the remaining 125 bikes en route from China.

Club shorts: *Specialized tour of factory for SCCCC*

Robert Eggar, chief engineer for Specialized Bikes in Morgan Hill, took time out from his busy day on both May 10 and June 14 to give tours to SCCCC's riders. These riders toured the history museum, viewed prototype bikes and experienced the wind tunnel first hand. (The tunnel is where pro racers like Peter Sagan tweek bikes for maximum aerodynamics!) Thank you Robert!

SCCCC member **Jack Kellythorne** is recovering from tumble on May 19 caused by rumblestrips on Highway 1 near Wilder Ranch. His fall resulted in a broken wrist, toe, bones in his hands requiring surgical pins and, of course, road rash. Jack says the front tire peeled off the bike's front rim. Let's all be careful out there!

Chris and Matt Zemny will ride their bikes in France's Loire Valley for six days on a July Backroads Tour to celebrate their 50th wedding anniversary! Chris says they have the option of riding 25 to 58 miles per day, and she looks forward to French amenities like wine, cheese and good food.

Several SCCCC members who ride on Mondays and Thursdays are planning to take part in the Tour d'Fuzz in Napa, on Sept. 8th and the San Luis Obispo Bike Club's annual Lighthouse Ride Sept 22nd.

Chris wants to remind everyone that summer C/D ride start times may vary due to hot weather. She will continue to keep the club rides calendar current and send out updates via email. C rides occur every Monday, with C/D rides every Thursday, except for the third Thursday when riders will do a metric century ride. Besides Chris, ride leaders are **Brian Treece, John Lunden and Susan Kent**.

SCCCC member **Greg Rauch** reports that he and his wife Janene completed a Backroads bike tour in June. They visited the Normandy and Brittany regions in Northwest France.

Three SCCCC members, **Leo Jed and Peter and Janis Stanger** participated in Sierra to the Sea, a seven-day tour of California starting in the Lake Tahoe area on June 16. The tour featured three Sierra Nevada Mountain passes, the American River Trail, a Lake Berryessa climb, a tour in the Russian River area and a final climb over Mount Tamalpias to Golden Gate Park in San Francisco.

Want to hear about bicycle advocacy efforts "over the hill"? The eighth annual **Silicon Valley Bike Summit** takes place from 9 a.m. to 6 p.m. Aug. 22 in the Ballroom of the Diaz Compean Student Union at San Jose State University, 211 South 9th St. in San Jose. Topics include Safe Routes to School and Bike Share programs. Awards will be given to Person of the Year, Project of the Year and Program of the Year. Admission is \$35. Register at bikesiliconvalley.org/summit/

On the first day of summer vacation for New York City's school children, Central Park's drives below 72nd Avenue became off limits to automobile traffic by order of Mayor Bill de Blasio. "This park was not built for automobiles," the mayor said. "It was built for people."

The four east/west roads crossing the park, which keep traffic flowing from one side of Manhattan to the other, will not be closed.

Cars have been banned from Central Park on weekends since 1986, and from north of 72nd Street since 2015. De Blasio also banned cars from Prospect Park in Brooklyn.

"We're creating safe zones for kids to play in, for bikers, for joggers, for everyone to know that they will be safer and they can enjoy the park in peace," he said.



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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SCCCC members in Pebble Beach on their way to the Laguna Seca finish of the Touf of California. (Photo by Larry Tierney)

Wanted: new storage locker for club

SCCCC needs new storage space!! Our bike club needs approximately 200-300 square feet of space to store social event and mountain challenge equipment and supplies. We only need to access these supplies a few times per year. Please spread the word to help find a suitable place in Santa Cruz. (If you have a space or know of someone who does, please contact president@santacruzcycling.org.)

Congratulations to those members who completed the June 2nd Smart Cycling Clinic: Walt Brown, Joe Kelly, Isabelle Magnin, Brian Treece, Gary Kohler, Carrol Moran, Albert Saporta and Annette Scheibner! And a second big congratulations and thanks to Albert Saporta and Brian Treece, who are going on to pursue their Licensed Certified Instructor certifications!

Two more safety clinics are coming on Saturday, July 7th and Saturday, Aug. 4th. Register now at the SCCCC Calendar (santacruzcycling.org). These clinics are a good way to learn or brush up on eight critical bike handling skills. The class format includes



explanation, demonstration and lots of hands-on interaction and practice. Parking lot drills and a short road ride will help you put what you've learned to use in the real world. Clinics are coached by Bernad

Green an experienced LCI ([League Cycling Instructor](http://LeagueCyclingInstructor)) with assistance from our club LCI's.

VOLUNTEERS NEEDED for the SANTA CRUZ MOUNTAIN CHALLENGE!! We are quickly approaching our key fundraiser on Saturday, July 21st. You will see emails requesting help in various areas. Please, please step up and volunteer! Contact me or respond to one of those emails as soon as you can! (president@santacruzcycling.org)

A lot of folk are having a great time at 6:15 p.m. the first Thursday of each month. Where? The Swanton Time Trial of course! Come on out and play! This friendly, low-key happening is

where we encourage and cheer each other on to do our best. What better way to get the most out of these long summer days? Come on out, join in the fun and ... LET'S RIDE BIKES!

—CATHERINE VANRHEE, SCCCC PRESIDENT

Blast from the past/2

(Editor's note: *The Roadrunner* issues from 1972 to 2010 have been digitized and soon will be available online. Here is a look back at some of the stories in the *July/August Roadrunner* issue from 2008.)

Maura Noel, co-director of the 2008 Santa Cruz Mountains Challenge, wrote about tackling the club's Mountains Challenge 65-miler three years earlier. The event started at Scotts Valley High School and included climbs up Mt. Charlie and Jamison Creek. For Maura the event lived up to its name, a challenge!

Club President **Bart Coddington** called for more volunteers to step forward, both as ride leaders and for the SCMC. Yes, history tends to repeat itself!

Ed Kilduff's "posse" of **Judy Isvan**, **Meredith Fuhrman**, **Pat Lawson** and **Grace Voss** appear in a photo taken with the Golden Gate Bridge in the distance on the final day of the Sierra to the Sea event. All are still smiling after 350+ miles of this strenuous tour.

Team Martha, formed in honor of the late **Martha Bedal**, raised \$6,000 for the Lance Armstrong Cancer Awareness Fund, capping their efforts by riding either the 100K or 100-mile route in San Jose on July 13th, along with 2,000 fundraising bicyclists.

Hand-held telephones were banned for motorists starting in 2008.

Emily Holder hosted a lunch at her home in Corralitos in honor of **Ed Kilduff's** 80th birthday. An 80-kilometer bike ride preceded the event.

Popular club members **Jeannine Peerless** (social chair) and her husband **David** were honored on a ride to Carmel before the couple relocated to France.

A dozen or so SCCCC members enjoyed three days of riding in the Guerneville/Healdsburg area supplemented by two nights of lodging at the 243-acre **Bishop Ranch**. The late **Janet Fogel** and her husband **Lawrence** celebrated their 23rd wedding anniversary on the trip.

—RHODA BIKE

Twin Lakes State Beach opens officially on July 4th



The new Twin Lakes Beachfront Improvement Project (above), located between Fifth and Seventh avenues, opened on Memorial Day Weekend, with the ribbon cutting set for July 4th. The project features a roundabout, diagonal parking for 21 cars, bike lanes and sidewalks on both sides of the street and ocean-themed beach walls to sit on while enjoying the view. Walkways lead to the beach where a new underground "stabilization wall" has been constructed to protect the area from winter storms and shifting sand. Cost is approximately \$4 million.

Chris Zemny's message: 'If I can do it, you can do it!'

I've always admired people with the passion to transform the ordinary into something extraordinary, to make the impossible possible and to turn dreams into reality. Here is a 'snapshot' of one of these people who happens to be a SCCCC member.

Chris Zemny, 70, a retired mother with two children and three grandchildren, joined SCCCC about three years ago. When Chris retired, she decided to try out a mountain bike. However, on one of her first rides, she flew over the handlebars, bruising herself badly and ending her mountain bike career! But Chris did not give up her dream to become a bike rider. After recovering from the mishap, she organized a small group of enthusiasts through the UCSC Woman's Club for bike rides of 5–10 miles twice a week. Eventually the distance increased to 15 miles.

At this point, Susan Kent, joined the team, and together Chris and Susan explored almost every single bike path locally and in the Bay Area. As their ride distances increased, however, many group members balked at riding beyond 10 miles. At this point Chris decided to join SCCCC, and the two women joined Lilly Ann Popken's Cycling for Starters class. The class went well, but both women faltered when trying to convert to C-level rides



after the class. They could not keep up. Refusing to give up, Chris started the Thursday D rides, which feature shorter distances and a slower pace. She also became certified as a bicycle safety educator, and served on SCCCC's board as its education and safety director. In this capacity, and with valuable support from Jack Johnson, Ralph Edwards and Leo Jed, she taught a series of Cycling for Starters classes and a TS101 class.

With time and consistent effort, Chris's true passion enabled her to ride longer distances. The D rides grew into C rides. Longer rides were added to the mix, including a few metric centuries.

Her permanent, consistent and devoted leadership and cheerful personality drew more riders, including Brian Treece, who helped Chris build a library of new routes with interesting names (i.e. Mud and Leech Ride, Tornado Ride, Margarita Ride). Every name has a story. (Chris and Brian will often go on their own adventure rides searching out new routes.)

The Mud and Leech Ride was created in search of Jensen Road. Starting from Zmu-

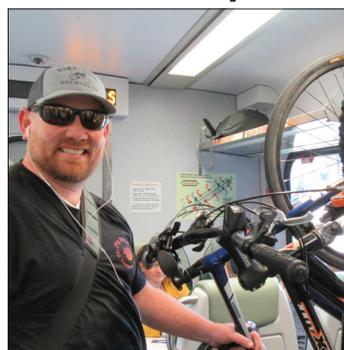
dowski Beach Road, Brian and Chris found themselves out in fields so muddy that they had to carry bikes on their shoulders! Spotting a house in the distance, they headed in that direction when, suddenly, the sprinklers went on, making the expedition more challenging! When they finally reached the house, Maxine, the dog, ran out and nipped Chris on the leg. After finally locating the desired road, Chris suggested Brian check himself for leeches. (None were present, thankfully, but that's how the ride was named!)

Today, Chris has made huge progress as a bicyclist, going from five-mile trail rides to metric centuries.. On her rides, she encourages others to believe in their abilities and inspires them to do more. "If I can do it, you can do it," she says.

Bicycling is not the only passion for Chris who owns close to 80 Holland Lops rabbits! In fact, Chris has been a rabbit judge for 26 years, traveling all over the world and U.S. for rabbit shows.

This July Chris and her husband Matt will celebrate their 50th wedding anniversary with a bike trip to the Loire Valley in France. Congratulations, Chris and Matt, on this great achievement! And a big thank you to Chris for leading SCCCC members to new bicycling heights! —VITA PRITCHARD

Lots to admire about Sonoma/Marin's passenger train



Left photo: City of Santa Cruz transportation coordinator Claire Fliesler buys refreshments on the SMART train; center photo: Sonoma/Marin County Rapid Transit (SMART) pulls into station in San Rafael; right photo: Sean Kensingler commutes five days a week by bike and train to San Rafael, where his employer (Marin County) gives him a "green incentive" of \$40 a month to take the train.

Forty local business people and politicians enjoyed a passenger ride on the SMART (Sonoma, Marin Area Rapid Transit) train from San Rafael, traveling 43 miles north to the Sonoma County Airport on May 11, before returning to Santa Cruz by bus. The trip on the three-car commuter train received glowing reviews from all on board.

Approved by voters and financed by a quarter cent sales tax in 2008, the SMART train serves 2,500 passengers per day, including up to 22 bicyclists, who bring their bikes on board with them. Northbound and southbound trains stop at nine stations, and the conductors are former operators from the freight line who completed the required training for transporting people instead of freight.

The SMART train crosses 43 bridges and 63 road intersections, and conductors have the option to ring a bell or sound a horn at the crossings. A connecting link is under construction to Larkspur Landing, where ferry service operates roundtrip to San Francisco. Future rail travel north will extend to Cloverdale.

Current stops include the Marin Civic Center, Novato Hamilton, Novato San Marin, Petaluma, Cotati, Rohnert Park, Santa Rosa and the airport. A rail trail runs along the tracks, with some interruptions or spurs. —RIDE ALONG

Peninsula Open Space Trust lists six best road bike rides

Editor's note: POST (Peninsula Open Space Trust) has compiled a list the six best road bike rides in the Bay Area, starting on both sides of the Santa Cruz Mountains. For local bicyclists who may want to visit new territory or start at a different location in order to revisit an old territory, here are POST's results.



1. **Half Moon Bay Bike Path:** start and end from Pillar Point Harbor; 10 miles; 500' elevation gain; comment: "Cruise the edge of the continent on the Half Moon Bay Coastside Trail. This easy, mostly flat trail has amazing views of the ocean and, towards the end of the route, connects with POST-protected Wavecrest, an important nesting site for local raptors."
2. **San Francisco Bay Trail:** start and end from Cooley Point; 14 miles; flat; comment: "Follow the San Francisco Bay Trail through miles of wetland habitat and the nation's first urban wildlife refuge. Once complete, this trail will circle the entire Bay, a distance of over 500 miles."

3. **Tunitas Creek to Old la Honda Loop:** start and end from intersection of Highway 1 and Tunitas Creek Road; 39 miles, 4,600' elevation gain; comment: "Go big with this classic road ride up and over the Santa Cruz Mountains. Coffee available at The Bike Hut located at POST-protected Potrero Nuevo Farm."

4. **Kings Mountain Loop:** Start and end at Woodside Town Center; 8.6 miles, 1,750' elevation gain; comment: "Keep it classic with a chug up Kings Mountain Road. This route winds past Huddart Park and is shaded by towering Douglas fir and redwood trees almost the entire route."

5. **Uvas Reservoir Loop:** Start and end at Morgan Hill Community Park; 21 miles, 900' elevation gain; comment: "Enjoy a long, flat loop ride along the beautiful Uvas Reservoir. On this ride, you'll pass POST-protected Blair Ranch, an 865-acre property still used by local ranchers."
6. **Cloverdale Loop:** Start and end in Pescadero; 18 miles, 750' elevation gain; comment: "Get the lay of the land at POST-protected Cloverdale Coastal Ranches, the largest undeveloped property on the San Mateo Coast. If you have room on your bike, stop at Root Down Farm to pick up some delicious pasture-raised meats at their self-serve farmstand."

POST protects and cares for open space, farms, and parkland in and around Silicon Valley. For more information, as well as mountain bike routes, go to openspacetrust.org/bike-guide.



SCCCC joins Bike Trip's Bikefest in celebration of annual Bike Week



L to R: Catherine van Rhee, Andrea and Skippy Givens in top photo. Left photo, l to r: David Lawrence, Bill McBride, Richard Roullard, Jack Johnson, Steve Svete, Leonard and Jan Foreman, Carla Stevens, Larry Tierney and, in front, Heidi Fraser attend annual celebration at The Bike Trip. Catherine and Skippy, with Andrea's help, promoted sign ups for the upcoming Santa Cruz Mountains Challenge on Saturday, July 21st.



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 enjoyment. While riders regroup along the way, we recommend riding with a buddy, or 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 of the Aptos Shopping Center. The fifth Tuesday of the month is leader's choice for start location. Distance will vary from 20-40 miles. Destinations include a lunch stop. Bring water and snacks. "Lite" rides are offered with regular Tuesday rides for a less strenuous, generally shorter ride. New C/D rides on Mondays and Thursdays on club calendar at www.santacruzcycling.org.

MONDAY C RIDES WITH CHRIS ZEMNY (408-892-5585)

ALL RIDES START AT 10 A.M. GO TO WEBSITE FOR DETAILS.

RIDE LEADERS ARE CHRIS ZEMNY, BRIAN TREECE,

JOHN LUNDEN AND SUSAN KENT.

THIRD THURSDAY OF THE MONTH IS A METRIC CENTURY RIDES WITH BRIAN TREECE

ALL RIDES START AT 9 A.M. GO TO WEBSITE FOR DETAILS

WWW.SANTACRUZCYCLING.ORG

TOUR DE FRANCE: JULY 7TH-29TH

Saturday, July 7th A/B Ride
Bonny Doon, Lockheed Gate
 Start 9 a.m. at Natural Bridges; A= 47.8mi/5181';
 B=42.3 mi/4581'
 Leonard Foreman.....831-239-0938

Saturday, July 14th C Ride
SCMC Workers' Ride
 9 a.m. start at Gateway, Davenport via West Cliff Drive; extra credit for Swanton and Bonny Doon
 Joe Kelly.....831 234-1977

Saturday, July 14th A/B Ride
SCMC Worker's Ride – Highway 1, Swanton
 9 a.m. start at Gateway; route TBD
 Tom Pennello.....831-818-6186

Saturday, July 21st A, AA and AAA Rides
Santa Cruz Mountains Challenge
 6 a.m. to 6 p.m. 45 mi, 75 mi, 101 mi and 135 mi; various elevations! SCCC members help with volunteering at rest/water stops, SAG driving, registration and post-ride meal; optional ride for volunteers who help out prior to the event.
 Catherine vanRhee.....408-219-8626

Saturday, July 28th A/B Ride
Eureka Canyon in Reverse
 9 a.m. start at CCC; ride up Soquel/San Jose Rd.; 55mi/5,000'; extra credit for Steson
 Isabelle Magnin.....831-325-2712

Saturday July 28th C Ride
GWY, Harbor, via Glen Canyon, Bean Creek, Scotts Valley
 Start 10 a.m. Gateway Plaza, Santa Cruz, 25.4 mi/1757"
 Paula Bradley.....831 345-5482

Saturday, August 4th A/B Ride
Hwy 9, Skyline, Montevina, Bear Creek
 Start 9 a.m. Boulder Creek; A=43.3 mi/6,013'; B=33.7 mi/3,232'
 Dan Hughes.....925-640-5797

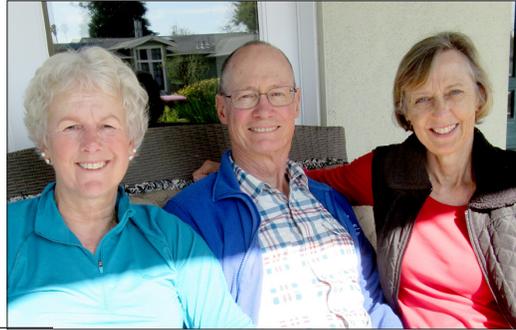
Saturday August 4th C Ride
Watsonville, Sunset SB, via Carlton, Vega, Beach
 10 a.m. start at Ann Soldo School; 33.4 mi/ 807'
 David & Jeanni Kadotani.....831 588-3561

Saturday, August 11th A/B Ride
Monterey, Pebble Beach, Doc Ricketts Lab Tour
 Start location, time, and route TBD
 Bruce Dau.....831-234-5177

Saturday August 11th C Ride
Royal Oaks via Trafton, Elkhorn, Vega
 10 a.m. start at West Marine Parking Lot, off Harkins Slough Road., Watsonville; 32.1 mi/1246'
 Barbara Moore.....Cell 831 239-1790; H. 831 476-0737

Saturday, August 18th A/B Ride
Summit Store via Eureka Canyon, Loma Prieta Loop
 Start 9 a.m. at Nicene Marks; A=57.6 mi/6,014'; B skips Mt. Bache
 Ron Olson.....408-218-3189

Saturday August 18th C Ride
Asilomar via Bike Path
 10 a.m. Start at Walmart, Marina; 31.2 mi/1010'
 Jack Johnson.....831 359-2501



Left photo: Cyclists for Cultural Exchange guests join Tuesday riders; Right photo: l to r: Petronella van Dam, Richard Bedal and Debby Joyce at SCCCC's spring potluck get together at Richard's house.

Saturday, August 25th A/B Ride
SCCCC Members Only Pizza and Pie Ride
 Start 9 a.m. at Delaveaga Park; Route TBD
 Chris Boman.....831-475-5902

Saturday August 25th C Ride
Pizza and Pie Members Only Ride
 10 a.m. start at Forty Thieves Picnic Area of Delaveaga Park; San Jose Soquel Road, East Cliff ; 21.2 mi/1204'
 Ric Eiserling.....831 475-5397

Saturday, September 1st A/B Ride
Monterey Foothills via Bike Path
 Start 9 a.m. at Pezzini's; A=44 mi/2882'; B= 38 mi/1,970'

Ric Eiserling.....831-475-5397

Saturday September 1st C Ride
Gateway, East Cliff, Rio, Day Valley and Capitola
 10 a.m. start at Gateway Plaza, Santa Cruz 33.8 mi/1834'
 Larry Tierney831 251-8199

Saturday September 8th C Ride
Sand City to Pebble Beach via 17-mile Drive
 10 a.m. start at Starbucks at Sand City Shopping Center.
 Miles, Elevation N/A
 Petronella van Dam.....831 454-6010

Watsonville's annual Open Streets on June 3 attracts kids of all ages

Safer bicycling and walking are coming to Watsonville! The city's police department is working with Ecology Action on traffic safety enforcement and education, thanks to an Office of Traffic Safety (OTS) grant from the State of California. The Watsonville segment of the rail trail is being partly funded by an Active Transportation Program (ATP) state grant. And the city's recently-approved Vision Zero, a no-tolerance policy for death from traffic collisions, is gearing up, with surveys from Santa Cruz County Health Services asking residents how Main Street may be made more friendly for bicyclists and pedestrians. Photos below are courtesy of **Bill Bishoff** from the city's annual Open Streets, a Sunday closure of Brennan and Union streets, allowing people to enjoy a car-free environment.



Marianne gives health advice for bicyclists with sore muscles

Neck and shoulder pain is common among bicyclists. As a result, taking over-the-counter pain medication has become more and more common.

However pain killers only numb the pain, without offering a permanent solution. Their effect resembles putting a piece of tape over the red warning light on your car's dashboard and then never seeking help from a repair shop! Don't you want to investigate the root of the problem?

Regular use of non-steroidal, anti-inflammatory drugs such as Advil or Aleve can be hard on the stomach and may lead to increased risk of heart disease.

These risks mean it's a good idea to consider alternatives. Here are some suggestions for a more holistic approach to your aches and pains.

First, get a good bike fit! An incorrectly-sized bike frame, handlebars that are too wide or a stem that is too long are some common areas that may be fine-tuned to correct postural problems. It will be well worth your money to be comfortable on your bike!

Other practical considerations include buying a new pillow or mattress, as old pillows may contribute to neck and shoulder pain. (A general rule of thumb is to replace your pillows every one or two years.)

The head-forward cycling posture puts extreme tension on the trapezius muscles. These muscles originate at the base of the head, run along each side of the neck and shoulder, cover the scapula, and end at the base of the rib cage. Tension on these muscles from a long bike ride may decrease blood flow to the body, leading to prolonged pain from trigger points or muscle spasms.

In addition to time on the bike, we may be spending too many hours on the com-

puter or sitting too long in our cars, exacerbating the aches and pain problem. Give yourself a daily massage by placing a tennis ball on the wall or floor between your shoulder blades. Gently maneuver the tennis ball between your shoulder blades to alleviate any soreness or pain.

Cyclists should also practice a regular routine of stretching exercises to remain pain free. Start by performing shoulder rollbacks by shrugging your shoulders up toward your ears and then drawing them back and down toward the floor to open your chest. Do this slowly and hold each position for 3-5 seconds.

Consider using the wisdom of Chinese medicine! Acupuncture combined with cupping, bodywork and topical herbal liniments may increase circulation and reduce inflammation. Cupping, a treatment that has been used for thousands of years, involves placing glass cups upside down on muscles experiencing tension and pain. The heated cups create a vacuum which pulls on the skin and muscles, activating a healthy flow of blood and clearing toxins from the muscles. It's typically used with acupuncture to focus on certain points and



channels of energy. Like a deep-tissue massage, cupping relieves pain, stimulates the flow of blood and lymph fluid and relaxes the muscles.

Stop using ice to numb the pain. Ice may be appropriate for an acute injury but it is not recommended for most chronic injuries. Many pain-related conditions are due to lack of circulation in an area, so using heat will bring needed blood flow to the area.

Finally remember the wisdom of the old joke when a patient says, "Doctor it hurts when I do this," and the doctor replies, "Don't do that!" Figure out what makes your pain worse and then don't do that! Or do less. What makes the pain feel better? Do more of that!

Look for correlations in your daily life and do whatever you can to make the pain better. Commit to making some changes! Create a program for yourself and follow it. The benefits of being comfortable on the bike and in life are priceless!

—MARIANNE BENFORADO

(SCCCC MEMBER AND A LICENSED ACUPUNCTURIST, MARIANNE OFFERS A 10% DISCOUNT ON ALL SERVICES.)

THANK YOU RIDE LEADERS!

Bruce Dau, Maryann Boeger (2), Isabelle Magnin (2), Larry Tierney (2), Tony Rall (2), Andy Drenick, Shahe Moutafian, Ric Eiserling (2), Judy Isvan, Lilly Ann Popken (2), Kathy Ferraro (2), Jack Johnson, Pete Pearson, Frank and Vita Pritchard, Paula Bradley (2), Joe Kelly, JT Hart (3), Marilyn Marzell, David and Jeanni Kadotani, Petronella van Dam, Chris Zemny (many!), Rick Shypit, Richard Burton (2), Brett Hennie, Grace Voss, Dan Hughes and John Armstrong

Moving day for Bike Santa Cruz County



Celebrating a carbon-free move to new digs at 333 Soquel Avenue are Bike Santa Cruz County members, l to r: Ivy Young, Amelia Conlen, Ryland Wolff Baker, Miguel Pena, Jimmy Grey, BSCC Executive Director Janneke Strause, Eric Guerrieri (BSCC Events Coordinator) and Tawn Kennedy. Kneeling is Greg McPheeters.

BIKE SMART NEEDS YOUR DONATIONS!

Ecology Action's Bike Smart program for teaching safety skills to fifth graders in Santa Cruz County has raised \$32,820 towards its goal of \$78,000. SCCCC has contributed \$1,000 to the "Every Fifth Grader" effort, and has promised to match bike club member individual donations up to \$1,000. **(To date, members have donated \$365.)**

To help with this worthwhile cause, please go to <https://give.ecoact.org/team/167779> and press Donate. Your contribution is an investment in active, safe and healthy lifestyles for youth.

Q and A on rail trail...take a walk with Mark Mesiti–Miller for the facts!

(Editor's note: Ground-breaking for the Monterey Bay Sanctuary Scenic Trail will take place soon for Segment 7A on the Westside. On May 4, Mark Mesiti–Miller, city planning commission chairperson, conducted a walk along the rail line from Seabright Avenue to 17th Avenue (Segment 9 of the rail trail). His comments along the way resulted in PART 1 of this Q and A story on the proposed rail trail.)

Q. Is there enough room for the rail trail to fit alongside the tracks in the existing corridor?

A. The average width of the existing rail corridor is 70'. The train needs 17' of the corridor width for its operation, which leaves an average of 53' of width within which to locate the 12–16' width of the rail trail. While some stretches of the corridor are narrower than average, others will be wider than average. For example, the corridor along New Brighton State Beach is 120' wide. The extra width there will be helpful in routing the trail closer to the ocean and its views.

Q. Will the trail be located on the ocean side of the tracks or on the mountains side of the tracks?

A. For most of the corridor, the rail trail will be on the ocean side of the tracks. For Segment 9, the trail will be on the mountains side of the tracks from the San Lorenzo River to 7th Avenue, then it will switch to the ocean side from 7th Avenue to 17th Avenue. A wire cable fence 54" high will separate the rail from the trail, with the bottom cable 16" from the ground to allow small animals to go through the fence.

Q. What are the obstacles to removing the rails? Wouldn't removing the rails create a wider trail?

A. The RTC outlined in December, 2016 the 13 required steps necessary to remove the railroad tracks. (i.e. paying back the state the millions they gave us to purchase the rail line, permits from various cities and the coastal commission, environmental studies, engineering studies and demolition). The cost of these



City of Santa Cruz Planning Commissioner Mark Mesiti–Miller (at left) answers questions during walk along rail trail.

13 steps is estimated to be at least \$32 million, and the time required to complete them is estimated at eight years, with no guarantee track removal is possible. Even if completed, the State of California and the Federal Surface Transportation Board, could deny permission to remove any existing rails. The California Coastal Commission, an advocate of public access to the coast, could refuse to permit removal of the tracks.

Q. Isn't train travel wildly expensive? Isn't it noisy? Dirty?"

A. The 2018 California State Rail Plan aims to expand passenger rail service throughout the state using electric trains and converting old trains to electric power. Train travel costs about 60 cents per passenger mile, cheaper than bus travel at \$1.05 per passenger mile. Electric trains in our area will be powered with clean, carbon-free electric power from Monterey Bay Community Power, and the noise level will be far less than that of traffic on a busy roadway. Modern passenger rail is clean, quiet and comfortable.

Q. Won't trains cause traffic delays at railroad crossings?

A. The train crossing time is 30–45 seconds, much less time than it takes for a typical traffic light to change

Q. Where is the money to build the rail trail coming from?

A. Three main sources: a) Measure D, a sales tax measure passed by voters in Santa

Cruz County in 2016 provides about \$700 million for transportation projects over the next 30 years; b) State and Federal grant programs and private donations from the Land Trust, FORT and Bike Santa Cruz County; and c) SB1, signed into law in 2017, provides dedicated money for transportation improvements by increasing the gas tax and raising car registration fees.

(PART 2 OF THIS Q AND A WILL APPEAR IN THE SEPTEMBER/OCTOBER ISSUE OF THE ROADRUNNER.)

Bike racing film coming soon

"All for One," a lively documentary detailing the initial five years of GreenEdge, Australia's first pro bicycling race team, is coming to the Regal Riverfront, 155 River St. at 6:30 p.m. Wednesday, July 25th.

Tickets are \$13 and must be purchased ahead of time to meet the 50-person requirement. At press time, 39 more reservations are needed. (Credit cards won't be charged until 50 tickets are sold.) Go to <https://tickets.demand.film/event/4850> to reserve your ticket today! Go to <https://www.youtube.com/watch?v=Y4JH0vRJvQE> to see a short trailer of the film.

Rotary Club bike tour

The Santa Cruz Sunrise Rotary Club is offering two pledge rides to support its community programs: a one-day bike ride to local destinations and a three-day tour of Northern California. The tour begins Sept. 27 in Healdsburg, ending Sept. 29 in Santa Cruz. Thirty slots are available. It features overnight stays in Bodega Bay and Pacifica. Cost is \$375 for lodging, meals, support, a T shirt, transportation to the start and post-ride celebration.

One-day bike ride options, starting at Lighthouse Bank between 9 a.m. and 11 a.m. on Sept. 29 include loops of the San Lorenzo Riverwalk, Wilder Ranch (15-miles) and Swanton Loop (45 miles). Entry fees are \$25 or \$10 for 18 and under. A Finish Line Party takes place from 2 p.m. to 4 p.m. featuring refreshments, sponsor tents, a raffle and live auction. Entry to the party is \$10. For more info, go to info@SunriseRotaryRide.org.

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 daily-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 daily 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-Saturday 10AM-6 P.M.
Sunday-Noon-5PM

Cycle Works
1420 Mission St.
316-7671
Monday-Friday 10AM-6PM
Saturday-Sunday 9AM-6PM

Bicycle Trip Capitola
3555 Clares St., Suite T
Capitola 95010
831-226-5050
Monday-Friday-11AM-6PM
Saturday-10AM-5PM
Sunday-Closed

Scotts Valley Cycloport
245 Mount Hermon Road
Scotts Valley
440-9070
Tuesday-Thursday-10AM,-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

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
Monday-Friday 10AM-7PM; Weekend 9AM-6PM

Current eBikes
131 Front Street, Suite D
831-621-2309
831-588-0936 (cell)
www.currentebikes.com

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.santacruz cycling.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
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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

July—August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <i>Club Ride</i>
1	2 <i>C ride</i>	3 <i>Club Ride GP</i>	4	5 <i>Gizdich ride Swanton Time Trial</i>	6	7 <i>Club Ride Traffic Skills 101</i>
8 <i>Cinco de Mayo bike ride</i>	9 <i>C ride</i>	10 <i>Club Ride Aptos</i>	11 <i>SCMC captains SCCCC board</i>	12 <i>Gizdich ride 10 a.m. Corralitos</i>	13	14 <i>Workers' Ride</i>
15	16 <i>C ride</i>	17 <i>Club Ride GP</i>	18	19 <i>Gizdich ride 10 a.m. Corralitos</i>	20	21 <i>SCMC</i>
22	23 <i>C ride</i>	24 <i>Club Ride Aptos</i>	25	26 <i>Gizdich ride 10 a.m. Corralitos</i>	27	28 <i>Club Ride</i>
29	30 <i>C ride</i>	31 <i>Leader choice</i>	1 <i>Be a bicycling ambassador</i>	2 <i>Gizdich ride Swanton Time Trial</i>	3	4 <i>Club Ride Traffic Skills 101</i>
5 <i>Go for a bike ride!</i>	6 <i>C ride</i>	7 <i>Club Ride GP</i>	8	9 <i>Gizdich ride 10 a.m. Corralitos</i>	10	11 <i>Club Ride</i>
19	20 <i>C ride</i>	21 <i>Club Ride GP</i>	22	23 <i>Gizdich ride</i>	24	25 <i>Pizzz and Pie Ride</i>
26	27 <i>C ride</i>	28 <i>Club Ride Aptos</i>	29	30 <i>Gizdich ride</i>	31 <i>GP is Gateway Plaza</i>	30 <i>Club Ride Aptos is Rancho del Mar</i>



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



SCCCC
 PO Box 8342
 Santa Cruz, CA
 95061-8342