

The Roadrunner

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

Santa Cruz Mountains Challenge 21 is best ever!

Maybe it was the homemade breads. Maybe the record number of riders—571 at last count. Maybe the excellent weather—cool fog for the morning climbs and refreshingly breezy with afternoon sunshine on Highway 1. How about the excellent organization of Event Director Skippy Givens, along with 100+ volunteers encouraging the riders all day long? Take your pick. These are a few reasons why the 21st annual Santa Cruz Mountains Challenge was, hands down, the best ever!

This annual SCCCC fundraiser includes four rest stops and two water stops spread out over more than 100 miles of mountain roads. SAG vehicles and ride ambassadors are available for all riders, who may experience flat tires or injuries (one rider was taken to Dominican Hospital with a broken elbow after a fall on Bear Creek Road). It's a daunting task to coordinate, but Givens says the rewards are well worth the months of planning.

Event Delivers Joy

"This was my third year as director," he says, "and this year was the most satisfying for me personally. The high registration numbers, the passion so many people put into their work, the high 'stoke' factor that we all receive from the riders added up to an amazing event.

"Thank you to all of the captains who championed this event by attending endless planning meetings, coordinating the efforts of others and delivering on their challenging tasks. Thank you to all of the volunteers who smiled as they worked through jobs.

"I think the most consistent element we delivered was joy. The joyfulness of our shared love of bicycling with others."

Pete Pearson, captain of the Natural Bridges Water Stop, said his volunteers received compliments all day on the event's organization. "One experienced rider said the excellent organization really showed at all levels," he added.

Tina Ensign, who helps serve the tastiest mountain lunch around, said she will order more pickles next year, especially dill pickles for electrolyte replacement!

Riders also gave a big thumbs up to the



*Alba Road is the signature climb of the SCCC
—Lisa Beaudreau photo*

excellent signage on all four routes, along with color-coded directional arrows at critical turns. A big thumbs up to the volunteers who worked during the early hours of the day, Saturday, to place signs, and to the Friday Route Marking Crew!

Big Basin Confusion

That being said, one lone area of confusion occurred when some riders leaving the Boulder Creek Rest Stop turned right onto Highway 9 instead of left, missing the Big Basin Loop, one of the most scenic sections of the 200K route.

Mike Reeves of Mountain View rode from that rest stop to Alba, realized his mistake and rode back several miles to Big Basin. Local riders like Andrew Heath and Chris Hinck either knew about Big Basin or had studied the large map posted at Rest Stop #2.

Bob Fetherston of Los Gatos found his GPS equipment helpful, and Boyd Berghuis followed the route on the map, although Berghuis said better directional arrows would have guided more riders correctly when exiting the rest area.

Dan Hughes, who lives on the Boulder Creek Golf Course, rode Big Basin clockwise, passing other riders coming towards him. His suggestion is that a clockwise route avoids the confusion of backtracking from Boulder Creek.

Always room for improvement!

—Glide A. Long



September—October, 2019
Volume 45—Issue 5

IN THIS ISSUE...

- *Bicycle injuries* 2
- *Jim Langley editorial* 3
- *SCMC photo pages* 4–5
- *A,B,C rides schedules* 6–7
- *Stolen bike recovered* 8

Ohana ride arrives Oct. 19th

The annual Ohana Ride for Breast Cancer, a road bike event, featuring a 20-mile and a 50-mile route, takes place Saturday, Oct 19. It is a Hawaiian-style coastal tour of Santa Cruz County, starting and ending at Seymour Marine Discovery Center, 100 McAlister Way, Santa Cruz 95060. Ride start time is 8 a.m. for the longer route and 9:30 a.m. for the shorter route.

The event includes a welcome breakfast, well-marked routes, maps, cue sheets and downloadable ride-withgps information, SAG support, rest stops and a post-ride party.

The party is a luau-style celebration overlooking the ocean with live Hawaiian music, mai tai's, massages for riders and a self-guided coastal cliff walk. T-shirts and jerseys will be available for purchase and a silent auction will take place. E-bikes will be available to try out.

The ride benefits The U'ilani Fund for Breast Cancer Support. Go to www.theuilanifund.org to register. Entry fee is \$100 until Aug. 31st, then \$125. More information at ohanaride@gmail.com.

SCCCC MEETING
THURSDAY, OCTOBER 24TH
SIMPKINS SWIM CENTER
979 17TH AVENUE

Club shorts: Quick recovery wishes to two cyclists

This summer two bicyclists have experienced unfortunate encounters with the road. Former SCCCC president **Catherine vanRhee** is recovering from a spill on the bike while descending Hazel Dell Road. She had successful surgery to fuse two spinal discs and she has recently shed her neck brace. Whew! We wish Catherine good health and a speedy recovery!

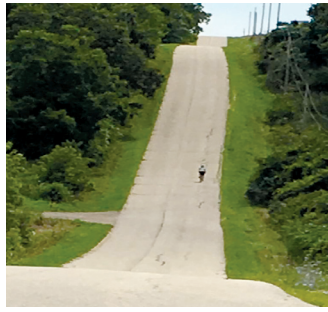
And **Ed Kilduff** experienced an unfortunate encounter with the pavement just outside his home recently. Ed took a spill from a speed bump, causing a hairline hip fracture. He visited the ER at Watsonville briefly but is home now. Whew!

Mountain biking doesn't always mean off-road bumps and grooves! SCCCC members **Chris Olson, Chris Pearson and Shahe Moutafian** rode Aug. 7th from Bear Valley to Markleeville in the Sierra Nevada Mountains. The trio left at 8 a.m., returning at 4 p.m. after conquering both Pacific Summit and Ebbet's Pass at 8,730 feet.

Total mileage was about 75 miles with 8,300 feet of climbing elevation. Shahe reports that the pavement surface was "superb, with VERY little traffic on a Wednesday. Weather was around 70-80 degrees.

"It felt and looked like spring with abundant wildflowers and ample flow in the Carson River. Snow was evident on distant peaks, but not at the Ebbet's Pass area," he said.

Ecology Action is offering another bicycle challenge, Cycle September, from September 1st to 30th. Individual bicyclists and bicycle teams from local



Marianne Benforado is the tiny speck on the road in Southwestern Wisconsin. She wants you to know roads there are not flat! (David Lawrence photo)

organizations are free to sign up! Fall Bike to Work and School is coming on Thursday, Oct. 3rd with free breakfast to participants at various Santa Cruz County locations.

From the mountains to the ocean, two film tours are on the horizon for September at the Rio Theater! Patagonia Santa Cruz presents an **International Ocean Film Tour** at 7 p.m. on Sept. 7th. This event supports two local non-profits, Mountains 2 Sea and Save Our Shores. (The latter is sponsoring a Sept. 21 coastal clean up day.) Tickets are available at <https://www.brownpapertickets.com/event/4278578>. For more information visit riotheatre.com.

Two weeks later, on Sept. 20, the **Banff Centre Mountain Film Festival World Tour Radical Reels and Adventure Night** takes place at 7 p.m. at the Rio. The agenda includes films on bicycling, climbing, skiing, running and horseracing. Tickets are available at the same online location.

The Santa Cruz Small Craft Harbor has resurfaced its **bike/ped trail**, extending from the Murray Street Bridge area halfway toward the rear of the harbor. The narrow path is now smooth blacktop, a big improvement from the former surface of potholes waiting to claim a bicycle's front tire. Thank you to the Yacht Harbor Board of Directors for the new surface!

Marilyn Marzell, donation captain for SCMC, thanks these organizations for their contributions to a successful event: Verve for 400 cups of coffee at registration and the Zayante Rest Stop; Whale City Bakery for 100 mini muffins gobbled up at the Swanton Rest Stop; Peet's for 100 cups of coffee at Swanton; Wild Roots of Felton for 24 pounds of organic spring greens for the Post Ride Meal and The Bagelry for four dozen bagels at registration.



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.santacruzcycl.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.

SCCCC OFFICERS

President.....David Giannini
pres@santacruzcycl.org
Vice President.....Isabelle Magnin
vp@santacruzcycl.org
Secretary.....Ron Olson
secretary@santacruzcycl.org
Treasurer.....Tina Ensign
treasurer@santacruzcycl.org
Membership.....Maura Noel
membership@santacruzcycl.org
Santa Cruz Mtns Challenge.....Skippy Givens
century@santacruzcycl.org
Ride Coordinator.....Chris Boman
rides@santacruzcycl.org

Award-Winning Newsletter.....Grace Voss
rr@santacruzcycl.org
Social.....Jennifer Byl
social@santacruzcycl.org
Education.....Albert Saporta
ed@santacruzcycl.org
pubsantacruzcycl.org
Webmaster.....Lisa Beaudreau



SCCCC welcomes Jack Johnson, left photo, back after a short absence due to a medical procedure. Jack participated in the Aug. 6th ride to Davenport on a cool Tuesday.

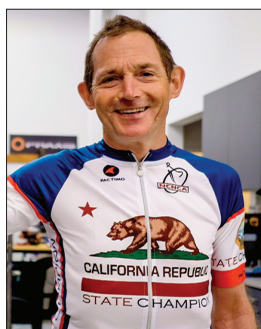
(The Roadrunner asked local bicycle aficionado, Jim Langley, to respond to an online article entitled "What's Behind the Rise in Bike Fatalities?" by Rogert Roy Britt. Here's Jim's opinion.)

I have ridden a bike every day for just over 25.5 years, or roughly 9,365 consecutive days, using an indoor trainer during inclement weather. During all that two-wheel time, I have experienced similar negative attitudes as described in the article. In fact, I have experienced this negativity so many times, that I'm convinced there's something about the act of driving that can turn certain everyday drivers nuts!

Sure, I could be the one who's nuts with my pet theory. But read the full title of the article again and think about what it says. It mentions the rise in fatalities (a 25% hike from 2010 to 2017!) Then it ties the fatalities (in part) to negative attitudes toward cyclists.

Does that make sense to you? Not to me. I get it that some drivers either don't like or are mad at bicyclists. Some people are just haters. What I don't get is how being mad may turn into attempted (or actual) murder!

Then, there's the deadly impact of increased driving speeds, the fact that many vehicles on the road are oversized, the fact that some counties have dangerous road



Jim Langley with his winning California Bear Jersey from the 2018 Northern California/ Nevada District Masters State Championship Time Trial.

conditions and/or hazardous intersections, and, worst of all, distracted driving. Is it any wonder the bicycling injury and fatality stats are becoming so scary?

But, I don't plan to stop riding my bike, and I don't want you to stop either. I actually think there's hope on the horizon in the form of smart, autonomous cars. If and when they go mainstream, everything could change, including the ability to harass, threaten or attack bicyclists while driving.

If that comes to pass, it won't happen for a while. So, in the meantime, here are 10 proven tips for reducing the risk from drivers when riding your bike. (I'm assuming your bike and equipment are safe, you wear a helmet and you know that bicyclists follow the same rules of the road as motorists.) Here are 10 tips for safe bicycling.

- Use front and rear bike lights both day and night

- Choose low-traffic routes
- Choose low-traffic days/hours for riding (if possible)
- Choose safe rides by trying to avoid deteriorating road conditions
- Take the lane when needed
- Be fully focused on the road, traffic conditions and ride wisely to limit risks
- Ride with others who know how to ride together
- Use bike technology such as Garmin computers that track and show passing vehicles (being hit from behind is one of the most common incidents)
- Use a rear view mirror (they're not for everyone, but many riders love them)
- Take safe bicycling courses such as SCCCC-sponsored classes and clinics

And, last, a bonus tip: many bicyclists have taken to the indoors to ride because there's zero risk from traffic. Plus, smart trainers and virtual reality software has almost brought the outdoors inside.

I hope these tips are helpful. Please stay safe out there and I'll see you on the road, and wave at you when I do.

—Jim Langley

Fremont Peak climb offers extra attraction in unpaved Old San Juan Road

We had a good Saturday A Ride turnout of 11 for a grueling climb up Fremont Peak from Aromas School on Aug. 3rd, a fairly hot day. We also had some B riders at the start who rode part of the ascent. Many of us had not climbed the peak in a while, and had forgotten how hot it gets and how steep that service road is as it ascends to the antennas at the top!

The upside was fabulous clear 360-degree views which awaited us. As we sat in the shade, refueled and rehydrated, Peter Stanger mentioned a dirt trail option he wanted to try, Old San Juan Road, which is part of the San Juan Bautista De Anza Historic Trail, built in 1776.

We opted for this 5.2-mile bypass, as it would keep us off busy Salinas Road. It

became an adventure, mostly a dirt road featuring a sunny ascent followed by a fun descent, which took us to Old Stage Road



In photo, front to back: Peter Stanger, Ron Olson, Kathleen Bortolussi, Mike Andalora, Ricardo Roullard, Chuck McLeod, Chris Pearson, Randy Upton, Dan Hughes, and Michael Siefert. Photographer was Shahe Moutafian.

with a little creek at the bottom. This road was gravel and then pavement, with agricultural fields on the right and refreshingly cool ocean breezes.

From Old Stage Road we turned onto Crazy Horse Canyon Road. Then we rode Echo Valley Road to Aromas School. This route was not for the faint of heart, but everyone liked the adventure. If you don't mind a little bit of a gravel ride on your road bike, this was a nice departure, and it added spice to our ride.

Thumbs up to the spirited group that joined me that day! Thank you for the fun ride, and thanks to the dedicated group of SCCCC members who keep the Saturday Rides going!

—Kathleen Bortolussi

Volunteers = success for Santa Cruz Mountains Challenge



L to r: Jan West, Steve Waller, Richard Bedal, Janet Rose and Mark Leitch; second photo, Quinn Latranchi of Epicenter Bicycles; Zayante Rest Stop crew, l to r: Peg Sherman, Patrice Monsour, Linda Fellicio, Howard Unkeles, Mike Siefritz and Annette Scheibner; in front is Captain Heidi Fraser; right photo: Martha Vickers and Ron Parrish direct bikers!



L to r: Mike Farmer and Ray Kaupp from East Zayante Rest Stop; Boulder Creek Crew, l to r: Jeremy Ellis, Ian Stowe, JT Barse and Zack Wick; Ian helps Constantine Makarewycz of San Jose with mechanics; right photo: Alba School Water Stop Volunteers, l to r: James Detke, John Detke and Roberta Roberts.



Ben Lomond Training Center lunch bunch, l to r: Linville and Michelle Lee and Earl Rosenbraugh in back. In front are Susan Dayoc, Captain Tina Ensign and Gloria Hum. Camera shy is Zelma Fennell. Second photo from left, Stirling Eriksson and his dog Milo of Cycle Works; Post-ride meal crew, l to r: Jeanni and David Kadotani, Petronella van Dam, Michael Ruggier, Harriet Brown, Michael Harrison and Rich Lawson.



Left to right: Alan Eklof, Chris Olson and Chris Boman (Ride Ambassadors), Bill McBride and JT Hart, Brian Treese and Catherine van Rhee (who no longer wears a neck brace).



Left to right: Charles Bogray, Jim Starr, Jo Stephenson and Susan Rosenthal, Marilyn Marzell (Donations Captain), Leonard Foreman (SAG Captain) and Tom Panello.

Lunch stop, rest stops, water stops abound at local challenge



L to r: Nina Donna, Sue P. Thorley, Petronella van Dam.



L to r: Norm Boehner, Joe Devera and Director Skippy Givens.



L to r: Chris Zemny, Paul Duren and Susan Kent.



Natural Bridges Water Staffers, l to r: Dave Roy, Joe Kelley, Stella Sexmith, Jennifer Byl, Pete Pearson, Jim Denton and Paula Barsamian. Individual photos, l to r: Sally Salmon came from Los Angeles to help her former bike club; Trish Cernac supervised recycling at Baskin; Wade Hall of Spokesman Bicycles helped out at lunch stop.



Swanton crew, l to r: Jane Ferguson, Barbara and John Moore, Tim and Hasmik Thomas, Guy Neenan, Toby Ferguson and, i(n front), Linda Halloran. Above: Zayante Rest Stop



Left, cool jersey guy; right, Matt Niswonger from Adventure Sports Journal.

Left to right photos: Generous lunch at Ben Lomond Training Center; 200k riders prepare to ride Big Basin Loop;

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.santacruzcycl.org.

Saturday, September 7th A/B Ride
From the Ocean to Skyline
 9 a.m. start at Gazos Creek State Beach; A=61 mi/5,966';
Michael Siefertz.....415-938-6714

Saturday, September 7th C Ride
Fort Ord Roads
 10 a.m. start at Pezzini's; 32 mi/1282'
Ric Eiserling.....831 234-7725

Saturday, September 14th A/B Ride
Pescadero, Woodside & In-between
 9 a.m. start in Pescadero; A=51 mi/5,600';
 B=45 mi/3,600'
Rick Shypit.....917-667-6302

Saturday, September 14th C Ride
Aromas to San Juan Bautista
 10 a.m. start at Aromas School; 27.9 mi/1448'
Barbara Moore.....831-239-1790

Saturday, September 21st A/B Ride
Gizdich Ranch and Beyond
 9 a.m. start at CCC; A=64 mi/3,300'; B=50 mi/2,400'
Chris Boman.....831-475-5902

Saturday, September 21st C Ride
Tour of Fort Ord
 10 a.m. start at Walmart, Marina; 26.4 mi/1782'
Leonard Foreman.....831-239-0938

Saturday, September 28th A/B Ride
Santa Cruz Mountains Odyssey
 Route details, start time and location TBD
Jeff Totten.....831-465-4468

Saturday, September 28th C Ride
17-mile Drive and Pebble Beach
 10 a.m. start at Starbucks, Sand City Shopping Center; 33.1 mi/1242'
Petronella van Dam.....831-454-6010

Saturday, October 5th A/B Ride
Eureka Canyon and More
 9 a.m. start, Rancho Del Mar Shopping Center;
 A/B=53.4 mi/5,494'
Ron Olson.....408-218-3189

Saturday, October 5th C Ride
Corralitos and Beyond
 10 a.m. start at Corralitos Market; 31.8 mi/995'
Helga Wiench.....Cell: 831 840-9513; Home: 831 288-0709

Saturday, October 12th A/B Ride
Saturday Surprise!
 Route TBD; 9 a.m. start at CCC
Isabelle Magnin.....831-325-2712

Saturday, October 12th C Ride
Pezzini's to Lovers Point
 10 a.m. start at Pezzini's; 29.3 mi/990'
Bill Mc Bride.....831 239-5081

Saturday, October 19th A/B Ride
Climb Fest in the Redwoods
 9 a.m. start at Felton Faire Shopping Center
 A=58 mi/6,800'; B=53 mi/4,936'
Richard Burton.....408-540-4695



Santa Cruz Mountains Challenge Workers Ride started from Gateway Plaza on Saturday, July 14th. Complimentary burritos were offered at Taqueria Vallarta after the ride.

Saturday, October 19th	C Ride	Saturday, October 26th	C Ride
Scotts Valley Tour		Morgan Hill and Rosy's at the Beach	
10 a.m. start at CCC; 23 mi/1187'		10 a.m. start at Railroad Park, 17200-17282 Depot St.; 33 mi/1368'	
Joe Kelly.....831 234-1977		David Kadotani.....831 588-3561	
Saturday, October 26th	A/B Ride		
Over the Summit and Back			
9 a.m. start at Boulder Creek A=43.3 mi/6,013'; B=33.7 mi/3,232'			
Dan Hughes.....925-640-5797			



HELMET FIT :
LEFT-CORRECT;
RIGHT-INCORRECT

Want a rails to trails adventure? Idaho, Oregon offer car-free bike travel

While riding with hundreds of tandem teams at the recent Northwest Tandem Rally in Boise, Idaho, Osman and I kept hearing folks talk about a spectacular 70+ mile rail-to-trail bike route just a few hours drive north called Coeur d'Alenes.

So, when the rally concluded on Sunday July 7th, we headed to Plummer, Idaho, where we could pick up the closer end of the trail. We decided to do the whole distance, west to east, in a day, spending the night in the town of Wallace, which has more accommodations, than in the actual trail terminus of Mullen. Then we would return to our car, riding the trail in reverse on Day Two.

I was somewhat leery about back-to-back days featuring long miles, but the terrain was easy (2-3 % grade) and the scenery stunning, with forests, river valleys, abundant wildlife, and mountain peaks surrounding us. (No need to climb them!)

While there was not much to recommend in the town of Plummer, it did have a good cafe featuring a (locally-picked) huckleberry pancake breakfast guaranteed to give us a good start! Our overnight in Wallace was excellent, and we enjoyed exploring the historic mountain town which is famous for its silver rush in the 1880's. Wallace citizens refused to relocate their town when the interstate highway was built, forcing the government to elevate the freeway above the valley. The result was a wonderful, shaded and rain-free section of bike path underneath!

We did ride the extra seven (gently climbing) miles to Mullen, so as to complete the trail, and we read a sign at the terminus explaining that the source of funding for such an amazing bike path was the silver mining companies. Whereas the companies made a fortune from mining, the silver extraction also generated

toxic waste in the form of mine tailings. As a result, this material was used to build the local portion of a transcontinental railroad bed that connected the east and west coasts in 1867.

To clean up this old environmental disaster along the railroad tracks, it was decided that a bike path could be paved over to a depth that would seal and stabilize the toxins. The path would encourage tourism by featuring non-polluting access to nature.

Today the Coeur d'Alenes Trail is believed to be safe for travelers, although local signage advises people to wash their hands before eating and not eat anything growing wild along the path. Likewise, nearby stream water is not potable, even after filtering, so bring plenty of your own water with you. (We did find a few places where we could eat and drink safe water just off the path.)

For good reason the Coeur d'Alenes Bike Trail has been inducted into the Rail-Trail Hall of Fame (www.railstotrails.org)

—Judy Isvan

My wife Vivian and I enjoyed a recent bike tour along the Vernonia-Banks Rail Trail, 30 miles west of Portland, OR. The trail is a 20-mile path through deciduous and conifer forests.

Afterwards, we traveled to Central Oregon, riding our bikes for 16 miles along the Row River National Recreation Rail Trail, from Cottage Grove to Culp Creek. The paved, car-free path skirts the length of Dorena Lake. At the end of the trail is a road leading to a waterfall at Wildwood Park.

We enjoyed both trails for their forested natural beauty, the security of no car traffic, gentle grades, and quaint, friendly communities. We recommend these particular rail conversions and look forward to discovering others. —Shahe Moutafian

Security camera, social media, good Samaritan catch bike thief

On Friday afternoon, May 3rd, my eBike was stolen while I was at work! On Saturday morning, the police called to tell me it has been recovered! Here's how it happened.

One of my part-time jobs involves an acupuncturist whose office is near Soquel and Ocean. As usual, I parked my gold Sondors eBike in front of the office on the street next to a tree. Usually I use two locks—a U-Lock attaching the wheel to the frame, plus a chain lock attaching my wheel to a tree. However, that day I forgot to pack the chain lock. So, I covered the bike with a sheet, making it less noticeable.

After work, around 1 p.m., I left the office to get my bike and, OMG, my bike was totally GONE! No sheet, no bike, NOTHING! My heart sank. I felt terrible that, the one day I forgot to bring my chain lock, somebody had stolen my precious bike and my main means of transportation.

Climate Ride raises \$25,000 for local advocacy

In early June, nine intrepid pedal pushers saddled up to ride from Santa Cruz to San Luis Obispo as part of the 2019 California Climate Ride. This annual adventure is organized by the friendly folks at Climate Ride, a nonprofit based in Montana, which encourages bike riders (about 125 in all) to raise funds for their cause of choice. The Santa Cruz team chose the advocacy group Bike Santa Cruz County as its beneficiary.

The team included three current BSCC board members, two former executive directors, one mountain bike trail builder, one teacher and two business owners. Team members proved themselves excellent fundraisers, as their efforts produced nearly \$25,000 for BSCC!

The 2019 five-day tour covered 260 gorgeous miles of the Central Coast. Our path took us to Monterey on Day One via Elkhorn Slough. The next two days along Highway 1 featured the breathtakingly-beautiful Big Sur coastline where, not only was the scenery spectacular, the traffic along this ribbon of highway was light to moderate and drivers were (mostly) well-behaved.

Day Four brought us into San Luis Obispo County through Morro Bay and



Heidi Fraser and her valuable eBike are reunited!

Now it will take me longer to get to all my jobs. Why would someone so cruel steal my bike? How did he steal it? I didn't know for sure, but I assumed that the thief had cut my hardened steel U-lock.

Security Camera Shows Thief

Immediately my boss checked the building's security camera film footage, discovering pictures of a man walking up the street at 12:15 p.m. and then coming down the

Los Osos. On the final day, we rode out of the chilly coastal marine layer into the glorious sunshine of the Edna Valley Wine Country, where we paused for a welcome rest and a final feast.

The Climate Ride staff works hard to make these rides enjoyable, and the food is delicious. Each day staff members schlepped our gear, tuned our bikes if needed and fed us three bountiful meals. In fact, the same caterer has worked this ride successfully for the past 10 years. The staff also treated us to copious treats along the way. Ride Director Blake Holiday, a Santa Cruz native, and Climate Ride Executive Director, Caelli Quinn, bring both passion and levity to the ride. Each evening features a program of speakers talking about climate activism, achievements and challenges.

This annual ride never fails to yield new sources of inspiration. Among the 2019 riders was an amazing unicyclist (imagine riding the steep Big Sur coast on a unicycle!), a 13-year old riding with his dad, a woman with a prosthetic leg and a retired San Francisco firefighter pulling an inflatable Planet Earth behind him in a trailer. I completed the ride feeling more hopeful and motivated to champion bicycling as part of the solution to our climate emergency..

—Steve Lustgarden

street with my bike at 12:16 p.m.! After returning home by bus, I filed a police report and posted the security camera photos of the thief, sending them to several bike shops, the SCCCC email list and the Nextdoor app on my Facebook Page. I also posted the photos to the "Stolen Bikes of Santa Cruz" Facebook Group. This turned out to be a lucky break.

On Saturday morning, I received a call from the police telling me that my bike was recovered. What? Was it true that my prayers were answered, and somebody found my precious eBike?

Joseph Price, a used bike seller and good samaritan, saw my post on the Stolen Bikes of Santa Cruz Facebook Page soon after I posted it there. Driving around Downtown Santa Cruz, he spotted the man dragging my bike up the street and ran after him! After catching the thief, he told him that the bike in his possession had been reported stolen. The thief disagreed, saying that he just bought the bike, but when Joseph asked him for the receipt, informing him that he was going to call the police, the thief dropped my bike and ran away! Joseph tried to run after him but the thief got away, after which Joseph called the police, who arrived in due time to pick up my bike.

Good People in the World

I called Joseph, thanking him and wanting to reward him for recovering my bike, but he declined, saying he understands about stolen bikes since he buys and sells bikes himself, and he didn't want anything in return. I am very thankful and grateful that there are really good people in the world and that Santa Cruz is a great place. I also appreciate how social media helped me recover my eBike!

What I learned from this? Always carry two locks at all times, one to lock the bike to something solid and use a steel U-lock to lock the bike's wheel to the frame so a thief can't ride it away. Or, use a Bike Locker if possible, the best way to lock up a nice bike.

I also want to thank all the people in SCCCC who sent sympathy notes about my stolen bike, and those who looked for it when it was lost. I love this club and all the people who make it a great community!

—Heidi Fraser

Climbing skills reward Egan Bernal with victory in Tour de France

Egan Bernal became the first Tour de France winner from Colombia with his victory in the 106th edition of the race. The 22-year-old INEOS rider won by one minute, 11 seconds over his INEOS teammate Geraint Thomas, who won the race in 2018, with Dutch rider Steven Kruiskwijk in third. Slovakia's Peter Sagan won the green points classification jersey for a record seventh time, while France's Romain Bardet claimed the King of the Mountains polka dot jersey. Benjamin King was the top American rider, finishing in 62d place.

The 2019 Tour de France was the most exciting and open race in many years. Bernal powered into the Tour's yellow jersey



Bernal secured his lead on the steep mountain climbs.

sey after a memorable 19th stage, during which he dropped Julian Alaphilippe, who had held the yellow jersey for 14 days.

The Colombian accelerated clear of his rivals on the Tour's highest climb – the Col

de l'Iseran – cresting the summit first and plunging on to the descent.

Unknown to the riders, the combination of a flash snow storm and a landslide made the roads up ahead impassable. A quick decision from the race organizers saw the stage neutralized, before eventually being cancelled on grounds of rider safety.

Bernal Takes Lead

As the riders pulled up in Val d'Isere, the decision was made to take the general classification times from the top of the Iseran. With his eight-second time bonus applied, Bernal moved into a 48-second overall lead, pulling on the yellow jersey in only his second ever Grand Tour. Bernal's attack came off the back of an initial acceleration from Geraint Thomas. The Welshman was hauled back by his rivals and was able to sit in as Bernal opened out his advantage. Thomas then sat third overall, 1:16 back of his teammate, with Alaphilippe holding on to second. The yellow jersey was distanced on the climb but remained in the podium mix heading into the final day in the mountains.

The INEOS team worked hard to set up the move, with teammate Jonathan Castroviejo putting in another big shift, setting the tempo in the lead-up to the climb. Dylan van Baarle again made the break, before dropping back to ride on the front, providing the launch pad for the INEOS attack.

"To be honest, I didn't know what was happening," Bernal said after taking the yellow jersey. "I was told on the radio that the race was finished, and I said, 'No I want to keep going.' They were talking to me in English and I was not sure. Only after I stopped and my director told me that I was in yellow, I felt relieved."

Bernal was born in Bogotá, Colombia. His father had been a keen amateur cyclist, and he started riding on a second-hand bicycle at age five. At age nine, against his father's wishes, he entered and easily won a race in his hometown, the prize for which included a training scholarship.

It didn't take him long to begin winning races. Now he's won the most prestigious race in cycling. And he's only 20!

—Howard Burman

RTC approves alternative analysis for rail corridor

The Regional Transportation Commission of Santa Cruz County voted unanimously at its Aug. 3 meeting to engage the services of a consultant to produce an **Alternative Analysis and Business Plan for High Capacity Public Transit on the Rail Right-of-Way**. The RTC and the Metro Bus Staff have been working together on the scope of work for the request for proposals.

Last March the RTC received a Caltrans grant of \$100,000 to develop a **Rail Integration Network Study**, a component of the Alternatives Analysis. This study must be completed by February 2021. RTC has also allocated \$550,000 in Measure D–Rail Corridor funds for this work as part of its five-year plan approved in June. The RTC staff will recommend a contract to perform this work at its Oct. 3rd meeting.

Overall objectives for the alternative analysis/business plan include evaluating a range of high-capacity public transit service options for the Santa Cruz Branch Rail Line for 2035 and beyond. These service options must coexist with a bike/ped trail within the rail right of way.

Included is an integrated transit network for the county which uses all or parts of the rail line as a transit facility and connections from the local rail line to the San Francisco Bay Area, Monterey, Gilroy and beyond. The geographic area for the rail line extends from the Pajaro Station near Watsonville to Shaffer Road on the west side of Santa Cruz, as well as Metro's local bus service areas.

Complete information from the RTC's Aug. 1st meeting is available at <https://sccrtc.org/wp-content/uploads/2019/07/2019-08-01-rtc-agenda->

Coastal Commission Approval

Santa Cruz County Friends of the Rail & Trail reports that the California Coastal Commission supports the Westside rail trail segment (Segment 7, Phase II). With its unanimous vote Aug. 9th finding no substantial environmental issues with the trail as designed, the Coastal Commission joined the Santa Cruz Planning Commission and Santa Cruz City Council in unanimously approving this important project that will make bicycling to and from the beach area safer.

On Aug. 12 the city of Santa Cruz submitted a grant application to State Parks for construction of this segment.

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.

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

The Bicycle Trip/Capitola
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

September—October, 2019

Sunday 1	Monday 2	Tuesday 3 GP	Wednesday 4	Thursday 5 Gizdich ride	Friday 6	Saturday 7 Club Ride
8	9 C ride	10 Club Ride Aptos	11 SCCCC board	12 Gizdich ride 10 a.m. Corralitos	13	14 Club Ride
15 Go for a bike ride!	16 C ride	17 Club Ride GP	18	19 Gizdich ride 10 a.m. Corralitos	20	21 Club Ride Lead a ride!
22	23 C ride	24 Club Ride Aptos	25	26 Gizdich ride 10 a.m. Corralitos	27 Take a nap	28 Club Ride
29 Clean you bike	30 C ride	1 Club Ride GP	2	3 Gizdich ride 10 a.m. Corralitos	4	5 Club Ride
6	7 C ride	8 Club Ride Aptos	9 SCCCC board	10 Gizdich ride 10 a.m. Corralitos	11 Be a ride leader	12 Club Ride
13 Be a ride leader	14 C ride	15 Club Ride GP	16	17 Gizdich ride 10 a.m. Corralitos	18	19 Club Ride Be a ride leader
20	21 C ride	22 Club Ride Aptos	23 Clean your bike	24 SCCCC meeting 7 p.m. Simpkins	25 Take another nap	26 Club Ride
27 Clean your bike!	28 C ride	29 Club Ride Leader's Choice	30	31 Gizdich ride 10 a.m. Corralitos		
				GO GREEN!	GP is Gateway Plaza	Aptos is Rancho del Mar Shopping Ctr.

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



SCCCC
PO Box 8342
Santa Cruz, CA
95061-8342