

# The Roadrunner

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

## Danger ranks #1 for Santa Cruz County bicyclists

It's too early for the 2013 deaths of Josh Alper, 63, and Douglas Barton, 59, to make their way into the annual traffic safety report for Santa Cruz County. Death and injury stats take more than a year to compile. (Alper was struck and killed on 11/2/13. He was riding south in the Highway 1 bike lane when a northbound car that had crossed the roadway hit and killed him. Barton was killed 11/14/13 on a foggy morning when a pickup truck hit him on Cathedral Drive in Aptos.)

It's not too early, however, to ask why deaths and injuries to Santa Cruz County bicyclists occur. Car drivers traveling too fast and infringing upon the bicyclist's right of way are two of the biggest reasons for bicycle-related collisions resulting in death and injury. Speeding and distracted drivers have boosted SC County to an unenviable number 1 ranking out of all 58 counties in California for killing and injuring bicyclists in 2012 (the most recent year for which statistics are available).

Of the 219 bicyclists injured and one killed in 2012, most (35%) are 15 to 24 years old. Those injured bicyclists are up from 170 injuries in 2011. The injury/fatality rate of 71 per 100,000 people locally, compared to the state rate of 37 injuries per 100,000 people, means it is twice as dangerous to ride one's bike in Santa Cruz County as it is anywhere else in California.

Poor drivers aren't the only reason for this ranking. When accidents occur, bicyclists

are at fault almost half the time (46%), while motorists are at fault 38% of the time. Within city limits, there is no decrease in this trend, as preliminary results for 2013 show an increase of injuries in the City of Santa Cruz—113 compared to 91 for 2012. (City results are separate from county results.)

Unsafe bicycling behavior is also at the heart of the problem. Bad bicycling includes failure to yield the right of way, riding the wrong way, failure to obey stop signs, traffic signals or police, failure to wear a helmet and making improper turns.

The #1 ranking also may be due to bicycling's popularity in the county. Piet Canin, vice president of Ecology Action and longtime bicyclist, says, "Santa Cruz County has more people riding bikes than many other counties, so that partly explains the high ranking. This county has made several safety improvements such as sharrows and green bike lanes in Soquel Village along Soquel Drive. But more work needs to be done to reduce severe injuries and fatalities. One cyclist's death is one death too many.

"Two ways to reduce severe bike crashes are to construct the 32-mile rail trail and to advocate for more protected bike lanes. Increased enforcement of speeding cars and distracted drivers is needed," adds Canin.

These results, compiled annually by the Community Traffic Safety Coalition, are based on CHP data as well as statewide traffic records. Evidence of increased bicyclist safety resulting from the 2014 Three Feet for Safety law is premature.

—Grace Voss



Myra Sherman, lower left, dressed for the graduation ride at winter Cycling for Starters safety class in Pacific Grove.



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## Bicycle expert to talk

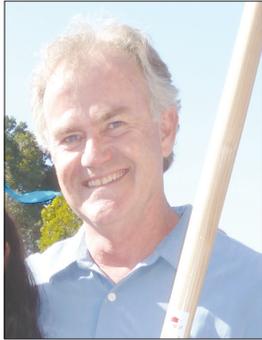
Jim Langley will bring his high wheeler with him when he speaks about bicycle history at the Jan. 22 general membership meeting. If you are marking your calendars for 2015, future SCCC meetings are on the following dates: April 23, July 16 and Oct. 22. The 17th annual Santa Cruz Mountains Challenge, featuring new routes, will take place Saturday, July 25. All SCCC members are needed as volunteers for the event.

**SCCCC Meeting**  
**7p.m. Thursday, Jan. 22, 2015**  
**Simpkins Swim Center**  
**979 17th Avenue**

## Club Shorts: Arana Gulch opens to public Jan. 14th

The long-awaited ribbon cutting of the **Arana Gulch Multi-Use Path** takes place from 2 to 4 p.m. Wednesday, Jan. 14 on the Broadway side of the path by the Hagemann Gulch Bridge.

In the works for about 12 years, the path's future was assured when the California Coastal Commission approved it in December, 2011. The path



will provide a safe artery for bicyclists, pedestrians and the disabled between the East and West sides of Santa Cruz.

The winner of the People Power 2014 Local Government Staff Award is **Chris Schneider**, (photo) who is the assistant director of public works for the City of Santa Cruz. Schneider was a key driver behind the Arana Gulch Multi-Use Path, which opens this month with a ceremony at 2 p.m. Wednesday, Jan. 14. Chris persisted through years of challenges and never gave up on the project. He is a big part of the success of this trail.

The 2014 Community Member Award Winners are **Lynn Gallagher and John Daugherty**. Both became dedicated advocates for the Arana Gulch Multi-Use Path, emphasizing that multi-use trails benefit not just pedestrians and cyclists, but the mobility-impaired community as well.

Other nominees are: **Saskia Lucas**,

director of Open Streets Santa Cruz County; **Cory Caletti**, senior transportation planner for the RTC; **Paia Levine and Sarah Neuse**, county planners who created the Sustainable Santa Cruz County Plan.

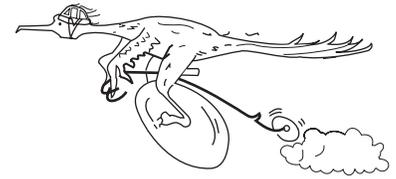
Other community award nominees are: **Melissa Ott**, UCSC student who edits *The Pedaling Periodical*; **Allison Guevara**, pedestrian crosswalk advocate; **Eduardo Montesino**, Watsonville city council member and bike/ped advocate; **Abigail Goodman, Miles Voeneil and Adrien Babel**, bicyclists for transportation.

Tickets (\$18-\$20) will go on sale Jan. 5 for the 25<sup>th</sup> anniversary of the Banff Mountain Film Festival World Tour at 7 p.m. Feb. 20-22 to benefit the UCSC Wilderness Orientation Scholarship Fund. (Go to [brownpapertickets.com](http://brownpapertickets.com) or The Bicycle Trip.) Festival organizer is SCCC member **Kathy Ferraro**. The festival is a benefit for the UCSC Wilderness Orientation Scholarship Fund.

Interested in spending Wednesday afternoons riding your bike with middle school students? Green Ways to School has begun sponsoring Bike Club at School, which holds weekly meetings and outings at both Mission Hill and Branciforte Middle Schools. It welcomes volunteers to ride along as chaperones on after-school rides. For more information, or to volunteer, contact **Tawn Kennedy** at **831-428-5109** or go to [greenways@peoplepowersc.org](mailto:greenways@peoplepowersc.org) to learn more.



Celebrating John O'Hara's 84th birthday at Gizdich Ranch are his wife Gerry (front row center next to John) and friends from the bike club. John was born Nov. 8, 1930.



**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](http://www.santacruzcycling.org)**

THE SANTA CRUZ COUNTY CYCLING CLUB is a nonprofit organization pursuant to Section 501(c)3 of the Internal Revenue Service code. 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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I'm not one to make New Year's resolutions. I tend to deal with something whenever I'm fed up with the present situation. Then I do research, poll friends and read books before taking a crack at the problem. But a lot of people feel pressure to have resolutions, and to get cracking on them. I suggest, rather than lock yourself into a do-or-die scenario which may build pressure as well as fear of failure, to just be resolute. To do SOMETHING.

The (online) dictionary defines resolve as "a firm determination to do something." Yes, that's to do *some* thing, not the *ultimate* thing. Say you look back at least a year and you think, "Well, I need to ride my bike more," and so you sign up for half a dozen century rides. Now the clock is ticking and that first date is going to creep up quickly. How about saying instead, "I resolve to make more short trips around town by bike." Or, "I resolve to do a series of short rides for two weeks and then gradually increase them in two-week increments." Or, you resolve to get a bike locker card (check it out

at <http://www.cityofsantacruz.com/departments/public-works/traffic-and-parking/bicycle-pedestrian-facilities-and-programs/bicycle-parking-programs/bicycle-locker-rentals>.) Maybe you decide that taking better care of your bike is a priority, so you either take a bike maintenance class or you watch you tube videos.

In the winter months, other exercise besides bicycling is recommended – alternate exercise balances your biking muscles and gives you core strength. Try taking a yoga class, participating in local hikes, signing up for boot camp on the beach or go swimming. Maybe go for a short walk several days a week.

All too often, new year's resolutions are about big things: quitting smoking, dieting, changing careers, finding a life partner, achieving world peace. Wow, that's daunting! How about starting with some portion of a lofty goal and easing into it? Some movement in that direction is better than a huge burst only to end up flaming out.

How about resolving to cut back on caffeine? Pay more compliments



to people. Volunteer at something that you believe in. Sample new foods. Take a class, even a one-day-only class. In the words of rock icon Madonna:

"No matter who you are, no matter what you did, no matter where you've come from, you can always change to become a better version of yourself."

—Maura Noel, SCCCC president

### Bicycle safety class set

Cycling for Starters, a six-week class on bicycling safety, begins at 10 a.m. Jan. 14 at Lighthouse Field near the bathrooms. The first ride will be eight miles to Wilder Ranch and return, with rides becoming progressively longer. New and returning participants need a good bike in working condition and a helmet. Cost is \$25 for SCCCC membership, which includes insurance. Contact Janet Fogel ([pookfogel@gmail.com](mailto:pookfogel@gmail.com)) for more information.

## Green bicycle lanes are cropping up at busy intersection of Soquel Village

New greenery is cropping up around town, and that doesn't mean the grass from recent rainfall. Soquel Village has four new green bike lanes designed so that bicyclists may safely make right-hand turns without interference from traffic. Also in the works is green lane treatment for Laurel Street, an area with the highest number of recorded bike accidents in Santa Cruz.

The green lanes at the four corners of the stoplight in downtown Soquel are accompanied by a new bike lane eastbound between Daubenbiss and Porter, giving bicyclists more space at this busy intersection. But bikers beware! Green lanes don't change the rules of the road. However, they make it easier for drivers to know where to expect bicyclists. Drivers must yield



John Leopold

to bicyclists before entering a bike lane, and they should put on their turn signal and check their mirrors to make sure the lane is clear before turning. Bicyclists are allowed to leave the bike lane in case of obstacles (i.e. parked cars, rocks, open car door) obstructing the bike lane.

A shout out to People Power, who recommended the change, to Supervisor John Leopold, who facilitated it and to Santa Cruz County Public Works which designed and installed the lanes.

People Power also is responsible for new bike lanes on Western Drive, a long-awaited project. The lanes are between Mission and Echo/Flower Streets. Neighborhood opposition was mitigated when new parking spaces on Beachview Avenue were identified.

### Thank you ride leaders

Thank you to the following SCCCC members who lead rides during November and December, 2014: Bart Coddington (2), Jane Ferguson and Michael Harrison (2), Janet Starr, Lilly Ann Popken (2), Bruce Fihe, Marilyn Marzell, Jack Johnson, Michael Burns, Petronella van Dam, Ric Eiserling, Myrna Sherman, Bart Coddington, Bill McBride, Grace Voss, Janet Fogel (2), Alan Eklof, David and Jeanni Kadotani, Rod and Tina Armer, Paula Bradley, JT Hart.

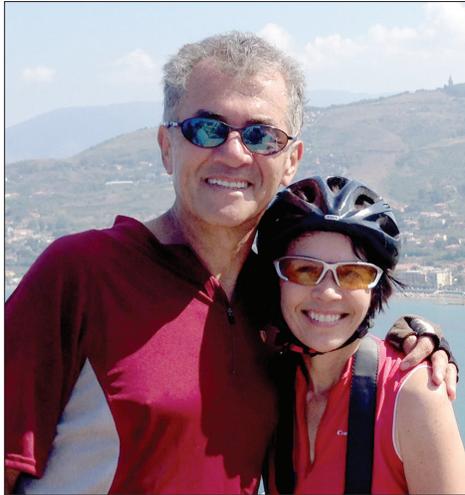


## Peaceful beauty of Italy impresses Douglas and Allison Garcia

When friends asked my wife Allison and me to go bike riding in Italy, I was concerned. Riding in Italy, the land of hot-headed drivers on narrow roads and hilly terrains? Not for me, I thought. Besides, cycling is not my thing, as running is really where my exercise genes belong.

But, after many emails containing details of a self-guided biking trip provided by *Genius Loci Travel*, and gentle persuasion in the form of weekend rides around Santa Cruz, I decided that, sure enough, we were going to Italy to ride hybrid bicycles up to 40 miles a day. Yes, this would be an adventure indeed. Allison was in from the beginning since bike riding is her thing.

After a flight to Rome, we took a high-speed train to Napoli, then on to Paestum, our starting and ending point. The town shocked me with some of the best-preserved Greek temples anywhere (built around 600 BC). With printed directions from *Genius*, the next day we rode our heavy bicycles in a loop from our hotel, a great way to test the bikes and become familiar with Italian roads. We rode toward Agropoli, a picturesque port town, where a trip up to the local castle afforded a magnificent



Douglas and Allison Garcia on the Mediterranean.

view of the city. From there we headed toward our first Agriturismo, near Felitto on quiet, country roads with little traffic. Here we visited Cilento National Park, which is, by definition, protected from further development and a well-kept secret. From Felitto we rode into the Calore Valley, biking up gentle switchbacks into towns where time seemed to have stood still.

After a loop around the Calore Valley, where we stopped at the impressive church of St Michael, built in a cave at San't Angelo, we headed back to the

Agriturismo, where we ate homemade Italian food. From Felitto we headed to La Petrosa, where beautiful rolling hills and isolation from traffic continued. For lunch we headed down to the hamlet of Piano Vetrale, loaded with mozzarella and bread purchased from a bakery with no sign since the locals know it is a bakery. After a brief misdirection onto a highway, we arrived at the magnificent Agriturismo at La Petrosa, completing our longest day of 40 miles.

Then we rode to the Amalfi Coast and San Marco di Castellabate, passing the impressive Greek and Roman ruins of a town called Velia. Soon we were bicycling alongside the Mediterranean Ocean, encountering some traffic and spectacular views. At the village of Acciaroli, we took our first dip in the Mediterranean's clear waters with perfect temperature. The charming hotel at San Marco in the town square was perfect for people watching as well as a succulent dinner. Then it was back to Paestum and the end of the ride. Our reward on this trip of a lifetime was to ride and enjoy Italy, but I came away with a deep appreciation of what it means to take care of the beautiful things in life, and how, by participating and appreciating them, we gain as human beings.—Douglas Garcia

## Bike Santa Cruz County is new name for People Power

People Power is changing its name to Bike Santa Cruz County. Along with the name change comes more focus on bicycle advocacy, according to Director Amelia Conlen, who made the announcement to a gathering of 23 bicycle advocates on Dec. 3 at the offices of Ecology Action. The name change calls for a new logo, a new mission statement and new bylaws if Bike SCC is to incorporate as a non-profit organization. A new website and more outreach to local businesses to promote Santa Cruz County as a bicycling destination also met with universal approval.

Currently the People Power Steering Committee, with Conlen at the head, will direct Bike SCC, with committee meetings open to everyone. "Promotion of bicycling in Santa Cruz County

through advocacy, education and community building" is the group's new mission statement.

The change to more emphasis on bicycle advocacy has been at least two years in the making. Advocates from SCCCC, People Power, Mountain Bikers of Santa Cruz (MBOSC), local bike shops, Ecology Action, the Sierra Club, RTC, the Bike Church and the Community Traffic Safety Coalition have been meeting twice a year since 2012 to discuss how bicycling can achieve a higher profile countywide. Bike SCC will continue these twice-yearly meetings, will reach out to recreational bicyclists for membership and will write a Santa Cruz State of Bicycling Report annually for inclusion in the United Way's annual report.

The updated website, once created, will



Amelia Conlen

list as many bicycle-related events on a month-by-month basis in the county as possible. Bike Santa Cruz County will continue its education

work through Green Ways to School and urban cycling classes. It plans to host new events to celebrate bike culture.

Some sharing of the results of political candidate surveys, a People Power mainstay, will continue, along with lobbying for better bicycling infrastructure in the city and county of Santa Cruz.—Glide A. Long

## 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](mailto: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.

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### Saturday, January 3 A/B Ride Around the Monterey Bay

A's meet at 7:45a.m. for 8 a.m. start at Nisene Marks. B's meet at 9:45 a.m. for 10 a.m. start at Kirby Park. Lunch at Turtle Bay Taqueria in Monterey; A Ride=95mi/3667'; B Ride=49mi/1763'  
**Peter Jones**.....831-234-5555

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### Saturday, January 3 C Ride West Marine to Gizdich Ranch

Meet at the West Marine Parking Lot between 9:30 to 9:45 a.m. for 10 a.m. start. Ride by fields of South County. Lunch at Gizdich Ranch. 27.9mi/786', 28 FPM.  
**Jack Johnson**.....831-359-2501

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### Saturday, January 10 A/B Ride Eureka Canyon Loop

Meet at Nisene Marks Park entrance at 8:45 a.m. for 9 a.m. start.A-Eureka Canyon, Mt. Bache, Loma Prieta, Old San Jose Rd.;B-skips Mt Bache and Loma Prieta. Lunch at Summit Store. A=52mi/5000'; B=40.5mi/3265'  
**Chris Boman**..... 831-475-5902

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**Saturday, January 10 C Ride-**  
**Sand City to Pebble Beach via 17 Mile Drive**  
Meet in parking lot near Starbucks in Sand City, 2160 California Ave., (Edgewater Shopping Center.) Arrive by 9:45 a.m. for 10 a.m. start. 33 mi/'1156, 35FPM.  
**Teri Ruegg**.....831-3347097

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**Saturday, January 17 A/B Ride**  
**Ben Lomond Saunter**  
Meet at Scotts Valley Park & Ride on King's Village Rd. at 9:45 a.m. for 10 a.m. start; B- Zayante out and back; A-Zayante, Bear Creek Loop. Lunch at Ben Lomond Market; A=35.6mi/3341'; B=26.6mi/2529'  
**Bart Coddington**.....831-475-5234

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**Saturday, January 17 C Ride**  
**Gazos Creek to San Gregorio via Stage Road**  
Ride starts at 10 a.m. at Gazos Creek Day Use Area on left 23.3 miles north of Western Drive. 29 mi/1755, 61FPM.  
**Marilyn Marzell**.....831-345-0567

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**Saturday, January 24 A/B Ride**  
Ride and Ride Leader to be determined; details to be emailed

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**Saturday, January 24 C Ride**  
**Sunset SB via Carlton/Garin, Beach**  
Ride starts at Ann Soldo School, Wagner Ave. (off E. Lake). Arrive by 9:45 a.m. for 10 a.m. start; 34.7mi/1043', 30FPM.  
**JT Hart**.....831-234-7726

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**Saturday, January 31 A/B/C Ride**  
**All Saints Ride after Cyclists for Cultural Exchange** Breakfast; meet at Paul Sweet Road across from Oakwood Cemetery 9:45 a.m. for 10 a.m. start. B-Bean Creek; A-Add Glenwood out and back. A=42mi/4250'; B=32mi/3030'; C=22 miles  
**Osman and Judy Isvan**.....831-689-9580

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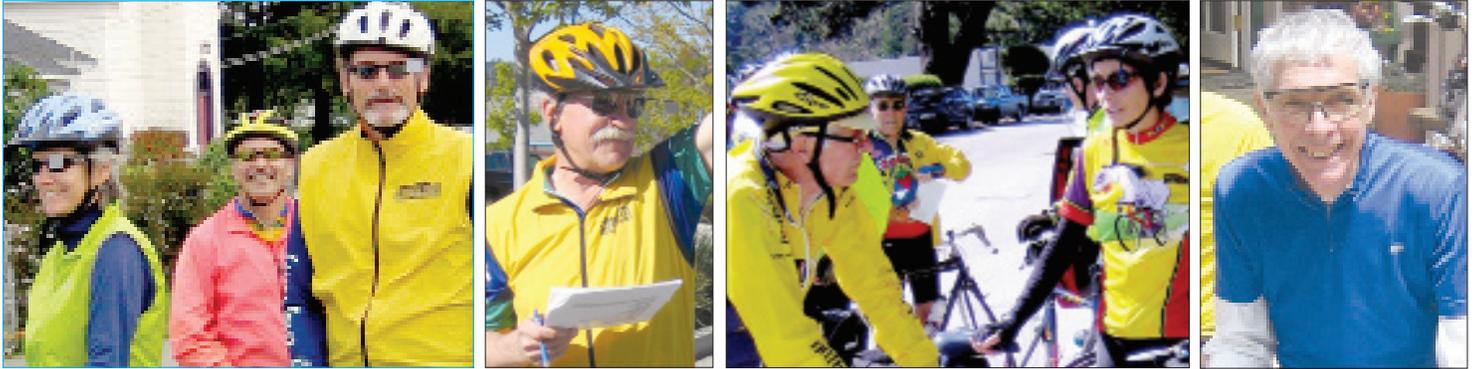
**Saturday, February 7 A/B Ride**  
**South County Adventure**  
Meet at Gateway Plaza at 8:45 a.m. for 9 a.m. start; Freedom via East Cliff, San Andreas, Green Valley, Day Valley; A ride does Rodeo Gulch, Branciforte; A=56mi/2750';B=46.8mi/1905'  
**Ride Leader Needed**

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**Saturday, February 7 C Ride**  
**Aromas to Gizdich via Carr Ave.**  
Ride starts at 365 Vega St, Aromas; arrive by 9:45 a.m. for a 10 a.m. start; 31.3mi/1365', 44 FPM.  
**Rod and Tina Armer**.....831-227-8418

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**Saturday, February 14 A/B/C Ride**  
**Monterey Foothills via Monterey Recreational Trail**  
Meet on Nashua Rd off Hwy 1 near Pezzini's. Arrive 9:30 to 9:45 a.m. for a 10 a.m. start. A ride 44.4 mi/2882', 66 FPM; B ride 38.8 mi/1970', 50 FPM; C ride 35.4 mi/1663', 44 FPM.  
**Ric Eiserling (A/B) 831-475-5397; Jack Johnson (C) 831-359-2501**



With the New Year underway, *The Roadrunner* decided to say hello to some old friends not seen on our weekly rides for various reasons. Far left photo, l to r: Linda Brodman, Mike Andalora and Jim Keenan; near left photo, Howard Swann, near right photo, l to r: Leo Moll and Jeannine Peerless and far right photo, Herb Greenfield.

### New Year's Day ride and SCCC brunch at Emilie Holder's

Come early for coffee and muffins, followed by a 10 a.m. ride on Thursday, Jan. 1 at 140 Carona Court in Corralitos. Post-ride brunch. RSVP at 831-206-3846; ride leader, ride distances to be determined. Please car pool; park on street, not in field!

**Saturday, February 21** A/B Ride  
**Pescadero to Half Moon Bay—Inland Route**  
 Carpool leaves from CCC (Jade St/45th Ave.) at 8 a.m. for 9 a.m. start. (Park in lot by signal light on Pescadero Road); A=45 mi/3500'; B=41mi/3000'  
**Grace Voss.....831-247-8878**

**Saturday, February 21** C Ride  
**Asilomar via Monterey Bike Path**  
 Meet at Walmart Parking Lot on Reservation Rd. in Marina (Hwy 1 - #410). Arrive between 9:30 a.m. and 9:45 a.m. for a 10 a.m. start; 32mi/1030'; 32FPM.  
**Bill McBride.....831-239-6081**

**Saturday, February 28** A/B ride  
**Eureka Canyon Loop**  
 Meet at Nisene Marks Park entrance at 8:45 a.m. for 9 a.m. start. A Ride/Eureka Canyon, Mt. Bache, Loma Prieta, Old San Jose Rd. B Ride skips Mt Bache and Loma Prieta. Lunch at Summit Store. A=52mi/5000';B=40.5mi/3265'  
**Tom Mattinson.....831-566-8247**

**Saturday, February 28** C Ride  
**Aromas to San Juan Bautista**  
 Ride starts at 365 Vega St, Aromas; lunch in San Juan Bautista. Arrive between 8:30 a.m. and 8:45 a.m. for a 9 a.m. start; 27.9mi/1448'; 52 FPM.  
**David/Jeanni Kadotani .....831-234-3561**

**Saturday, March 7** A/B Ride  
**Join Richard for his 70th**  
 Meet at Pezzini Produce Stand, south of Castroville (park on the 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 between 9:30 a.m. and 9:45 a.m. for a 10 a.m. start; 30mi/753'; 25 FPM.  
**Petronella van Dam.....831-454-6010**

## Pathways to safety: Tips on handlebars for both new and experienced riders

And where should your hands be? On the handlebars! For beginning riders, I cringe when I watch flailing arms and hands anxious to point out hazards and signal directions for five to 10 seconds. Granted, I know these gestures are well-intentioned, but they need to be efficient and sharp. Quickly remove one hand, make a definitive double point, and then right back on the bars in less than a second. Since approaching an intersection likely involves turning and braking, and riding over potholes or debris requires skilled maneuvering, the need for full control of the bike requires both hands on the bars as much as possible.

For experienced riders, it is easy to get complacent about hands. Why stop when you can take off your jacket while on the fly? Well, because it puts you in a Houdini position for a few seconds. Just remember that broken collarbones take months from which to recover.

And a few reminders for all. Visibility worsens when entering shaded road following sunny stretches (it takes time for eyes to adjust). But shade often implies trees, trees with roots, roots that can tear up asphalt. Best to keep both hands on bars when visibility conditions change. Finally, when traveling over 20 miles per hour downhill, it is safer to be in the drops. If you hit a bump at speed, hands are more likely to slip off the hoods than the drops.—Peter Jones

# Rod and Tina Armer ride a tandem 2,200 miles in Europe

Rod and Tina Armer bicycled 2,200 miles over three months last summer in Germany, Austria, Hungary, Slovakia, the Czech Republic and Poland on their fully loaded Co-Motion tandem bicycle. Starting in July, they flew to Munich, stopping at the airport's Sheraton Hotel to assemble their tandem and then riding along the Isar River for a few days of sightseeing. Trip highlights include:

A day's adventure on the train ended in Donaueschingen, Germany, the start of the Danube River Bike Trail.

Cycled 466 miles along smooth, quiet roads and paved cycling paths through beautiful landscapes and small villages from Donaueschingen to Passau, Germany. On several occasions, fellow cyclists encountered at the campgrounds and along the route were extremely helpful.

Cycled 314 miles from Passau to Vienna, Europe's best known and most loved cycling route. It travels through tranquil valleys, picturesque villages, apricot orchards, and the steep vineyards of the romantic Wachau wine region. The paved cycling paths travel along both sides of the Danube, and bicycle ferries make for easy crossings. The people were hospitable, and the ripe apricots and homemade apricot liquor delightful. Four days in Vienna were packed with visiting historical palaces, churches and museums.

Cycled 280 miles from Vienna through Bratislava, Slovakia to Budapest. The cycling paths are quieter and a little wilder along the dykes of the Danube, with traces



Rod and Tina Armer and their trusty tandem.

of the Roman Empire, beautiful churches and basilicas along with swimming pools and thermal spas. Budapest is one of the most beautiful cities in Europe, and three days of sightseeing, enjoying the views from Castle Hill and taking in the opulent and extravagant New York Cafe went by in a flash.

## CCE CONNECTION

A train trip to Warsaw provided an opportunity to join Cyclists for Cultural Exchange.

Cycled 407 miles from Bialowietza to Przemysl, Poland along the border of Belarus and the Ukraine. Highlights were a guided tour of the Bialowieski Park Narodowy, a nature preserve with forest bison, a police escort into the city of Hrubieszow, a visit to Lwow, Ukraine, a guided tour of Warsaw, the Auschwitz Concentration Camp and Krakow, where the CCE tour ended.

Another day on the train from Krakow to Prague, Czech Republic, where two days were spent enjoying

the beautiful views of the city from the Charles Bridge on the Vltava River and visiting the Prague Castle, Castle Hill and Old Town Square.

Cycled 302 miles from Prague along the Vltava River through Aigen Im Muhlkreis, Austria back to Passau. Few people who visit the Czech Republic venture out of Prague which is a mistake; much of the countryside in the Czech Republic is mountainous, forested and quilted in stunning farmland dotted with wonderfully-preserved historical towns and villages like Sedlcany, Ceske Budejovice, and Cesky Krumlov. The cycling route in Southern Bohemia travels along quiet country roads on shady forest paths which are not always in the best condition.

From Passau, another day on the train ended in Innsbruck, Austria, the start of the Inn Cycle Path along the Inn River.

Cycled 346 miles from Innsbruck back to Passau along the Inn River and on to Bad Abbach, Germany along the Danube. Highlights included a parade of dairy cattle walking down the street decorated with head dresses and cow bells under their necks ringing loudly through the town of Wiesing, Austria, the cute little village of Rattenberg, Austria, the beautiful city of Wasserberg, Germany and the thermal pools and spas in Bad Fussing, Germany. The cycling path along the Inn River is not always on paved trail and, in many areas, is gravel or dirt. The rough path, combined with rainy weather, resulted in a blowout and a cracked rear wheel rim which likely failed due to the brake pads becoming gritty and sandpapered the rim braking surface, which was too thin to prevent the tire pressure from bending and eventually cracking the rim.

After renting a car and packing the bicycle for the trip home, it was time for a beer and a visit to Oktoberfest in Munich, followed by a trip to Hohenschwangau, Germany to visit the Neuschwanstein Castle and the Hohenschwangau Castle.

For more detailed information, photos and maps: Please visit **Takes 2 To Tandem** <http://www.takes2totandem.com/> or **Rod & Tina's Tandem Cycling Blog** <http://blog.takes2totandem.com/>.

—Rod Armer

## Sunshine, smiles for Cycling for Starters grads

Bicyclists' spirits were as sunny as the weather on Saturday, Nov. 15 as they prepared for their Cycling for Starters Graduation Ride. Myrna Sherman, assisted by John Marshall, Theresa Rogerson of County Public Health Services, Lilly Ann Popken and Janet Fogel instructed the students on four of six Saturdays, (two dates were rained out), and several C riders from SCCCC joined the students for their final ride to Pebble Beach and back.

Cycling for Starters is offered by SCCCC three times a year to bicyclists who want to feel more comfortable with their bike handling skills; some students want to refresh their

knowledge of the rules of the road, and just about everyone wants to learn (or review) how to change a tire.

Student comments were universally positive, verging on effusive. Andres Barreto, 15, spoke glowingly of the experience, saying he was glad to learn about tire pressure and how to position his hands on the handlebars. Julie Morken and Trey Garlough, a married couple, said they now feel more comfortable riding in traffic. "Knowing the legal rules is a big thing for us," says Morken. Libby Long said the class gave her so much phenomenal information that she now feels confident on her bike. Kelly Barreto, mother of Andre and SAG driver for the graduation ride, said "the class was fantastic."

# SCCC annual holiday party at Tradewinds is filled with food, friends



L to R: Richard Bedal, Karen Nevis, Patrick Rooney, Patty and Michael Burns, Cathy Bonino and Mike Heckel, Mark Leitch and Jan West.



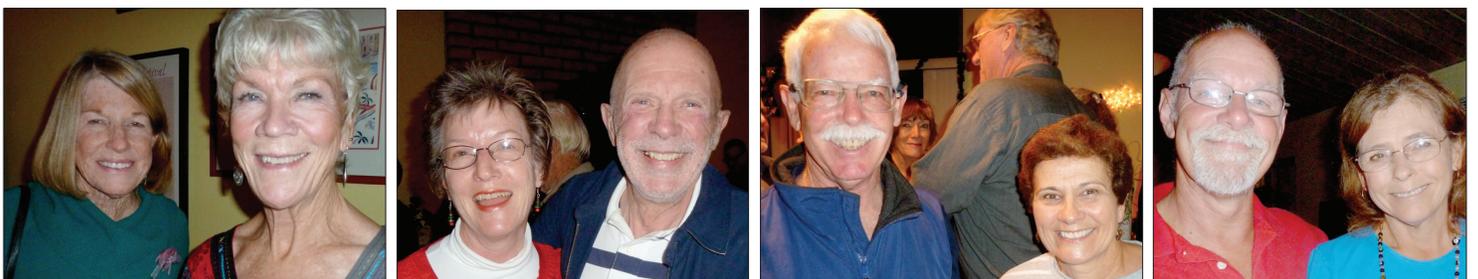
L to R: David Giannini and Grace Voss, Eric Scholar, Paula Barsamian and Jo Gondo, Howard Unkeles, Emilie Holder and Lawrence Fogel, Teri Ruegg and Shalom.



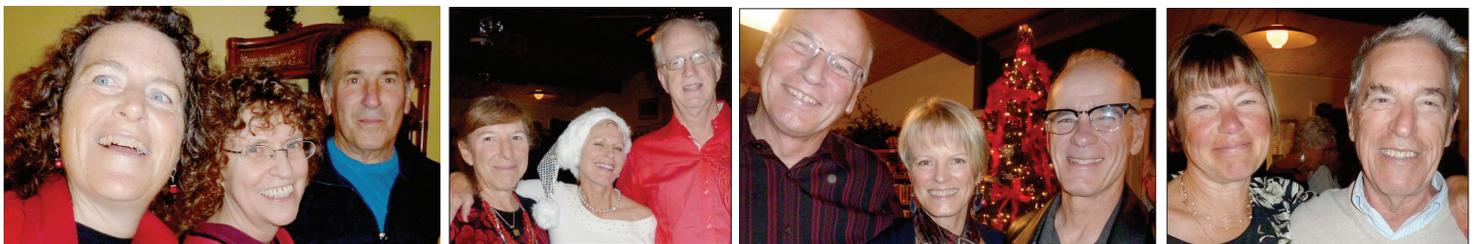
L to R: Barbara and John Moore, David and Jeanni Kadotani and Ed Kilduff, Victoria and Gabe Morales and Richard Rhodes.



L to R: Jack and Judy Johnson, JT Hart, Karen and Howard Burman, Larry Puret, Paula Barsamian and Alan Eklof.



L to R: (top row) Kathy and Joyce, Lilly Ann and Bart, Ric and Sally, Rod and Tina; (below): Marianne, Tina, David, Janet, Teri, Jim, Tom, Debbie, Chuck, Vita and Frank



# 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](http://www.maverickmailing.com)



**JOIN AND RENEW ONLINE at [www.santa cruz cycling.org/club](http://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.santacruzcyling.org](http://www.santacruzcyling.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

# January–February, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>New Year's Day ride, brunch at Emilie's</i>	2	3 <i>Club Ride</i>
4 <i>Volunteer to lead a ride</i>	5 <i>Board Meeting 7 p.m.</i>	6 <i>Club Ride GP</i>	7	8	9 <i>Sign up to lead a ride!</i>	10 <i>Club Ride</i>
11	12	13 <i>Club Ride NMP</i>	14 <i>Cycling for Starters 10 a.m.</i>	15 <i>Ride Safely!</i>	16	17
18	19 <i>Clean your bike!</i>	20 <i>Club Ride GP</i>	21 <i>Cycling for Starters 10 a.m.</i>	22 <i>SCCC Meeting 7 p.m.</i>	23 <i>Go for a bike ride!</i>	24 <i>Club Ride</i>
25	26 <i>Ride Safely!</i>	27 <i>Club Ride NMP</i>	28 <i>Cycling for Starters 10 a.m.</i>	29	30	31 <i>CCE Breakfast at Chaminade</i>
1	2 <i>Board Meeting 7 p.m.</i>	3 <i>Club Ride GP</i>	4 <i>Cycling for Starters 10 a.m.</i>	5	6 <i>Sign up to lead a ride!</i>	7 <i>Club Ride</i>
8	9	10 <i>Club Ride NMP</i>	11 <i>Cycling for Starters 10 a.m.</i>	12 <i>Volunteer to lead a ride</i>	13	14 <i>Club Ride</i>
15 <i>Roadrunner deadline</i>	16	17 <i>Club Ride GP</i>	18 <i>Cycling for Starters 10 a.m.</i>	19	20 <i>Banff Film Festival</i>	21 <i>Banff Film Festival</i>
22 <i>Banff Film Festival</i>	23	24 <i>Club Ride NMP</i>	25	26	27	28 <i>Club Ride</i>
					<b>GP is Gateway Plaza</b>	<b>NMP is Nisene Marks Park</b>


  
 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