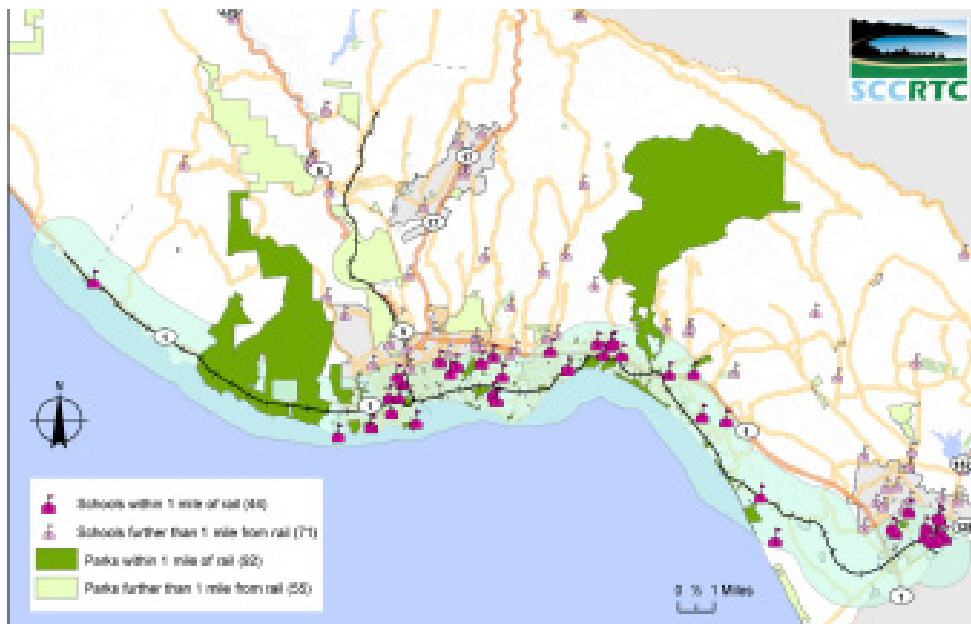


The Roadrunner

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



(Editor's note: A total of 44 schools and 71 parks are within a mile of the Monterey Bay Sanctuary Scenic Trail or rail trail. Construction is scheduled to start this fall for Segment 7 on the city's Westside from Natural Bridges to Bay Street. In this article CORY CALETTI, trail planning manager for the Regional Transportation Commission, explains how the city and the RTC are working together on this bicycle safety project.)

The City of Santa Cruz rail trail project will be a paved, 12 to 16-foot wide multi-use path and will serve commuters, neighbors, visitors – people of all ages and abilities. It will be built in two phases: 1) from Natural Bridges Drive to Bay/California; 2) from Bay/California to Pacific Avenue near the Santa Cruz Wharf. Construction of the Phase 1 portion is estimated to start this fall and last approximately six months at a cost of \$5 million. Construction of Phase 2 is estimated to start when permits and construction funding are finalized. Its projected cost is just under \$10 million.

The city is the lead agency on design and construction of the trail within its jurisdiction, and is working in partnership with the RTC, owner of the rail right-of-way and responsible for overall implementation of the rail trail project in the county.

This coastal rail trail segment is the highest priority in the Santa Cruz County Regional Transportation Commission's Monterey Bay Sanctuary Scenic Trail Master Plan. The plan identifies the 32-mile coastal rail corridor from Watsonville to Davenport (map) for an adjacent bike/pedestrian path and another 18 miles of spur trails to provide coastal and neighborhood connectivity. The RTC purchased the Santa Cruz Branch Rail Line to provide the bike/pedestrian trail and to pursue future passenger transit service.

STATE, FEDERAL AND LOCAL FUNDS

The design and environmental services, construction, construction engineering/management and permitting for this project is both state and federally funded, with a 20 percent local match. Community groups Friends of the Rail & Trail, Bike Santa Cruz County and Ecology Action have raised private donations as a match to public funds to help build this section of the trail. Such contributions demonstrate the strength of the community's engagement in assisting the city on a legacy project.

For questions or more information, please contact City of Santa Cruz Project Manager Nathan Nguyen at (831) 420-5188 or Cory Caletti, RTC's Rail Trail Program Manager, at (831) 460-3201.

—Cory Caletti



May—June, 2019
Volume 45—Issue 3

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Back to the basics: New bike skills class offered May 25th

Professional bicycling coach and bike fitter Lorri Lee Lown will teach Bike Skills 101, a four-hour clinic, from 9 a.m. to 1 p.m. on Saturday, May 25th in the back parking lot of West Marine in Watsonville. The class, designed for A, B, C and D level bicyclists, will build bike handling confidence and skill. Cost is \$50 and the clinic is available only to SCCCC members.

"This is the clinic where Lorri teaches old dogs new tricks, and newbies the fundamentals," says SCCCC Education Director Albert Saporta. "Students learn about how balance and weight distribution affect one's ability to ride a bike safely and confidently," he added.

"You'll learn skills like riding with no hands, emergency stops, and how to look behind you while holding your line, how to steer and counter steer. After just four hours, Lorri guarantees that you'll be a better bike handler and have much more fun on a bike."

To register, go to https://www.santacruzcycl.org/content.aspx?page_id=4002&club_id=575722&item_id=995570

Space is limited to 24 participants.

THURSDAY, APRIL 25TH

SCCCC MEETING

7 P.M. SIMPKINS SWIM CENTER

979 17TH AVENUE

Club shorts: Lunafest arrives May 9th at the Rio!

The 18th annual **Lunafest**, a series of nine short films by and about women, arrives at 7 p.m. on May 9 at the Rio Theater. The event benefits WomenCare, a county support facility for women who have been diagnosed with cancer. A wine, beer and cheese reception begins at 6 p.m. Lunafest promotes awareness about women's issues, highlights women filmmakers and brings women together in their communities. The event is also open to men.

Tickets available at <https://lunafestsc2019.brownpapertickets.com>; a list of films this year is available at <https://www.lunafest.org/filmmakers>.

Warning to e-Bike users! **E-bikes are not allowed** on the marvelous Fort Ord's trails or roads! Posted notices say the following: "The Bureau of Land Management's non-motorized trail systems on the Fort Ord National Monument are closed to e-Bike use. The national policy... classifies e-Bikes as Motorized Vehicles and (they) are prohibited on roads and trails that are closed to motor vehicle use." For information, call the Fort Ord National Monument Manager at **831-582-2200**.

Gary and Suzan Ferrens will again ride the Skagit Spring Classic near Anacortes, WA, weather permitting, on May 11th. Suzan reports the event is "not a race but a fun ride." Local members contribute cookies and finger snacks for the rest stops, and there is a big spaghetti feed at the end. For Suzan and Gary the event is a family affair and a chance to visit relatives. Suzan says that she intends to ride the hilly 64-mile course this year, a new challenge!

Catherine vanRhee has arranged for **Pactimo**, the club's jersey vendor, to host a "Fit Night" at the April 25th SCCCC general membership meeting. Pactimo will bring a wide variety of sizes for men's



Recent Cycling for Starters graduates and their teachers are, left to right: Jack Johnson, Nina Donna, Donna Gardner, Seana Mallen, Lilly Ann Popken, Sue P. Thorley, Mary Maier, Ginger Anderson, Jenn Hunter and Betsy Schwartz

and women's jerseys for members to try on. Pactimo is donating \$250 for food and beverage for the meeting.

SCCCC member **Richard Burton** likes long rides! He plans to ride the Central Coast Double Century (Palo Robles) in May. In June he will ride the Eastern Sierra Double Century (his favorite) starting in Bishop and the Alta Alpina Double Century in Markleeville! He has ridden 26 double centuries to date!

His favorite ride is the Eastern Sierra Double for its scenery—13,000' tall mountains, the town of Mammoth Lakes, Mono Lake and the low-traffic roads east of Highway 395. Good luck Richard in your long distance ventures! —**RHODA BIKE**



Graduates, front to back: Jenn Hunter, Donna Gardner, Mary Maier Betsy Schwartz and Ginger Anderson



SCCCC members on recent Tierra Bella century are, l to r: John Lunden, David and Jeanni Kadotani, Jack Kellythorn, Chris Zemny, Joe Kelly and Patrick Kretsch



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.santacruzcyclings.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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Love to Ride Challenge encourages locals to commute by bicycle

Last year Nicholas Hartsog, 34, (photo at right) started crunching the numbers for his daily commute of 14 miles round trip in his 1995 Jeep to his job as an Information Technician at Ecology Action downtown. His expenses included: \$6 per day for gas plus the cost of parking in a nearby garage. Since Ecology Action gives \$2 rebates for each day an employee walks or bikes to work, Nicholas thought of buying a e-Bike. Then, inertia set in. What was the safest route to take? Should he buy a regular road bike or an e-Bike? Could he take out a loan to buy a bike? Nothing happened.

Then the Love to Ride folks issued their September Challenge, encouraging company employees to team up and commute by bike to their work



place, recording their rides on the Love to Ride Website, and earning prizes from local bike shops like gift certificates, free e-bike rentals, tune ups, helmet and beer.

That did it. Nicholas took out a bike loan and bought a Haibike from E Curent Bikes. By teaming up with a few other EA employees who had entered the Challenge, he learned the best roads to ride from his home in Capitola to his office downtown. Today he rides his e-Bike five days a week, surprising himself that his fitness level has improved dramatically. Gone are his sciatic nerve and

knee issues while his cardio vascular level is at an all-time high.

"I wasn't sure at first if I wanted an e-Bike or not," says Nick. "But the Capitola Village hill made me realize my best choice was one that would help me climb the hills."

In fact Nicholas's enthusiasm for bicycling spilled over to his family, and he encouraged his wife Casey to start bicycling. Casey not only purchased an E-bike, she became the top finisher for women in the Love to Ride Challenge's lottery last year.

Nicholas uses an app called Ride Report for keeping track of his rides. Ride Report allows an iPhone to track each ride and connect its miles directly to the Love to Ride website. Another popular app is Strava.

Besides keeping track of miles on the bike, Nicholas updates and otherwise keeps track of EA's 15 different websites. He has been the computer tech guy at EA for the past four years.

And his 1995 Jeep? It's officially been taken off the road. "Doing the math with financials resulted in a "yes" for bicycle commuting," Nicholas says. "I absolutely made the right decision."

—GLIDE A. LONG

Bikes and books fund drive

Books and bikes are coming together at Salinas High School! Patty Vargas, a teacher/librarian at the school, is teaming up with the Mountain Bike Club to raise \$2,000 to buy 600 new books for elementary school students at Roosevelt School. The mountain bikers will deliver the books by bike.

Patty says, "Bringing together books and bikes will give the high school students a platform to inspire and encourage younger students to build literacy skills. Elementary school students really look up to teenagers. I think Roosevelt School students will be thrilled to see our students on their bikes, decked out in team jerseys, visit them and gift them with new books." To contribute, go to: <https://www.gofundme.com/salinas-high-school-ride-for-reading>

Bike Week Challenge offers a \$7,500 prize

Love to Ride and Ecology Action have teamed up this spring to encourage more bicyclists to ride on Santa Cruz roads. To do so, EA is offering a \$7,500 prize for the winner of the Love to Ride/Ecology Action Lottery. To participate in the lottery, bicyclists must be 18 years or older and a resident of Santa Cruz County Bicyclists riding during the month of May accumulate "entry's" or credits. The more entry's/credits, the better chance of winning the lottery. Entry's are earned by doing the following...

- For baseline eligibility and one entry, riders must register on Love to Ride's website (lovetoride.net/santacruz) and log five rides during May through an app like Strava. (Mileage has no bearing on entries.)

- Rider receives one additional entry per person by encouraging that person to ride a bike. (This "new rider" must register and log at least one ride on Love to Ride's

website.)

- One entry for participating in Bike to Work Day.
- Winner will be selected by random draw. (Individuals who encourage lots of people to ride through Love to Ride will receive more entries, increasing their chance of winning.)
- Ecology Action employees are not eligible to participate.

REGISTER TODAY!

So, what are you waiting for? Log on to Love to Ride and plan your May bicycle rides. Encourage all your friends to do the same! Oh, and Bike to Work Day is Thursday, May 9th with 12 free breakfast stops throughout the county for you to register at and receive an entry towards your lottery prize of \$7,500!

Ecology Action expands Bike Week to entire month of May

- **Wednesday, May 1** – Love to Ride Bike Challenge Launch : 31 days to ride your bike, encourage your neighbors and co-workers to ride a bike and perhaps win \$7,500. (See rules on p. 4 for details.)

- **Friday, May 3** – Bike Night @ MAH, 5 pm—9 pm Bike community, art, music @ the MAH. Celebrate the kick off of Bike Month with a street festival on Cooper St. and bike art with Little Giant Collective!

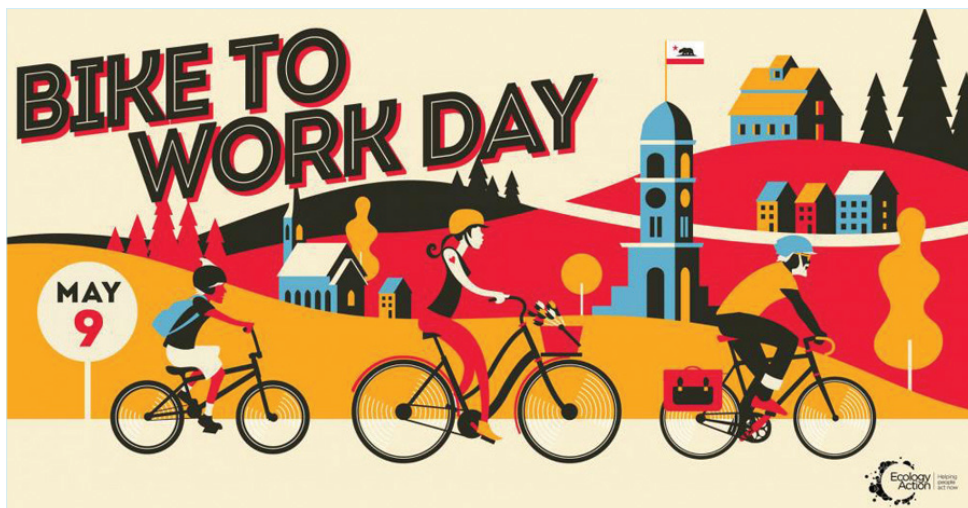
- **Saturday, May 4** – Old Cabin Classic, 10 am—4 pm Mountain bike festival and race in Wilder Ranch; enjoy a throwback to the early days of mountain biking and support mountain biking in Santa Cruz County.

- **Sunday, May 5** - Frances Cycles Workshop Open House, 10 am—4 pm Come tour the Frances Cycles Workshop where Frances bicycles and Farfarer trailers are made right here in Downtown Santa Cruz. If you are curious about bicycle design, construction and repair, metal working machinery, local manufacturing or urban bike transportation, this is a great opportunity. Bicycles, cargo bicycles and trailers will be available for test ride and sale. Kids welcome.

- **Thursday, May 9** – Bike to Work/ School, 6:30 am—9:30 am Ride your bike to work and school and breakfast is free. Ecology Action has 12 public breakfast sites and 40+ schools participating around Santa Cruz County.

- **Friday, May 10** – Bike Party Friday Night, 7 pm—9 pm Join Bike Party Santa Cruz for an evening community ride around Santa Cruz. Bring lights, costumes, and bells. All skill levels welcome.

- **Saturday, May 11** – Bike Fest @ Bike Trip, 11am—2 pm Once a year Bicycle Trip hosts ALL cyclists



for a BASH at the shop on Soquel Ave. It's a time when young and old, commuters, roadies and mountain bikers, recreational riders and racer-types come together to celebrate riding and having fun on two wheels in Santa Cruz. Indulge in food and drink; get your mind blown by our multiple bike stunt shows, demo your dream e-Bike, road bike or mountain bike, browse the inspiring cycles, parts and accessories in our vendor village, engage with local bicycle clubs and non-profits, partake in numerous kids' activities and reap the rich bounty of our famous, free raffle and prize wheel!

- **Thursday, May 16** – "e-Bike Demo Event @ Current eBikes, Time TBD, Try Life on a Gazelle eBike" Current eBikes and Gazelle invite you to try a Gazelle eBike in your daily routine. Borrow an eBike and charger for 24 hours and see how it fits into your everyday life. Pick up between noon and 6 p.m. on Thursday, May 16th @ Current eBikes 131 Front St. Drop off Friday, May 17th between 10 am and 6 pm. @ Current eBikes 131 Front St. No charge. Must be 18+. ID and Credit Card Required.

- **Saturday, May 18** – Bike and Bird @ Ramsay Park w/ BSP, 9 am—Noon Explore the natural wonders and birds of the majestic Watsonville Sloughs. All ages and levels welcome. Children under 18 must be accompanied by a parent or

guardian.

- **Sunday, May 19** – Girls Rock Ride @ Ecology Action—9 am—2 pm An inclusive, all-level mountain bike ride for women curious about mountain biking! Groups for different riding levels will take off from Ecology Action after some morning mingling, snacking, and coffee. Come one, come all!

- **Sunday, May 19** – 30th Annual Strawberry Fields Forever Ride, All Day The ride is sponsored by Cyclists for Cultural Exchange. Start is 6 a.m. at Pajaro Valley High School, Watsonville.

- **TBD: May 21 – 24** How to grocery shop by bike @ Aptos New Leaf, Time TBD In this class, we'll look at making your trips to the grocery store by bike. How are you supposed to carry all your goods on two wheels? We'll peel back the layers on how to make a store run successful. Do I need a basket or panniers? What even is a pannier anyway? Different ways to pack your supplies, distributing weight, and knowing when too much is too much.

- **Friday, May 31** – Challenge Wrap Up Those 31 days flew by! How many bike trips did you make? Did you encourage someone else to ride? Celebrate Bike Month and find out the \$7,500 winner at our Bike Month Party in June at the Santa Cruz Mountain Brewery. Date TBD

CCE visits Cuban beaches and homes on bamboo bikes

Five bicyclists gathered on March 26, in the eastern city of Holguín, Cuba to ride bamboo mountain bikes. SCCCC members Chad Williams, Brian Chapman and Pat Lawson, along with Santa Cruz residents John Brown (owner of Santa Cruz Family Center Bike Shop) and Matt Morris, were greeted at the airport by Craig Calfee and host Ana-Beatriz Hernandez Abreu and friends.

During the week, Ana's many extended family members joined us, including her brother Cesar, who is head mechanic of the Cuban Bamboo Bike Project. Our sag wagon, an electric-solar powered bamboo Bici Taxi, caught everyone's attention, no matter where we were riding.

We started our tour in Holguín, riding through country and beach roads to Gibara, where we stayed in Ana's casa for the week. Rides were a combination of paved but mostly dirt roads. We took a small ferry boat across the bay, then rode to our final destination, an all-inclusive beach resort in the town of Guadalavaca.



From left to right: Brian Chapman, Chad Williams, Mike Reiner, Ana Beatriz Hernandez Abreu, Cesar Hernandez Jr, Patricia Lawson, John Brown, Cesar Hernandez Sr, and Craig Calfee

Some of our trip's highlights included: swimming in natural ponds and cenotes, climbing to scenic vista points, touring Cesar's home to see how he builds the bikes and being treated to a roasted pig feast with Cuban traditional side dishes as well as home made soup on our next day's ride.

An early morning ride to the airport April 4th ended the trip for almost all. Chapman and Lawson visited Havana for a few days, renting bikes to tour outside the historic downtown.

Kudos to Chad Williams for all his efforts in organizing an outstanding ride!

—Patricia Lawson

Repaved roads on the horizon for favorite bike routes

Repaving of roads popular with SCCCC members will occur this summer and fall in Scotts Valley and Capitola. In the south county, Watsonville is improving one of its major traffic corridors to provide more bicycle and pedestrian safety.

The City of Scotts Valley will repave Glenwood Drive starting at the high school and extending uphill to the city limits. A half-mile-long bike lane will be striped on the same side of the road as the school, then both sides of the road will have new bike lanes on upper Glenwood. Sharrows and signs that say Bikes May Use Full Lane are also part of this \$1.3 million project. Construction begins this summer.

Facelift for 41st Avenue/Brommer

The bumpy pavement starting at the intersection of 41st Avenue and Brommer Street and extending west to 38th Avenue will be torn up and replaced with a new road surface thanks to the City of Capitola. The \$800,000 project includes new striping for bike lanes and the removal of parking spaces on the north

side of Brommer on the first block west of 41st Avenue. Street repaving will extend to 38th Avenue. A bike box will be added for safety at the intersection of Brommer and 41st. This project goes out for bid in the fall, with construction starting soon after.

Wider bike lanes on Freedom Blvd.

Watsonville will create more space for bicyclists and pedestrians and less space for cars when it repaves Green Valley Road, starting at Loma Prieta Avenue and ending at Freedom Boulevard. The plan calls for reducing all traffic lanes by two feet in order to widen the bike lanes and sidewalks. Bike lanes will be green, with buffered and striped green lanes for turning from Green Valley onto Freedom. Construction is expected to start in late summer.

Trestle Trail weather delay

Due to the prolific winter rainfall, completion of the San Lorenzo River Trestle Bike/Ped Path will not open on Memorial Day as originally planned. The 10-foot-wide cantilevered path connecting east and west Santa Cruz will be completed later this summer.

Progress on three bike trails

The Santa Cruz County RTC approved the final Environmental Impact Report for the North Coast section of the rail trail, which places the paved bike/walking path on the ocean side of the tracks and up on the embankment (better views!). Construction begins in 2020 for the 7.5-mile path from Wilder to Davenport.

Construction of the section of trail from Natural Bridges Drive to Bay Street is scheduled for later this year with completion in 2020. This 1.5 mile section of the trail provides a car-free path on the Westside, connecting residents to schools, jobs and restaurants.

Ecology Action is part of two state-awarded Active Transportation Program grants, one to increase bike safety and biking at UCSC and one to expand school-based bike and walking safety and encouragement in Monterey. EA is partnering with UCSC Transportation and Parking Services for widening the bottom part of the Great Meadow Bike Path as well as promoting regular pedal bikes, e-Bikes and JUMP bikeshare.

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 of Rancho del Mar Shopping Center, 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: Larry Tierney at ltierney2854@gmail.com. "Lite" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride. C/D rides on Mondays and Thursdays are listed on club calendar at www.santacruzcycling.org.

Saturday, May 4th A/B Ride
Jamison Creek and Empire Grade
9 a.m. start at Gateway Plaza; A/B=41.4 mi/4,147'
Ron Olson.....408-218-3189

Saturday May 4th C Ride
Kelly's via Scotts Valley
10 a.m. start at Gateway Shopping Center; 26.1 miles, 1597'
Joe Kelly.....831 234-1977

Saturday, May 11 A/B Ride
236 Loop, Highway 9, Saratoga
9 a.m. start at Boulder Creek; A=60.2 mi/6,563'; B+=43.5 mi/4,591'; B=25.4 miles/2,567'
Dan Hughes.....925-640-5797

Saturday May 11th C Ride
Uvas to Rosy's at the Beach
10 a.m. start at 17200-17282 Depot St. Morgan Hill;
33.3mi/1370'
David & Jeanni Kadotani.....831-588-3561

Saturday, May 18th A/B Ride
Carmel Valley Loop
9 a.m. start; A starts at Carmel Valley Community Park; B starts at Creekside Trailhead at Hwy 68/ Reservation Rd.;
A=87miles/5,600'; B=70miles/3,900'
Peter Jones.....831-234-5555

Saturday May 18th C Ride
Seascape via East Cliff and Capitola
Start 10 a.m. at Gateway Shopping Center; 29.9 mi/1339'
Pete Pearson.....408-823-1008

Saturday, May 25th A/B Ride
Aromas, San Juan Bautista and Fremont Peak
9 a.m. start at Aromas School; A=66mi/5,765'; B=45mi/3,000'
Chris Boman.....831-475-5902

Saturday May 25th C Ride
No Leader; Decide and Ride

Saturday, June 1st A/B Ride
Monterey Area
Route and start time TBD
Brett Hennie.....513-746-1632

Saturday June 1st C Ride
Seascape/San Andreas/Larkin Valley
10 a.m. start at Seascape, Aptos; 26.7 mi/1000'
Bill McBride.....831-239-5081

Saturday, June 8th A/B Ride
Gazos, Alpine, Pescadero
9 a.m. start at Gazos Creek State Beach; A=54.3mi/4,157';
B=44.6mi/3,039'
Chris Pearson.....831-239-8517

Saturday, June 8th C Ride
Monterey Foothills via Bike Path
10 a.m. start at Pezzini Farms, 25 Nashua Rd; 35.4 mi/1663'
Paula Bradley.....831-345-5482

Saturday, June 15th A/B Ride
Woodside via Tunitas Creek
9 a.m. start at Pescadero; A/B=51.2mi/5,677'
Paul McDonald.....831-419-7388

Saturday, June 15th C Ride
Royal Oaks via Carlton
10 a.m. start at West Marine, Watsonville; 30.8 mi/875'
Petronella van Dam.....831-454-6010



Tuesday, March 19th lite riders gather at Gateway Plaza, left photo, while A,B and lite riders pause in Corralitos on Tuesday, April 9th in right photo.

Open Streets Watsonville Sunday, June 2nd Brennan Street Bike, Dance, Stroll, Play in the Street!

Saturday, June 22nd **A/B Ride**
Eureka Canyon Road
9 a.m. start at Capitola Community Center
Shahe Moutafian.....831-251-1663

Saturday, June 22nd **C Ride**
Sand City to Pebble Beach via 17-mile Drive
10 a.m. start at Starbucks at Sand City Shopping Center; 33.1 mi/1242'
Jack Johnson831-359-2501

Saturday, June 29th **A/B Ride**
Route and start time TBD
Kathleen Bortolussi

Saturday, June 29th **C Ride**
Seaside via Fort Ord
10 a.m. start at Walmart, Marina; 26.4 mi/1782
Ric Eiserling.....831-234-7725

Saturday, July 6th **A/B Ride**
Route and start time TBD
Isabelle Magnin.....'831-325-2712

Saturday, July 6th **C Ride** **No leader; Decide and ride**



While some progress has been made on the Trestle Trail over the San Lorenzo River, opening day will occur sometime this summer (not Memorial Day Weekend) due to frequent rainy weather this spring. (See story on page 5.)

Skippy gives 2019 update on SMC

The 21st version of the Santa Cruz Mountains Challenge on Saturday, July 20th is shaping up to be another great event! As of April 10th, rider registration numbers were at 138, a 15% increase from the same time last year! Route changes for the Double Century include eliminating the climb up Rodeo Gulch and adding a loop through Big Basin. Updated routes are posted on the event's website:

<https://santacruzmountainschallenge.com/>

This event is an opportunity for SCCCC to showcase itself. We take great pride in presenting a high quality, professional event. However, we can only do this with the efforts of 100+ club volunteers! And captains for all the volunteers! Currently we have four vacant captain positions: UCSC parking coordinator, Post Ride Load Out (from Baskin Courtyard @ UCSC), Boulder Creek Rest Stop Captain and Water Order/Delivery Captain. If you are interested in any of these captains' positions, please email me directly. — *Skippy Givens* century@santacruzcycl.org

Three CPR classes offered in May, June

Last December my 58-year-old Norwegian friend survived a heart attack while she was running. Fortunately she has recovered 100%, with no brain damage. She collapsed near a neighborhood market, where two young women performed CPR immediately until an ambulance arrived. (In Norway, and throughout Europe, all students are required to take CPR.)

I would love to see all of our club members learn CPR. John Laurent, a retired firefighter, will teach three upcoming CPR classes on two Mondays (April 29th and June 3rd) and also on Wednesday, June 5th, at 1841 41st Avenue, Capitola. Cost of the class is \$40, which includes a manual and two-year certification card. It will cover CPR, obstructed airway, use of the AED and first aid treatments for bike riding accidents (bleeding, broken bones, spine injury and exercise-related injuries like heart attack, stroke and diabetic reaction.)

Since our SCCCC rides often occur in rural areas where first responder or ambulances may not arrive for 15 minutes or more, these classes are a good idea! To register, you may contact me at pbradley2004@sbcglobal.net or call me at 831-345-5482. Or you may contact John directly at j4laurent@sbcglobal.net or call him at 831-345-8176.

As John says, "As a firefighter, it was extremely sad to arrive and find no CPR being performed, knowing that we were then, too late."
—Paula Bradley

Shahe Moutafian is a minimalist bicycle adventurer!

As a child, Shahe Moutafian (photo) spoke three languages—Armenian at home and French and Arabic at school. At the age of 10, he added English when he began attending school in Oakland after his family emigrated to the US. Later, in preparation for a 30-year-career as a nurse in the Pajaro Valley school system, he learned Spanish. How did this linguistic repertoire come about?

Born in Damascus, Turkey, 69 years ago, Shahe (Sha-hay) spent his early youth there. His father, whose parents died when the Ottoman Empire exterminated 1.5 million Armenians in 1915, went from selling bread on the streets of Damascus to graduating from the American University in Beirut and a 32-year-career with the American Embassy in Cairo, Tehran and Baghdad.

Move to the United States

The family move to Oakland came in 1959, and Shahe graduated from Oakland High School before spending an unforgettable year motorcycling across the US to Cape Cod and Eastern Canada. “I benefitted from the kindness of strangers on that trip,” he recalls. One rainy night in New England a police officer allowed me to sleep in his jail’s cell!” Returning to California, Shahe earned a degree in anthropology from Cal/Berkeley, followed by a medical degree from UCSF. After



participated for the past 20 years in the Pacific Voices Choir.

Bicycling History

As for bicycling, Shahe bought his first bike, “an orange cruiser” when he was a 10-year-old delivery boy for the *Oakland Tribune*. By the time he entered 7th grade, he had graduated to a 10-speed, climbing regularly with a friend into the Oakland Hills. Today, Shahe says he rides his bike “for transport, not just for sport.” In fact, his strong sense of frugality has encouraged him to keep his 1981 Datsun mostly at home while he bikes to his various volunteer groups around town.

Mondays start early for this strong, intrepid rider who helps Greybears, an organization which delivers groceries to seniors, by preparing and sorting food

working in the trauma center at Highland County Hospital in Oakland for three years, he moved to Watsonville in 1980. He and his wife of 40 years, Vivian, live in Capitola. The parents of two grown children, they also have

at its Chanticleer Avenue headquarters. Then he bikes to Seabright Beach to help Groundswell Coastal Ecology restore native plants to the dunes and hillsides. He rides 100–150 miles per week, while his Datsun mostly gathers dust. “I average about 200 miles by car, but that mileage is less and less each year,” he says.

\$35 Bike and a Pair of Huaraches

Shahe, a calm and friendly person, has an innate sense of adventure, which manifested itself in 1979 when he rode a \$35 used bike from Eureka, CA to Bogata, Columbia! While his destination was Salvador in the Brazilian state of Bahia, it was such a hassle to process the bike whenever he crossed into a new country, he finished the bike part of his journey by selling it in Bogata in exchange for an airline ticket.

And the bike trek itself was not always smooth, as Shahe had to spend a week in a hospital recovering from a staph infection caused by mosquito bites! A frugal traveler, he bypassed organized camping sites en route to South America in favor of nearby forests! He carried one blanket in a wicker basket and wore huaraches (open toed sandals with soles made from tires). He brought \$500 to last for four months of travel. After arriving in Brasil, however, Shahe learned that the woman he had made to trip there to see was now married.

Club Rides and Bike Tours

Shahe credits Chris Boman, Ron Olson and Howard Unkeles for encouraging him to join SCCCC three years ago. Very quickly he became a regular ride leader. He says he distributes route sheets and likes to lead from the front. He will call for a re-group if needed but doesn’t get upset if riders go their own way. Formal lunch stops give way to snacks en route or an occasional peanut butter sandwich he carries in his faded red first aid pack. He also enjoys organizing short bike campouts with friends, and plans an recent outing to Butano State Park and Cloverdale Road near Pescadero.

“Joining and riding with SCCC has benefitted me by discovering areas I didn’t know about, making great friendships, and feeling connected with folks of similar interests. It is a real pleasure to ride and share the joy of bicycling,” he says.

—Glide A. Long

Don’t become a victim of Dooring!

Doorings in cities (injuries resulting from drivers opening the car’s door, striking an approaching bicyclist) are often among the top injury-producing crashes between bicycles and automobiles, according to Michael Charney, creator of The [Dutch Reach Project](#), a website dedicated to spreading use of a car door-opening technique aimed at preventing accidents.

In practice, the Dutch Reach is opening your car door with the hand furthest from the door. This forces the driver to turn and increases the likelihood he or she will look in the side mirror or behind to see if a bicyclist (or skateboarder or scooter rider) is approaching. Also one cannot throw the door open using this method.



Kathy Ferraro is no stranger to organizing film festivals

While growing up in nearby Cupertino, Kathy Ferraro (photo) enjoyed annual summer camping outings with her family. So, it comes as no surprise that her working career as senior recreation supervisor with UCSC's Office of Physical Education, Recreation and Sports lasted 26 years. Or that she now organizes eight film festivals each year focusing either on outdoor adventure or, like the upcoming Lunafest, stories by and about women.

"My family was very active and I went on my first camping trip when I was seven. We camped every year, and for a family of seven, it was an affordable and fun way to travel. I grew up hiking, camping, skiing, kayaking, canoeing, bicycling and running. My parents inspired me and that's how I ended up in outdoor recreation," she says.

In addition to her regular department duties, Kathy organized her first film fest, the Banff Center Mountain Film Festival, in 1999. This festival, now in its 30th year, is



the major fundraiser for the recreation department. Since then Kathy has added seven more film fests to her resume! While such a task might seem daunting to others, Kathy takes it all in her stride.

A Good Organizer

"I believe I have a knack for this type of event because I enjoy marketing and sales. Both take strong people skills, which I believe is my strength. I enjoy bringing sponsors on board and working with the business community. I have strong organizational skills, which also help in promoting the festivals. And, since I enjoy outdoor sports and travel, the subject matter of the films appeals to me. I love the diversity of films and the inspiring

adventure stories that are screened."

Besides the May 9th Lunafest, Kathy also sponsors Telluride Mountainfilm, Reel Rock Film Tour, Mountainfilm, International Ocean Film Tour, Women's Adventure Film Tour and, this year, The Bikes of Wrath. For marketing, she boasts local media sponsors who help cross-market the events, and a long email list of attendees, which grows each year by leaps and bounds. Kathy, a naturally enthusiastic person, thrives on event promotion to benefit the community.

"One of the ways that I feel blessed in doing these events is all the people that I am able to meet and interact with, from the community to the local businesses, nonprofits and the athletes, some who are filmmakers themselves. I hope to continue doing this for a very long time. It's incredibly rewarding."

Bikes of Wrath movie illustrates struggles of modern day life

Many iconic American road trips are chronicled in film and literature. However, no novel has inspired such dread and discomfort of the westward migration by the Okies in the 1930's as John Steinbeck's *The Grapes of Wrath*. For five gung-ho Aussie adventurers, nothing was more inspiring for a bicycle trip than the plight of the Midwest farmer forced west in search of work and opportunity.

Re-creating the Okies

Filmmakers Charlie Turnbull and Cameron Ford, along with their mates; Red Chaouki, Leon Morton and Oliver Chiswell, wanted to recreate the westward migration of the fictional Joad family from this novel. Opting to bicycle in order to take in the countryside and re-create the tough slog of the original migrants, the friends set off with \$400, the modern day equivalent of the Joad's \$18. Then they hit the road with hearts full of hopes and dreams.

They were greeted with warm and generous people everywhere they went, and at one point early on, even had more money in the kitty from donations than they started off with! They discussed their intentions with everyone they encountered in the



"Bikes of Wrath" friends comfort and try to advise a homeless man they encounter on their journey from Oklahoma to California.

everyday struggles of Middle America. People invited them into their homes, offered them meals and money. One couple offered an injured member of the team a place to stay and recover, before driving him to the next meeting point. Their discussions centered mainly around why two questions: Why are immigrants hated and despised? Why are disparities in wealth tolerated when so many people are starving?

Voice-overs from the novel

Much of the journey itself was covered by montage footage of the group riding, Chiswell's beautiful photography, and voice-overs from locals reading excerpts of the novel's text highlighted what was the central thesis of the film: the most gener-

ous people in society are the ones with the least to give, while poor people will give you their last dollar.

Club member's review

Paula Bradley's **review:** This film was fun and inspiring. I saw it because it was about bicycling and travel, but I was surprised that four of the five Australians were not good bicyclists, and none were good at trip planning! They did this adventure to experience the hardship of a Dust Bowl family traveling to CA. As a result, they met and interviewed people whose families had experienced the disaster, learning how it was still part of their lives.

Touring Southwest in July?

They rode their bikes across the Southwest in JULY! I cannot imagine the heat or sleeping in abandoned gas stations. But they were sincere and open minded, wanting to experience America as it was in that era and remains so today, and they portrayed positively a part of America most of us will never see. They inspired the people they met who, in turn, were kind and generous, although at times scary.

Best quote from the movie: "A wealthy person will give you a dollar and poor people will give you their last dollar". This is as true today as in the 1930's.

Local bicycle shops

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

Another Bike Shop
2361 Mission Street
427-2232
Open daily–10AM–6PM

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

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

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

The Spokesman Bicycles
231 Cathcart Street
429-6062
Monday–Saturday 10AM–6 P.M.
Sunday–Noon–5PM

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

Bike Station
(New Location)
3555 Clares St., Capitola 95010
831-226-5050
Monday–Friday–11AM–6PM
Saturday–10AM–5PM
Sunday–Appointment only

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

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

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

1730 Mission Street, Santa Cruz
423-9000
Monday-Friday 10AM–7PM; Weekend 9AM–6PM

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

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

831-426-1111 www.maverickmailing.com



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

Santa Cruz County Cycling Club Membership Application/Renewal Form

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

Member First Name	*Member Family Name	*Member Contact Email
*Member Contact Telephone	Member Ride Cell Phone	___New Member ___Renewal Member ___Include on Printed Roster ___Add to SCCCC Email list
2nd Member First Name	2nd Member Family Name and Email	One Year Memberships ___Individual \$25 ___\$30 for RR Mail* ___Family \$35 ___\$40 for RR Mail* ___Junior \$10 ___\$15 for RR Mail*
2nd Member Contact Telephone	2nd Member Cell Phone	Three-Year Memberships ___Individual \$60 ___\$75 for RR Mail* ___Family \$90 ___\$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, 2019

Sunday	Monday	Tuesday	Wednesday 1 <i>Bike Month begins</i>	Thursday 2	Friday 3 <i>Bike Nite/MAH</i>	Saturday 4 <i>Club Ride</i>
5	6 <i>C ride</i>	7 <i>Club Ride GP</i>	8 <i>SCCCC board SCMC captains</i>	9 <i>Bike to Work/ School Day</i>	10	11 <i>Bike Trip's Bike Fest</i>
12 <i>Go for a bike ride!</i>	13 <i>C ride</i>	14 <i>Club Ride Aptos</i>	15	16 <i>Gizdich ride 10 a.m. Corralitos</i>	17	18 <i>Club Ride</i>
19 <i>Strawberry Fields ride</i>	20 <i>C ride</i>	21 <i>Club Ride GP</i>	22	23 <i>Gizdich ride 10 a.m. Corralitos</i>	24	25 <i>Club Ride</i>
26 <i>Clean you bike</i>	27 <i>C ride</i>	28 <i>Club Ride Aptos</i>	29	30 <i>Gizdich ride 10 a.m. Corralitos</i>	31	1 <i>Club Ride</i>
2	3 <i>C ride</i>	4 <i>Club Ride GP</i>	5 <i>Be a bicycling ambassador</i>	6 <i>Gizdich ride 10 a.m. Corralitos</i>	7	8 <i>Club Ride</i>
9 <i>Go for a bike ride!</i>	10 <i>C ride</i>	11 <i>Club Ride Aptos</i>	12 <i>SCCCC board SCMC captains</i>	13 <i>Gizdich ride 10 a.m. Corralitos</i>	14	15 <i>Club Ride</i> <i>VVolu</i>
16	17 <i>C ride</i>	18 <i>Club Ride GP</i>	19 <i>Clean your bike</i>	20 <i>Gizdich ride 10 a.m. Corralitos</i>	21	22 <i>Club Ride</i>
23	24 <i>C ride</i>	25 <i>Club Ride GP</i>	26	27 <i>Gizdich ride 10 a.m. Corralitos</i>	28	29 <i>Club Ride</i>
30 <i>Clean your bike!</i>				GO GREEN!	GP is Gateway Plaza	<i>Club Ride</i> <i>Aptos is Rancho del Mar Shopping Ctr.</i>

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



SCCCC
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