

The Roadrunner

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

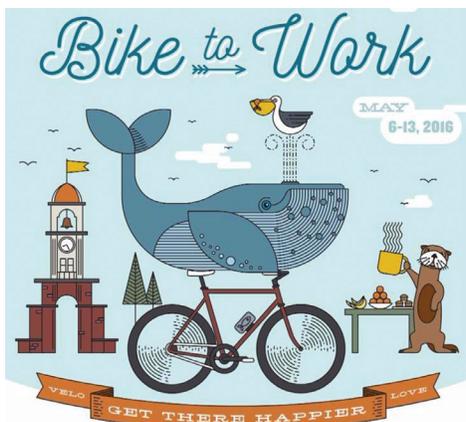
Get ready for 29th annual Bike Week

Like a bright new bicycle with all the latest components, the 29th version of Bike Week is looking better and better! This year's two-wheel extravaganza goes from May 6–13, with new events for the mountain bicyclist (a "Girly Mountain Bike Ride" and two group rides at Wilder Ranch and Soquel Demonstration Forest). Also new is a slow-paced family bike ride combined with bird watching, sponsored by, who else, The Bird School Project, an environmental education group. This ride travels from Natural Bridges State Park to Neary Lagoon to Antonelli Pond, ending along West Cliff Drive.

Bike Week begins Friday evening, May 6th, at the Museum of Art and History with an art fair, bike stunts, live music, food and a group bike ride. The following Tuesday, May 10, features a 10 a.m. clean-up of the railroad trestle from the San Lorenzo Bridge to 17th Avenue. The latter is co-sponsored by Friends of the Rail Trail and Save Our Shores which will provide cleaning supplies.

The week's main event, Bike to Work/School Day, occurs Thursday, May 12, with free breakfasts for a projected 8,000 bicyclists at 13 county-wide sites and 45 schools. Hours are 6:30 a.m. to 9:30 a.m. (Volunteers are still needed at New Leaf Market on the Westside. While the market provides food, three or four people are needed to help with set up and take down.)

Other events include a 9 a.m. flat-fixing clinic at Spokesman Bicycles on May 7, Bike-in Movie Night at 7 p.m. on May 9 at Santa Cruz Mountain Brewing, Cycle



Bike Week poster by Superactive Design Group

& Dine starting at noon on May 10 at various restaurants, "Gear Up Discount Day" starting at noon on May 11 at local bike shops and a free bike maintenance workshop from 6 to 8 p.m. May 11 at the Mission Street location of Epicenter Cycles. The week ends with a "Green" Group Ride from 7 to 9 p.m. starting from the Bike Church, 703 Church St.

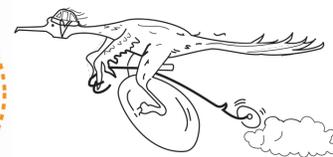
Emily Gomez, overall coordinator of this busy week, hopes more new bicyclists will saddle up, encouraging their friends and families to participate with them in the week's events. Besides aiming for 8,000+ riders on Bike to Work Day, Emily wants to give a loud shout out to local bike shops and restaurants that support Bike Week each year.

For more event details/locations, go to <http://ecoactbike.org/events/> To help out with the week's events, go to <http://ecoactbike.org/get-involved/volunteer/> and fill out the online form. —Glide A. Long

SCCCC's Storage Locker move accomplished in record time!



A big thank you to all of these folks from SCCCC and CCE who helped move locker contents to 38th Avenue Storage!



May—June, 2016
Volume 43—Issue 3

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Rail vs rail trail debate part of April 28 meeting

Did you know that an Arizona study found that 44 percent of deaths in bike/car crashes were the bicyclist's fault, and a Minnesota study faulted bicyclists in 49 percent of all accidents, with failure to yield the most common cause? Come to SCCCC's April 28th meeting and hear club member and personal injury attorney Brad Wiles elaborate on details. (and provide helpful advice on how to mitigate financial woes in case of such an accident.)

Also on the agenda are two speakers on both sides of the Rail with a Trail vs Trail Now discussion going on in the community. (A sales tax initiative this fall will supply 50% funding for the trail, if it passes.) Barry Scott and Ryan Whitelaw will present information about the RTC's Rail Trail proposal, or a modification to it. Both speakers will give a short presentation, then answer questions from the audience. A lively and respectful discussion is anticipated! Social time is 7-7:30; business at 7:30.

THURSDAY, APRIL 28TH
SCCCC MEETING
7 P.M. SIMPKINS SWIM CENTER
979 17TH AVENUE

Club Shorts: Add Benadryl to bike's first aid kit

It's not a bad idea to add a couple of Benadryl tablets to your bicycle's first aid kit. Just ask **John Marshall!** John and a wasp had an unfriendly encounter on a recent Saturday ride when the wasp flew into his mouth, biting his tongue! After a few minutes, the degree of discomfort was so bad that John asked **Peter Jones** for help. Since the group was close to the Safeway in Aptos (en route to a climb up Eureka Canyon Road out of Corralitos), Peter obtained a container of Benadryl for John, who quickly swallowed two tablets, alleviating his symptoms and allowing him to continue the ride.

Three cheers for first class customer service from **Epicenter Cycles!** SCCC member **Jackie Rall** tells why.

"I recently lost the Bontrager sensor for my Garmin when it catapulted off my chainstay somewhere near the beginning of the bike path to Wilder Ranch. After half an hour of rooting through 200 feet of weeds on both sides of the path, I gave up, checked my bank balance and went to Epicenter Cycling on Mission for a replacement.

"I selected the one I wanted, explaining it was an exact replacement for the lost one that had a stretchable rubber strap that came with it. I liked the sensor and the easy-on/easy-off strap. Well, I liked the easy-on part. (This time, I planned to connect it to my bike with zip-ties.)

"When I asked about a warranty, Epicenter said they thought Bontrager did not offer one. And, although they were too courteous to mention it, the proof that I ever had that sensor to start with was lying somewhere in the weeds! Also, I had no receipt for it.

"As I prepared to pay for the new one, Epicenter said they would call the company later, and if they could defray its cost, they would contact me. Then, as I stood

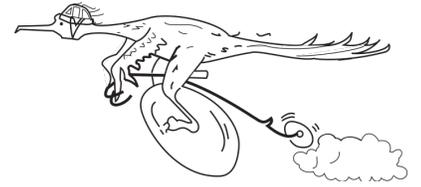
there, an unoccupied clerk picked up the phone, and called the company, talking them into giving me a new sensor gratis, due to strap failure. Epicenter insisted that I take home the one I was going to buy, saying that they would keep the new one. I walked out with a new sensor, an intact bank account and a ridiculous grin."

Brian Verstegen, Teri Ruegg, Rod and Tina Armer flew to Stockholm, Sweden in mid-April to begin an eight-month European bicycle touring adventure which includes Slovenia! They plan to bike through Denmark, Germany and the Netherlands before taking a ferry to the UK to cycle across England, Wales, Ireland and Scotland. In the UK, they will spend one week at the Nell House in the Cotswold area near Cirencester, England and another week at a house in Galway, Ireland.

From the UK they will return to Amsterdam, then take a train to Vienna where they will be joined by friends and family for two weeks of bicycling around Salzburg and along the Danube River back to Vienna. They will return on Nov. 4.

A June 3rd breakfast in the city of Zagreb, Croatia is on the agenda for four SCCC members whose paths will cross before they depart on separate bicycle itineraries. **Bart Coddington and Walt Brown** will take part in their own self-designed bike tour that will follow the Adriatic to the ancient city of Dubrovnik, home to many ancestors of today's residents of Watsonville. They plan to visit several national parks on their return trip north.

Cliff Barrett and Betsy Schwartz are planning their own five-day tour of Croatia, ending in the coastal town of Tovini. This tour will be preceded by a guided eight-day bicycle tour of Slovenia, which includes visiting the UNESCO Skocjan Cave and the famous Lipizaner Horses.



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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Tuesday riders are, left to right: Walt Brown, Kathy Ferraro, Peggy Seltz and (first time ride leader) Debby Joyce

Super friendly volunteers. Excellent rest stop snacks! Beautiful (but challenging) courses! Thanks for the burritos! I'll be back!. (Source: SMC website)

Did you know the majority of riders surveyed about our Santa Cruz Mountains Challenge learned of it either through friends or because they had ridden it before? As we continue to send the word out for our July 30 event via print, email, and Facebook, we have come to realize that the most common response to people hearing about the ride is through word of mouth.

Our club has almost 500 members. If every one of you told five (non-SCCCC) friends about the event, and just one friend signed up, we would have more registered riders than last

year! So, please mention the Mountains Challenge to your friends, and be sure to tell them about the 6:30 p.m. cruise July 30 on the Chardonnay after the ride!

We've had a few folks let us know that late-July vacation plans prevent them from helping with our only fundraiser, and asking what can they do instead? I recommend one of two things—either check with **Tony Rall (trail444@gmail.com)** to see if he has enough volunteers to mark the course on Wednesday, July 27, or sign up to make zucchini and/or banana breads and freeze them for



us! We'll be sending out recipes as the date gets closer, but the riders are not fussy! (Tony says he needs "a bunch of volunteers" for route marking!)

Club Vice President Catherine VanRhee has arranged seven Saturday training rides from June 4 through July 16 to help prepare people, either for the Challenge or for the 75-mile option on the Worker's Ride on Saturday, July 23. The training rides, which are the SCCC A/B rides on those dates, include useful information on off-the-bike training as well.

Don't forget, especially C and D riders, that we have a 45-mile route for workers on July 23. Drop me an email if you are interested in tips on how to prepare for that distance!

—Maura Noel, SCCC president

Here's how to train for Mountains Challenge 75-mile route

What: SCCC training rides series for the Santa Cruz Mountains Challenge 75-mile ride.

When: Seven Saturdays from June 4 through July 16. Will be coordinated with SCCC regular Saturday A/B ride.

Where: Santa Cruz County routes. Starts are hosted by local bike shops.

Who: SMC registrants, SCCC members and anyone else interested in a progressive series of group rides. (Club members are encouraged to train for the SMC Workers Ride on July 23rd.)

Why: Encourage and support riders who are stretching their limits. **Cost:** Zero, zip, nada.... except your time.

The Santa Cruz Mountains Challenge is designed to take advantage of the world-class climbing and terrain which this area offers. The 135-mile and 100-mile routes are some of the toughest century road bike rides in the country, maybe in the world. The 75-mile route, while challenging, is an achievable goal for many riders, especially after completion of a sensible training plan.

I have created a nine-week plan to prepare you for the 75-mile SMC route. It contains three rides per week: a fast Tuesday ride, a steady Thursday ride and a long, climbing ride on Saturday. Time



Catherine Van Rhys

in the saddle begins with an hour's ride on Tuesday and Thursday and a 45-50 miler with progressive climbs on Saturday. If you aren't yet ready for 45-50 miles in one outing, **START NOW** to work up to it! SCCC will

host the Saturday climbing/distance rides. Do the Tuesday and Thursday rides on your own or incorporate them with the club rides on those days.

Riding Tips

Long Ride: The Meat. Do your long rides at a steady pace. Do not try to ride as fast as you can. If you wear a heart rate monitor (highly recommended for training), stay at less than 75 percent of your maximum heart rate (MHR).

Tuesday Steady Ride: The Bread and Butter. During these rides, aim for two to four longer efforts (15 to 30 minutes in length; 15 minutes easy pedaling in between) that increase your breathing and elevate your heart rate to around 80-85 percent of your MHR. Ride at threshold. Threshold feels like you're pedaling to keep

up with someone slightly faster than you. These rides will train your body to ride more briskly, while maintaining comfort, so you can finish 75 miles faster and fresher.

Thursday Speed Ride: The Secret Sauce. Riding fast improves your endurance by raising your lactate threshold, the point at which your muscles scream "Slow down!" When you raise this ceiling, you can ride faster and farther before your body hits the brakes. Aim to do four to six very hard or max efforts, ranging from 30 seconds to two minutes; in between, spin easy for twice the length of the speed interval.

ACTIVE REST DAYS

The Dessert. Mondays, Wednesdays, Fridays and Sundays are rest days. However, try to do something light to keep your body moving—stretching or easy yoga. Always drink lots of water and try to get plenty of sleep, allowing your body to repair the muscles that you have stressed during training.

SCCCC will be hosting the seven SATURDAY distance climbing rides from June 4 - July 16. Riders are encouraged to follow the rest of the plan on their own or with others they meet on the Saturday rides!

—Catherine Van Rhys

Debunking myths on benefits of tearing up railroad tracks

(Editor's note: The following article is reprinted with the author's permission.)

We've been talking to a lot of people about our campaign to build the Rail Trail ASAP – and many of them have concerns based on what they have been hearing about the Rail Trail. The good news is that the Rail Trail is being built! A full one-quarter of the trail (eight miles) will be completed in less than two years. The first segments are in Santa Cruz, Watsonville and along the North Coast.

The Land Trust has committed to raising \$5 million to match grants for the Watsonville and North Coast segments, and has already raised nearly half of that. A proposed ballot measure in the fall could raise \$68 million for the Rail Trail (more than half its total cost), which would make the Rail Trail not just a cool, someday idea, but something we will see within a few years. The Rail Trail is being built now.

So, it is a bit odd when we hear that it can't be built. It seems, some people think the possibility of a train means we can't have a trail. So, let's look at what we've been hearing and explain why we think we can build the trail now and leave the rail decision for another day.

"...THE RAIL CORRIDOR ISN'T WIDE ENOUGH FOR BOTH RAIL AND TRAIL."

People making this argument seem to have two things in mind: 1) the corridor isn't physically wide enough for both a 12-foot trail and a train; 2) we need to remove the tracks so we can build a 20-foot wide super-trail.

Firstly, the Regional Transportation Commission (RTC), which owns the corridor, says that it meets the minimum width requirements for 99% of its 32 miles, and the RTC thinks straightforward engineering solutions exist for the few narrow spots. The city's designs for the Westside trail, from Natural Bridges to the Boardwalk, prove it can be done. Most of this trail section will be 16 feet wide and the narrowest segments 12 feet

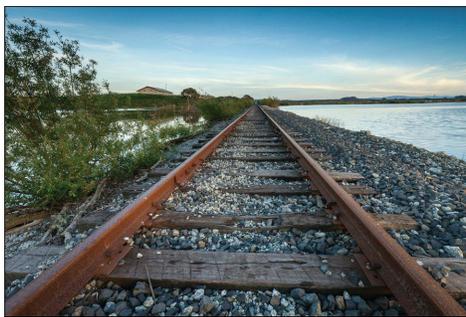


Photo by Paul Zarelsky

wide. You can go deeply into the weeds on this subject, but when you come out, you basically have to ask yourself who do you trust – the engineers and planners who will build the trail, or the amateurs who say the pros are wrong? We've gone into the weeds and we side with the pros.

The second "not-wide-enough" argument is that we need a 20-foot super trail to accommodate super-fast bike commuting. A 12-foot trail (the narrowest proposed section) is the width of a freeway lane – plenty wide for bikes and walkers, even strollers and people walking together. It's the width of trails all over the bike-friendly countries of Europe, which are our models. No evidence exists that we need a superwide trail so people can bike commute at high speeds over long distances. How many people are going to spend an hour biking from Watsonville to Santa Cruz every day?

"...WE'LL SAVE \$100 MILLION IF WE JUST TEAR UP THE TRACKS."

Certainly tearing up the tracks and giving up on ever having passenger rail service would make building the Rail Trail cheaper. But the \$100 million figure being thrown around is untrue. You would still need engineering, still need permits, still need to build the trail, and still need to retrofit bridges – all things that make up the vast majority of the \$128 million cost of the Rail Trail.

The cost of the Rail Trail sounds like a lot of money because it is a number without context. It is actually the same amount spent by government every year on transportation in this county. If you spread the Rail Trail's cost over 30 years (which is

how you usually think of capital projects), it is just \$4 million a year, 3% of annual transportation spending in our county.

"...WE COULD BUILD THE TRAIL IN 18 MONTHS WITHOUT THE TRAIN..."

In a fantasy world we could build almost anything in 18 months (the Pentagon was built in 16 months). But in the real world, here and now, abandoning the current Rail Trail plan would lead to delays in building the Rail Trail. The current plan (a trail alongside the tracks) is the adopted plan not only of the RTC, but of the County and the three cities it passes through. The first quarter of its 32 miles has been funded by these governments, plus both federal and state governments. It is established government policy, developed over years with lots of public input. To reverse that policy, all these government bodies would have to hold public hearings, developing new cost estimates and engineering plans. All this would take time.

The experts we talk to think that reversing course and ripping up the tracks could delay the Rail Trail by a decade or more! And no guarantee exists that, after this delay, the result would be any different than the last time we went through this process, when the public and elected officials decided, "We want to keep the rail option open."

"...THE TRAIN WILL NEVER WORK, COSTS TOO MUCH, IS NOISY, ETC."

Maybe. Maybe passenger rail doesn't make sense and never will. Maybe it will never be worth the cost. But maybe it will make sense one day. The Suntain Special used to bring people from the Bay Area to the Boardwalk. It didn't seem to make sense anymore in the 1950's so the line was abandoned, but don't we wish we had it now? Maybe we don't want noisy diesel trains, but what about electric trams?

The transportation ballot measure for the November ballot would provide funds to study various rail alternatives, including quiet, light rail. We note that opponents of building the current trail like to talk about (Continue on page 5)

Eroica bike ride in Paso Robles features vintage bicycles

The second Eroica California took place on the weekend of April 8-10, giving me a chance to ride a scenic 85-mile course with 7,800' of elevation in and around beautiful Paso Robles. These Eroica events started 20 years ago in Italy by Giancarlo Brocci, who wanted to recreate the Eroica (heroic in Italian) rides of the past. The movement grew quickly, and now the events are happening in Europe, Japan and, starting last year, the US. About 850 riders registered for this year's event. (All bicycles in the ride must be steel frames, with down tube shifters, pedals with toe clips and brake levers with cables that come out from the top of the hoods and were manufactured from 1987 or earlier.)

Friday night offered a free showing of the classic 1979 bicycling movie "Breaking Away" at the historic Fremont Theatre in San Luis Obispo. Dennis Christopher, who played the main character Dave Stoller attended, along with the original Masi bicycle that he rode in the movie.

Saturday's events included a Concours d'Elegance to showcase the best vintage road racing bicycles. It featured bikes from the mid-80's to the early 1900's. Some of



Francis Kuo, left, and Dennis Christopher, star of the classic 1979 bicycle movie "Breaking Away"

the frame makers included: Masi, Colnago, De Rosa, Bianchi, Pogliaghi, Raleigh, Schwinn, Jack Taylor, and Rene Herse. The lug work and detailing on some of the frames were amazing!

I rode a Motobecane Le Champion which my dad bought for me in 1975, my senior year at Harbor High School. It was purchased from the Bicycle Trip, which at that time was located at the corner triangle building next to the Rio Theatre. Riders were encouraged to wear wool cycling apparel from the appropriate time period.

Sunday's ride had a choice of four distances ranging from 40 to 127 miles and 2200 to 9800 feet of climbing. A quarter to a third of the ride included

gravel roads that approached 20% grade at some points, which made it quite a challenge. Many riders, including me, had to walk some of the steeper sections because of the not-so-low gearing on the older bikes. Beautiful views of vineyards, canyons and mountaintops, coupled with little traffic made it an enjoyable ride. I was able to admire some of the other rider's vintage bikes at the rest stops. In addition to the usual energy bars, cookies and fruit, one stop had freshly made burritos, flan, chips with guacamole and non-alcoholic margaritas. Several stops had wine tasting stations.

All finishers received an Eroica labeled bottle of olive oil from one of the local farms. The ride ended with a satisfying meal with a choice of a tri-tip or turkey sandwich, potato salad, salad greens, and a cup of draft beer from Firestone, a local brewery. If you have a vintage bike or can find one, and you seek a challenging ride on gravel and paved roads, this ride is definitely worth looking into. For more information, go to www.eroicacalifornia.com. There is also an article in the May, 2016 issue of *Bicycling* about last year's ride.

—Francis Kuo

Land Trust member refutes rail criticisms

(Continue from page 4)

noisy diesel trains, and they are opposed to studying quiet, light rail option. We're not. We're for trail now and trains maybe, after further study.

TRAIL AND TRAIN ARE SEPARATE PROJECTS

The trail and the train may share a common corridor, but they are separate projects, with different timelines, costs and goals. The Rail Trail has already been through a long public process and has been approved by all levels of government. A quarter of it has already been funded and will be completed within two years. Well over half may be funded within a year.

The public process for the train option is still underway. No decisions have been made, and funding and construction is, at best, years away. To delay building the trail now, to forever kill the possibility of rail service, is to waste the opportunity before us to build something that will transform how people get around our county.

Information on the Monterey Bay Sanctuary Scenic Trail is available online at sccrtc.org. (Go to Quick



Nine percent of work trips in the City of Santa Cruz are made on bicycles. Davis, CA boasts 20% of bike to work citizens, and bike-friendly European cities are at 40%. We believe this 32-mile road without cars will dramatically change how people get around our county. We see Santa Cruz reaching Davis levels of bike use, maybe one day approaching European levels. Why not? And why not seize the opportunity before us to build a trail within a mile of 50% of the county's population, including 45 schools and 92 parks?—**Stephen Slade, board member, The Land Trust of Santa Cruz County**

Thank you ride leaders for March and April!

Toby Ferguson (3), Ron Olson, Irish Meusel, JT Hart, Ric Eiserling (2), Bruce Dau, Isabelle Magnin, Mike Heckel, Jack Johnson (2), Frank and Vita Pritchard (2), Grace Voss, Petronella Van Dam, Chris Boman, David and Jeanni Kadotani, Bruce Dau, Bart Coddington, Ralph Edwards (2), Larry Tierney (2), Lisa Deverse, Chris Zemny (4+), Lilly Ann Popken (2), Jim Wheeler and Harriet Wrye, Debby Joyce, Marilyn Marzell, Susan Cook, Judy Marsalis and Janet Starr.

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: Ralph Edwards at rhedwards@gmail.com. "Lite" 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 for moderately paced road ride of 25-45 miles. No Leader—Decide and Ride. Bring water, snacks. OR, meet at 9 a.m. at Gateway Plaza for alternate Decide and Ride. "New "D" rides are starting at 9:30 a.m. on Thursdays from various locations. Contact Chris Zemny at rabjudge@sbcglobal.net.

Saturday, May 7 A/B Ride

Monterey Peninsula of Yesterday

Start at 9 a.m. in Barnyard at Carmel Valley; A's/53 miles, 4000'; B's/33 miles, 2200'.

Bruce Dau.....831-234-5177

Saturday, May 7 C Ride

La Honda via Stage, Pescadero Creek

Start in Pescadero at signal light. Arrive by 9:45 for a 10 a.m. start; 28.0 miles/2249'; FPM 79.

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

Saturday, May 14 A/B Ride

Mount Diablo

Meet at 9:45 for 10 a.m. start from Safeway in Danville. Ride details available week before ride.

John Marshall408-688-6980

Saturday, May 14 C Ride

Aromas Hills, San Juan Bautista

Start at Aromas School, 365 Vega St. Arrive by 9:45 for 10 a.m. start. 23.8 mi/1349'.

Irish Meusel.....831-588-8152

Saturday, May 21 A/B Ride

Panoche Valley Ride

Start at 10 a.m. from Paicines General Store (10 miles south of Hollister on Highway 25). B=57 mi/2713'; A=86 mi/4675'. Lunch at Panoche Inn.

Richard Burton 408-540-4695

Saturday, May 21 C Ride

Gilroy/Morgan Hill via Uvas, Oak Glen

Arrive by 8:45 for 9 a.m. start at Gilroy Sport Park, 5925 Monterey Frontage Road, Gilroy. 34.2miles/1178'

Barbara Moore.....831-239-1790

Saturday May 28 A/B Ride

Memorial Day Weekend Ride

UCSC racing team's Slug Cycling Gran Fondo fundraiser;

Details at: <https://www.facebook.com/events/567487803413741/>

Meet at Pinto Lake Park, Watsonville for 8 a.m. start.

Saturday, May 28 C Ride

Fort Ord via Bike Path, Gen Jim, Parker Flats

Starts at Pezzini Farms on Nashua Road off Hwy 1. Arrive by 9:15 for 9:30 a.m. start. 32.3 mi/1331'

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

Saturday June 4 A/B Ride

First SCMC75 Training Ride

Start hosted by Bike Station Aptos or Epicenter. Meet at 8:45 for a 9 a.m. start from Nisene Marks Park entrance. South County loop; lunch in Corralitos. A/B = 47 mi/2905'

Ron Olson408-218-3189

Saturday, June 4 C Ride

San Andreas, Gizdich Ranch, Royal Oaks

Arrive by 8:45 for 9 a.m. start at Park and Ride, Hwy 1/Salinas Road, just south of Watsonville. 32.2 mi/1275'

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

Saturday June 11 A/B Ride

Second SCMC75 Training Ride

Start hosted by Spokesman. Meet at 8:45 for 9 a.m. start at 231 Cathcart St. Ride to Aptos, Soquel, Laurel Glen, Rodeo Gulch.

A=52 mi./3875'; B=43 mi.

Chris Boman.....831-475-5902

Saturday, June 11 C Ride

Fort Ord Dunes State Park to Spanish Bay via Bike Path.



If it's the first or third Tuesday of the month, SCCCC riders leave from Gateway Plaza to ride up to Scotts Valley, out to Davenport and Swanton or who knows where?

Ride safely with Pete Pearson: Obey traffic laws for good bicycling



Map my Ride recently published 10 things that upset both motorists and bicyclists. Let's just take two of those concerns that hit home in our club.

From time to time a few riders may promote an **elitist culture** known as "Catch me if you can" right out of the gate. SCCCC has organized rides with A,B, C and D level abilities. These groups naturally tend to separate on the same ride.

But, have you ever come out of the market or restroom to find everyone gone? Yes, it does happen. I know one rider who found himself lost from the group at Ben Lomond Market. He had started behind, becoming disoriented on Zayante Road. A homeowner, recognizing his gaze, asked if she could help redirect him. Back on course, he decided

to take Graham Hill Road South, a dangerous route due to narrow lanes and heavy traffic. At Roaring Camp, a young pickup truck driver offered the rider a lift. The rider declined, and the bike-savvy motorist said, "I don't think you realize how far it is to the top." The rider jumped in, enjoyed a lift to the summit and then coasted back home in recovery mode. Maybe next time he will carry a map!

Bicyclists also disobey traffic laws. This is a big issue, and the club has worked hard, suggesting that members call each other out on errors. Every time a bicyclist runs a stop sign or hangs his/her rear out riding side by side, he/she upsets motorists. And those people will tell that story of negligent bicyclists over and over. Just ask my wife! We all have the tendency to want to blow a stop sign on a downhill. Don't do it! Traffic laws are there to prevent injuries/fatalities. So let's lead the charge for good biking.

—Pete Pearson

Arrive by 9:45 for 10 a.m. start. 29.7 mi/1096'
Petronella Van Dam.....831-454-6010

Saturday June 18 **A/B Ride**

Third SCMC75 Training Ride

Start hosted by Bike Station Aptos or Epicenter. Meet at 8:45 for a 9 a.m. start from Nisene Marks Park entrance. Eureka Canyon/ Soquel/San Jose Rd. B=52 mi/4115'. A+ includes Lexington Reservoir; A=69 mi/5386'

Maryann Boegerboegerm@gmail.com

Saturday, June 18 **C Ride**

Marina-Asilomar via Bike Path

Arrive by 9:45 for 10 a.m. start at Walmart on Reservation Rd in Marina. 32 mi/1030'

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

Saturday June 25 **A/B Ride**

Fourth SCMC75 Training Ride

Start hosted by Spokesman. Meet at 8:45 for 9 a.m. start at 231 Cathcart St.; Ride to Scotts Valley/Boulder Creek/ Jamison/

Highway 1; A=54 mi/4767'; B=49 mi.
Peter Jones.....831-234-5555

Saturday, June 25 **C Ride**

Levee, Corralitos, Gizdich Ranch

Arrive by 9:45 for 10 a.m. start at Ann Soldo School on Wagner Ave off E Lake Ave; Watsonville. 30.2 mi/1142'

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

Saturday July 2 **A/B Ride**

Fourth SCMC75 Training Ride.

Start hosted by Scotts Valley Cycle Sport. Meet at 8:45 for 9 a.m. start at 203 Mt. Hermon Rd.; Climb Mountain Charlie/Hwy 9/ Big Basin. A=57 mi./5575'; B's bypass Big Basin

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

Saturday, July 2 **C Ride**

Corralitos, Aromas via Casserly, 129

Arrive by 9:45 for 10 a.m. start from Corralitos Market. 31.8 mi/995'

Joe Kelly.....831-234-1977

David and Marianne find California suits their lifestyle

Winters in the Midwest can be long and cold. So, in 2007, when David Lawrence retired and his wife, Marianne Benforado, lost both her parents, the couple decided to put David's 100-year-old farmhouse near Madison, Wisconsin up for rent and head west. The idea was "to look for a place where it doesn't snow," according to Marianne, so the couple made a plan. They would visit interesting cities in the Western US—Portland, OR, Santa Fe, NM, Boulder, CO. Instead they drove straight to Santa Cruz, where David's daughter lives, and rented a home on Valencia Road in Aptos. An internet search on local bike groups and encouraging emails from the late Martha Bedal promoted this move, and soon after their arrival, Joanne Thompson, owner of Bike Station Aptos, sold them a bicycle map. She also encouraged them to join the SCCCC rides to better learn the lay of the land.

For two flatlanders who had just spent the better part of a week driving west, that first Saturday club ride was something different—a climb up Eureka Canyon Road, wow! "Chris Boman, the ride leader, was so sweet and welcoming!" recalls Marianne. "He kept telling us that if we rode slowly we would make it!" And they did, enjoying a Summit Store lunch and marveling at the high-altitude store's olive bar and sushi. Their next ride was equally tough, a climb up Empire Grade with Charley Fisher encouraging their ascent, followed by a leisurely tour of West Cliff Drive. "Those rides were kind of an awakening on what kind of bicycling to expect," remembers David.

The Midwesterners quickly adapted, and before long Marianne enrolled in a four-year Masters program in acupuncture at Five Branches School. Having been a senior marketing director for the University of Wisconsin at Madison, this was a seismic career shift, but she says she was ready for it. "I felt a big change after both my



parents passed," says Marianne, the youngest of six children. "Call it a mid-life crisis. I was looking for deeper satisfaction from a career."

Bicycling helped Marianne achieve her goal during this hectic period, as she

is now a licensed acupuncturist and herbalist, with an office on Frederick Street, where many bike clubbers visit her as regular patients. "Bicycling kept me sane," says Marianne, who regards the Tuesday club ride as one she never wants to miss, referring to it as "sacred."

David, likewise, enjoys the benefits of being in SCCCC and riding two to three times a week, either on club rides or with friends. He is a former Tuesday

ride coordinator.

"The club is a cohesive, synergetic community," David says. "You don't have to be best friends. I like being with people I know and the club members keep me motivated to ride."

When not on his bike, David is an active practitioner of marimba music. He and Marianne encountered a group of marimba players from Zimbabwe one day several years ago outside Kuumbwa Jazz Center. David became intrigued with the sound and, for the past seven years, he has been a member of the Singing Wood Marimba Ensemble under the direction of Laura Mellon. He plays eight types of marimbas. All members perform without sheet music.

Completing David and Marianne's family is (see photo) Chuli (Chew Lee), a five-year-old Labradoodle who attends Doggie Day Care every Tuesday so his parents can ride with the bike club. "He keeps us laughing," says Marianne. —Rhoda Bike

Open Streets IV, better bike routes in the works

The fourth version of Open Streets, a five-hour bicycle/pedestrian extravaganza on West Cliff Drive, arrives on Sunday, Oct. 9 under the sponsorship of Bike Santa Cruz County. During the hours of 9 a.m. to 2 p.m., Open Streets offers unlimited bike riding, walking, information booths on everything environmental, music and dancing. The City of Santa Cruz is funding the event.

"Bike Santa Cruz County is thrilled to take on Open Streets as a new program," says Amelia Conlen, BSCC executive director. "This event aligns perfectly with our mission to promote bicycling and build community throughout the county. It also helps us to imagine our streets in new ways. We hope to continue the momentum which Open Streets Founder Saskia Lucas began, and expand the events to new locations throughout the county."

As part of the Active Transportation Program, the City of Santa Cruz is applying for a grant to make bicycling and walking safer for students at Pacific Collegiate School and Bay View on the

Westside. The proposed improvements, will facilitate active travel to school on the west side, including connecting West Cliff Drive to the schools by extending the multiuse path on the west side of Swanton Blvd., improving the bike facilities and intersection at Delaware and Natural Bridges avenues and installing sidewalks to fill existing gaps on Mission Street Extension and Delaware. This grant will also provide education and encouragement activities at Bay View Elementary School. Sidewalk infill will complete the project, making it easier to access the school.

The city is also applying for a grant to design the section of the rail trail which crosses the San Lorenzo River and continues to 17th Avenue. Santa Cruz will partner with the county to get this rail trail section "shovel ready," making it more competitive for construction funding.

Also in the works for grant writer Claire Fliesler, transportation planner, is new lighting on the San Lorenzo Riverwalk from Water Street north to the Felker Street Bridge on the river's west bank.

WomanTours attracts bicyclists to Death Valley journey

Rhyolite, a ghost town in the Mojave Desert, was the start of my Feb. 8–12 WomanTours bicycle camping trip through Death Valley National Park. I was one of 12 women bicyclists and two guides, ranging in age from 57–81, who came from six different states for this tour.

We began with a glorious 13-mile descent, passing Corkscrew Peak and then on to Stovepipe Wells Village. Whoa! That was a fun descent in perfect conditions—smooth, dry roads, minimal traffic, lots of switchbacks and turns, 70-degree temperature and sunshine! Unfortunately, we were not able to ride to Scotty's Castle as it was closed, a result of floods and mudslides from last October's rain. Much to our delight, however, these same rains resulted in a Super Bloom of wildflowers every day.

Our daily routes brought us to various destinations in the park such as, Ubehebe Crater, Badwater Basin,



Barbara Kasa, right and Candi Dabi-Veni, a high school friend from New Jersey in Death Valley.

Zabriski Point, Artists Palette and Furnace Creek Ranch. In addition to riding, we also hiked Mosaic and Golden Canyons. The rides varied in levels of difficulty, with a sag wagon always available.

The last day began with a 19-mile “slow” climb, up 3000 feet, to take us

out of the valley. This was the *easier* way out but the *hardest* riding day! And then more riding until we arrived in the town of Amorgosa for lunch, followed by a van ride back to Las Vegas to head home.

It was a great week! The guides (who overfed us) were the best, and took care of everything we needed. Five stars rating for WomanTours, who I learned about from club member Susan Rosenthal. I'm happy for new friends, new experiences and wonderful memories. (One friend from Delaware has returned and bicycled with me from Ford Ord to Pebble Beach on March 8 after visiting her son in Los Altos.) Life is good!

I highly recommend WomanTours and look forward to planning another trip with them. They will have E-Bikes available for rent for on future tours. Check out their website www.womantours.com

—Barbara Kasa

11th annual Amgen Tour of California finishes May 15 at Laguna Seca

The 757-mile, Amgen Tour of California is set to roll out again on May 15. It won't be coming thorough Santa Cruz, but on Stage Four, riders will set out from Morro Bay, head north up the coast for 133 miles and end on the Laguna Seca Raceway with a sprint finish.

After the pros have passed by, local riders will be able to ride the raceway course.

Although rosters for the invited teams have not been finalized, last year's winner Peter Sagan of Tinkoff will be on hand to defend his title. Others expected to participate are Bradley Wiggins, the 2014 winner; Mark Cavendish, one of the greatest sprinters of all time; Alexander Kristoff, who is having a great start to the season in Europe; and Peter Stetina, a young rider from Santa Rosa.

“The 2016 Amgen Tour of California is a very personal affair for me,” Stetina



Racers turn onto West Cliff Drive in 2010 version of Amgen Tour of California. Santa Cruz and Santa Cruz County hosted the race in 2009–10 and 2012.

says. “Stage 7 is entirely in my hometown of Santa Rosa, and I know every inch of the route. Stage 5 to South Lake Tahoe is an ideal cycling location and one of the most picturesque places on earth. I'm excited to show both these places off to my friends in the peloton.”

Several other top Americans who will likely ride the Amgen include 2013 winner Teejay Van Garderen who showed he is coming into good form at the start of the season with a victory in

the individual time trial at the Ruta del Sol, Brent Buckwalter, Matthew Busche, Tyler Farrar and Taylor Phinney.

The women's race will feature Californians Evelyn Stevens, winner of the 2013 title, and Allie Dragoo as well as Megan Guarnier the reigning Road Race National Champion.

2016 marks the 11th edition of the tour, which includes eight stages for the men and four for the women.

—Howard Burman

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

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831-234-4663 www.maverickmailing.com



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

Santa Cruz County Cycling Club Membership Application/Renewal Form

The Santa Cruz County Cycling Club is a group of bicycling enthusiasts with a wide variety of interests and abilities. The mission of the SCCCC is to promote bicycling for all ages through education and organized bicycling events. Included in your membership is a subscription to The Roadrunner, the club's award-winning, bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, local bicycle shops offer a 10% discount for club members. The club's website, www.santacruzcycling.org provides a home base for your club activities. Annual membership dues must be paid to remain a member in good standing. **Dues become due on Jan. 1st of each year based upon the term of your membership.**

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

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

League of American Bicyclists (LAB)
 Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")
 Each applicant for membership shall read and sign the following Release Agreement

In Consideration of being permitted to participate in any way in Santa Cruz County Cycling Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. Fully Understand that: (a) Bicycling Activities Involve Risks and Dangers of Serious Bodily Injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "Releases" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the Activity.

3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the Club, the LAB, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the Activity takes place (each considered one of the "Releases" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releases" or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

 Signature of Applicant Date Signature(s) of additional family members 18 years or older Date

Please complete the following for any minor (18-year-old) family members:

Minor Release

And I, the Minor's parent and/or legal guardian, understand the nature of bicycling activities and the Minor's experience and capabilities and believe the minor to be qualified, in good faith, and in proper physical condition to participate in such activities. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or any cost that may incur as the result of any such claim

 Printed Name of Parent or Guardian Signature of Parent or Guardian Signature of Minor

Please sign waiver — Incomplete Forms Will Be Returned

Enclosed is \$_____ dues for membership in the Santa Cruz County Cycling Club which entitles me to all the rights and privileges of membership. Make check payable to SCCCC and mail to: Santa Cruz County Cycling Club, P.O. Box 8342, Santa Cruz, CA 95061-8342

May-June, 2016

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



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



SCCC
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 Santa Cruz, CA
 95061-8342