

The Roadrunner

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

Is Santa Cruz really bicycle friendly?



SCCCC Tuesday riders leave from Aptos on a sunny winter's day.

Despite its gold ranking as a Bicycle Friendly Community, Santa Cruz remains a dangerous place to walk or ride a bike. According to California Highway Patrol figures, the county consistently ranks first or second statewide in bicycle deaths and injuries from crashes involving cars. Three reasons for accidents are improper turns, both by motorist and bicyclist, bikers riding too fast and drivers failing to yield to bicyclists. Injuries and death occur the most in males 15 to 34 years old. Accidents resulting in injury to the bicyclist occur most often in the South County area, although the single bicycle fatality of 2014 happened on a dark December morning when a hit and run driver struck and killed a cyclist on Soquel Avenue.

These sad statistics repeat themselves yearly with distressing regularity. As a result, the Community Traffic Safety Coalition, a collection of health educators, bicycle/pedestrian advocates, public works and law enforcement under the direction of Theresia Rogerson of County Health Services, has decided to focus on an accident-prevention project for 2016. Called **Vision Zero**, it is a safe streets policy practiced in major cities like New York City, San Francisco and San Jose. Its premise is that accidents are preventable and any loss of life from accidents is unacceptable. Instead of faulting road users, the responsibility for crashes is shared by road designers, law enforcement, city planners and the judicial system.

"Many factors contribute to a safe cycling environment," says Rogerson. "While individual behaviors are critical, improvements may be made in

transportation infrastructure. The only acceptable level of traffic-related death and injury is zero."

NEED FOR ACTION

Amelia Conlen, executive director of Bike Santa Cruz County, an advocacy group, agrees with Rogerson on the need for drastic action. "Santa Cruz County ranks consistently high in the state for the number of cyclists injured and killed," she says. "This is partly due to the high number of people biking, which is something to be celebrated. But it also speaks to the lack of safe bicycle facilities. Bike Santa Cruz County is thrilled that CTSC is taking on Vision Zero goals for our county, and it looks forward to working with them to make it happen. It is also committed to working for more protected bikeways across the county. These facilities include a barrier on roads between motorists and bicyclists, which have been shown to increase bike ridership and decrease rates of collisions".

To implement Vision Zero in Santa Cruz, CTSC has appointed a committee to create guidelines for local traffic agencies. Like the bicycle friendly community assessment, these guidelines focus on Five E's—education, engineering, enforcement, encouragement, evaluation and planning.

Conlen, a member of the city's Advisory Committee for Safe Corridors, wants protected bike lanes on the heavily-traveled Ocean, Soquel and Water streets. Like the new roundabout near the Santa Cruz Wharf, protected bike lanes separate bicyclists from cars with plastic posts. Some cities use curbs or planters.

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March—April, 2016

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SCCCC members of year



LEFT TO RIGHT:
JANET FOGEL AND
LILLY ANN POPKEN
WERE NAMED
SCCCC MEMBERS
OF THE YEAR FOR
2015.
(COMPLETE STORY
ON PAGE 4)

Another version of a light ride

A "Light Up the Night" bike ride takes place starting at 5 p.m. Friday, March 11 at the Main Entrance of the Santa Cruz Museum of Art & History, 705 Front St. Live bluegrass music from Cayuga Station, bike and helmet decorating, bike light giveaway to the first 30 riders to arrive and a raffle take place from 5 to 7 p.m. with the ride departing soon after. Prizes for the brightest bike, brightest rider and most creative costume. Bike route will follow the San Lorenzo Riverwalk. Riders under 18 years of age must present a waiver, which may be downloaded at bit.ly/1SxOnNv. Please contact Amelia Conlen at director@bikesantacruzcounty.org to help with pre-ride set up.

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

Club Shorts: *Burmans in Paris during attacks*

Judy and Jack Johnson were dinner guest on the Left Bank at the Paris apartment of **Howard and Karen Burman**, who have returned from spending most of last fall in the City of Light. Howard is researching and writing two books, one on the Paris Olympics and Exposition of 1900 and the other on the early days of bicycling. The latter is set in 1896 in New York City. During their stay, ISIL terrorists killed 130 people in suicide bombings and café shootings, resulting in a three-month state of emergency for France.

SCCCC member **John Kocal** of San Jose suffered a broken femur in early January in a road bike crash. John was crossing a wet wooden bridge in the Kennedy Road area of San Jose when both bike wheels slipped out from under him. He is now recovering at home. John is a long distance rider who had recently completed a full week of riding his bike over 700 miles in Northern California. We wish him a speedy recovery!

Marlene Bumgarner, (top right photo) a student in the Cycling for Starters class, has written a blog about overcoming her fear of riding a bike. It's a heartwarming story about the younger generation's enthusiasm being a game-changer for her. Check it out in the January Archives of her blog (marlenebumgarner.com). Look for the title "Do something that scares

you."

The club's Marketing Committee for this year's **Santa Cruz Mountains Challenge** is distributing 10,000 postcards to bike shops in and around the Bay Area and other California cities to promote the July 30th event! A big thanks to these "Marketeers"—**Pat Lawson, Mike Heckel, David Giannini, Bill McBride, Sally Salmon, Tom Mattison, Jackie Rall, Pete Pearson, Karla Stevens, Steve Svete, David Roy, Barbara Kasa, Susan Rosenthal, Ralph Edwards, Peggy Seitz, Debbie Bielsker and Marney Cox**. Kudos also to **Jim Langley** for his nifty writeup in *roadbikerider.com*, **Amelia Conlen** for including it in **Bike Santa Cruz County's** Winter Newsletter, and **Collette Farabaugh**, editor, for her mention of SCMC in *The Black and Blue Bottom*, newsletter for San Jose's **Almaden Cycling and Touring Club (ACTC)**.

Leave your tunes at home when you're on your bicycle! As of January 1, earbuds or headsets in both ears are unlawful to wear while operating a motor vehicle or a bicycle. (SB 491) This prohibition does not apply to anyone operating authorized emergency vehicles, construction equipment and refuse or waste equipment, but it does apply to all bicyclists!

SCCCC member **Jane Ferguson**, who paints as well as she rides her bike, is one of five artists whose work is on display on the first and fifth floors at the County Courthouse (aka Santa Cruz County Government Center) until March 31. Location is 701 Ocean St. A reception takes place from 5 to 8 p.m. on March 4. Come and see the colorful art display by this talented person!



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.

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Example of art by SCCC member Jane Ferguson, on display through March 31 at Santa Cruz County Government Center, 701 Ocean St. (1st and 5th floors)

FROM MY HANDLEBARS TO YOURS Behind the scenes look at 2016 SCCC

With the new year off and running, new faces have appeared on the SCCC board of directors. Lisa Beaudreau is applying her website skills, with John Bono as backup. Isabelle Magnin has relieved Bill McBride of secretarial duties, and Catherine vanRhee is on board as “president in training” while she serves as the club’s vice president. Mike Heckle and Chris Benkert are splitting responsibilities of the social committee, and they will be calling out for assistance as events come up.

A growing number of folks are showing up for the new “D” rides that start at 9:30 a.m. on Thursdays from various locations, with rides averaging about 15 miles. Contact Chris Zemny at rabjudge@sbcglobal.net for the most current schedule.

In the century category, SCCC has been approached to help with the

“newly re-imagined” Mountain Charlie Challenge on April 23rd. Dave Reid, the ride director, spoke with the board last month about a mutually beneficial arrangement to promote and assist each other’s fundraising events. The new 100K Mt. Charlie Challenge route includes Big Basin, while the 100-mile course goes out to Pescadero via Skyline. A fun 10-mile ride has been added for all skill levels, plus live music, food (free to all riders), sponsor booths and raffle. Check out their website at mountaincharliechallenge.com. SCCC will have a booth at Skypark during the event to promote the Santa Cruz Mountains Challenge on July 30. Club members will pay a 20% reduced



registration fee for the Mountain Charlie Challenge. Use the code **SCCCC_MCC20** when registering.

SCCCC is also enhancing its partnership with UCSC for the SCCC. Riders may stay overnight July 29 and 30 at reasonable cost in dormitories. They may also sign up for a \$65 sunset sail on The Chardonnay after the ride, with proceeds going to the Monterey Bay Scenic Sanctuary Trail (the rail trail). Thanks to the Chardonnay staff for working with SCCC to create a Santa Cruz experience for riders!

Finally, former volunteers should be hearing soon from SCCC captains about staffing this year’s event. If you are new to the club, please contact Volunteer Captain Catherine vanRhee, at cavrchamp@gmail.com.

—Maura Noel, SCCC President

Mt. Charlie Challenge and Tierrabella on April calendar

Century rides are popping up this spring like California’s native poppies. Here are two events for a bike rider’s long distance training schedule. The 14th annual Mountain Charlie Century, a benefit for the Scotts Valley Educational Foundation, takes place on Saturday, April 23, starting at Skypark in Scotts Valley. It features three new routes, with the 100-mile ride extending north to Pescadero and

the metric century traversing Big Basin.



Both routes begin with a Mt. Charlie Road climb. The 10-mile Family Ride features Bean Creek Road. Cost is \$100 for the longer rides

and \$30 for the Bean Creek option. Go to mountaincharliechallenge.com to register.

The 39th annual Tierra Bella century ride on the scenic roads of Morgan Hill and Gilroy takes place one week later on Saturday, April 30th, beginning and ending at Gavilan College in Gilroy. Sponsored by The Almaden Cycling and Touring Club of San Jose, the event includes a catered meal after the ride, six well-stocked rest stops, SAG, 250 volunteers, supportive bike mechanics and a free ride patch. Families are welcome!

Four routes include the 35-mile reservoir loop, a rolling 62-mile metric century and two challenging (100-mile

and 124-mile) routes. Fees range from \$60 to \$85. Visit www.tierrabella.org or call (408) 255-7957 to register.



Is Santa Cruz bike friendly?

(Continue from page 1)

The League of American Bicyclists (LAB) agrees. It has made four recommendations for Santa Cruz based on injury/death data: a) develop a system of bicycle boulevards; b) increase the amount of high-quality bike parking throughout the city; c) update the 2008 Bicycle Plan, and dedicate funding for implementation; d) address bike theft by increasing secure bike parking and public education on theft prevention.

—Grace Voss

Thanks Jan/Feb ride leaders

Peter Jones, Jack Johnson (4), Chris Boman, Barbara Moore, Tony Rall (2), Catherine van Rhee (2), JT Hart, Bart Coddington (2), Petronella Van Dam, Bruce Dau (3), Rod and Tina Armer, Michael Burns, Maura Noel, Richard Burton, David and Jeanni Kadotani, Ric Eiserling, Bill McBride, Jim Denton, Larry Tierney (2), Grace Voss, Lilly Ann Popken (6), Janet Fogel (5), Bruce Fihe (2), Marilyn Marzell, Janet Starr and Debby Joyce.

Fogel and Popken have fun teaching beginning bike class

The qualities that lead to friendship—trust, dependability and respect—also work well when two close friends become teachers for a beginning bicycle class. This is the case for SCCCC's newest Club Members of the Year—Janet Fogel and Lilly Ann Popken—whose ability to work well together has resulted in years of successfully teaching the SCCCC Cycling for Starters class.

Janet and Lilly Ann teamed up several years ago, serving as the club's social chairs. Next they taught a bicycle safety class for the City of Scotts Valley. With help from Leo Mall, the Cycling for Starters Syllabus was developed, and Myrna Sherman began teaching the class in the spring and fall, while Janet and Lilly Ann continued to teach the winter class. The resulting partnership of Janet and Lilly Ann has been beneficial for both students and teachers.

According to Janet, "Lilly Ann has many qualities I appreciate. She is not hesitant to lead and is clear about what she knows and what she doesn't know. But above all, Lilly Ann genuinely loves to ride her bike, and she makes it a priority in her life. This is what I've learned from her. She has a Tennessee-style sense of humor and



manner that complement my California Valley Girl background, so together we have a lot of laughs, and students pick up on this."

Marilyn Marzell, a mutual friend, uses the word unique

for Lilly Ann, adding "She is a loyal friend who always shows up. Plus, she has a palpable passion for bicycling, no matter if she's in the back of the pack. She is a generous volunteer of her time for both cycling causes and friends. She is both a great storyteller and a good listener."

Lilly Ann says, "Janet is easy to work with because she thinks everything I do is funny and I feel the same way about her, so most of the time we laugh a lot and work a little."

According to Betsy Schwartz, the women's trust in each other is a big reason for their successful teaching. She says, "Janet is very well organized and quite flexible with change, skills she learned from her profession as a teacher and middle school principal. Lilly Ann has a great sense of humor and loves to be the center of attention, a result of taking care of hundreds of passengers' needs during her 40 years with United

Airlines."

This trust also has resulted in the two women teaming up to travel widely. Together they have visited six states and eight foreign countries, either on their own or with organized bicycle groups.

Anita Dyer uses the words "tend and befriend" to explain this friendship. "Lilly Ann and Janet are much beloved in our community because they generously tend and befriend us, as individuals and as a community of cyclists. It is easy to love people who see the best in you. When you are with them you want to be your best self.

"These two generous women see what is likable in us and, when we are with them, we find that we reflect more of what they see and we become our better selves. It is an honor to be asked to participate in this celebration of their open hearts and spirits that welcome each of us to share the joy they find in life, especially their view of life from the saddle of a bicycle."



Lilly Ann Popken leads Cycling for Starters students across suspension bridge in Arana Gulch



Top photo: Lilly Ann Popken (sunglasses) and Janet Fogel.
Photo at left: Don and Nancy Larson take part in Cycling for Starters Class. Both say that Janet and Lilly Ann are "the best."



Cycling for Starters Class in February included SCCCC assistant leaders Richard Bedal, third from right, and Jack Johnson, second from left in back.

Washington DC expert praises Santa Cruz rail corridor

Santa Cruz is a “constrained community” due to its geographical limitations—the Pacific Ocean on one side and the Santa Cruz Mountains on the other. As a result, its existing narrow rail corridor, featuring clusters of dense population in the Westside, Seabright, Live Oak and Capitola communities, is well suited for passenger train travel. This was the conclusion of Jeff Boothe, national public transit guru, who spoke at a public meeting to friends and foes of passenger rail on Feb. 15 at Veteran’s Hall on Front Street. About 60 people were in attendance.

Having spent the day visiting several areas of the Monterey Bay Sanctuary Scenic Trail (the rail trail), and experiencing Highway 1 congestion in the process, Boothe was enthusiastic about the ‘skinny geographic layout’ of the existing rail line. “You have



Jeff Boothe

the alignment and population density that other cities would kill for,” he said. “People already living along this corridor may make use of train travel to go downtown for a movie, knowing

they don’t have to search for a parking space. Students are inclined to use public transit. Having a bus or shuttle connection from the rail line to UCSC and Cabrillo College means existing parking lots on campus may be converted to classroom buildings. Student fees may cover the shuttle cost.”

Boothe, who helped create efficient streetcar travel in Portland, OR, said today’s “super capacitors” (battery-powered rail cars which recharge

during station stops) are transforming communities in France, Dubai, Dallas and Detroit. An expert at obtaining federal funding for mass transit projects, he is currently consulting on a light rail system for Miami.

A resident of Washington DC, Boothe revealed details of “The Fast Act” (Fixing America’s Transportation), a five-year federal transportation program authorizing \$2.3 billion in capital investment grants. (Communities may apply for matching funds by doing feasibility studies of transit projects which deal with local issues.) The issue of crowded local corridors has resulted in what Boothe calls a “constrained community.”

For more information on light rail, go to boothetransit.com. For pro-rail video, go to coastalrail.org. For trail without rail, go to trailnow.org.

Editorial refutes passenger rail criticisms

(This editorial is reprinted with permission of the author. It appeared in the 2/8/16 issue of The Santa Cruz Sentinel.)

Quiet, non-polluting electric rail technologies continue to improve and the prospect for clean rail transit connecting coastal communities is looking better every day. Unfortunately, myths about passenger rail persist. We won’t see diesel locomotives blowing their horns. Electric multiple units, or EMUs, are smaller in size than traditional passenger trains. On-board batteries or supercapacitors can be quickly recharged, eliminating the need for overhead wires.

The Rail Transit Feasibility Study Final Report on the Santa Cruz County Regional Transportation Commission website provides reliable information at sccrtc.org. Here are some advantages of rail travel:

- 80 parks, 25 schools, and over 50 percent of the county’s population live within a mile of the rail corridor.
- On average, rail vehicles will travel at 25-35 mph.

- A trip from Watsonville to Santa Cruz is estimated at 36 minutes.
- Only one-third of a mile of the corridor is too narrow and engineering solutions are identified.
- Trail setbacks from rail conform to all local, state, and federal guidelines.
- The impact of rail service on highway traffic congestion has not yet been studied.
- Operations and maintenance subsidies vary and may be as low as \$2.50/trip, comparable to rail and bus service throughout country.

Rail transit service provides an alternative to congested roads, providing more reliable travel times than other modes such as cars and buses subject to mixed-traffic flows. It expands the range of mobility for the third of our population who cannot drive and offers an attractive choice to those of us who do. Unlike highways, the rail right of way can easily add capacity to move more people and goods.

To learn more about modern rail transit and how Santa Cruz County is well-suited to rail service—Barry Scott, state director of The National Energy Education Development Project



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

Westside rail segment details

The City of Santa Cruz presented a preliminary plan for the 2.1 mile Westside rail trail segment between Pacific Avenue at the Santa Cruz Wharf and Natural Bridges on Feb. 4 to the Regional Transportation Commission. Four projects, totaling eight miles (or 25% of the rail trail) have been funded and are being designed, with construction scheduled for 2017 and 2018.

The Westside section includes green bicycle lanes on Natural Bridges Drive, Swift, Fair and Bay Avenue. They will be installed next year, with the expected time of completion of the entire segment 2018, due to permits, environmental review and final design work. Bay Avenue, a well-traveled road, will have a two-way buffered bike lane as part of the project.

The RTC is the rail corridor owner and it is responsible for implementation of the 32-mile project. Approximately \$14.5 M in funding is from public funds and \$3.6M from private funding.

Weekly Rides *Rider Levels*

C Rides are between 25-35 miles, at 10-14 mph, with up to 2,000 feet of elevation. B Rides are for intermediate riders and are between 25-50 miles, at 12-16 mph pace, with up to 3,000 feet of elevation; A Rides are for experienced riders looking for a challenge. These rides are from 40 - 80 miles, at a 15-20 mph pace, with over 3,000 feet of elevation.

Bicycle club members lead social group rides for the enjoyment and pleasure of the bicycling community. While riders regroup along the way, we recommend riding with a buddy. If you don't come with someone, feel free to ask one of the other riders if you can ride along with them. Come prepared with extra tubes and know how to change a flat tire. Bring water, a snack and ID. Before the ride starts, every participant must sign a League of American Bicyclist (LAB) approved waiver stating that the Santa Cruz County Cycling Club is not responsible for any incident occurring during the ride. Saturday bicycle rides (or carpools) may start from the Capitola Community Center (Jade St/45th Ave) in Capitola. Route sheets will be emailed to the club mailing list about two days before each ride. Rain cancels rides.

Tuesday ride: Meet at 9:45 a.m. for a 10 a.m. start for this social/leisurely paced road ride. 1st and 3rd Tuesdays of month, start at Gateway Plaza (the shopping center on River St. near Hwy 1). No public water or restrooms available. On the 2nd and 4th Tuesdays, meet at parking lot by the entrance to Nisene Marks Park, Aptos. The fifth Tuesday of the month is a leader's choice for start location. Distance will vary from 20-40 miles. Destinations include a lunch stop. Bring water and snacks. Questions? Contact: Ralph Edwards at rhedwards@gmail.com. "Lite" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride.

Thursday ride: Meet at 10 a.m. in front of the Corralitos Market for moderately paced road ride of 25-45 miles. No Leader—Decide and Ride. Bring water, snacks. OR, meet at 9 a.m. at Gateway Plaza for alternate Decide and Ride. "New "D" rides are starting at 9:30 a.m. on Thursdays from various locations. Contact Chris Zemny at rabjudge@sbcglobal.net.

Saturday, March 5 A/B Ride

Pescadero to Half Moon Bay—Inland Route

Carpool CCC at 8 a.m. for 9 a.m. start; Park in lot by signal light; A=45 mi/3500'; B=41 mi/3000'

Toby Ferguson.....408-386-9343

Saturday, March 5 C Ride

CCC—Corralitos via Freedom, Hames, Day Valley

Ride starts at 10 a.m. at CCC, 4400 Jade St. Capitola; 25.8 miles/1471'/57 FPM.

Barbara Moore.....831.239.1790

Saturday, March 12 A/B Ride

North on the Coast

Start at 9 a.m. at Gateway Plaza; <https://ridewithgps.com/routes/2306534> A's Lunch at Costanoa; B's/Davenport; A/50.3 miles, 2575'; B's/38 miles, 2470'

Ron Olson.....408 218-3189

Saturday, March 12

C Ride

Pajaro River Levee and Strawberry Road

Start at Ann Soldo School, E. Lake Ave. Watsonville. Arrive at 9:45 for a 10 a.m. start. Bring lunch. 34.5 miles/1114'.

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

Saturday, March 19

A/B Ride

Monterey and Fort Ord

A/B+ ride starts at 10 a.m. at Walmart Parking Lot on Reservation Road in Marina (Hwy 1 Exit #410). Park near gas station/convenience store; A's/44 miles/3400'; B's/26 miles/1700'

Toby Ferguson.....408 386 9343

Saturday, March 19

C Ride

Cienega Wine Trail Loop

Arrive at 9:45 for 10 a.m. start at Ridgemark Golf Club off of Hwy 25 in Hollister. Park in lot on right, across from driving range; bring lunch. 30.5 miles/1555'/49 FPM.

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

Saturday, March 26

A/B Ride

Big Basin Out and Back

10 a.m. start from behind Johnnie's Market, 13225 Highway 9, Boulder Creek; carpool from CCC at 8:45 a.m.; bring lunch or buy at Big Basin Store; A's/45 miles, 5700'; B's/30 miles, 3500'

Ric Eiserling....831-475-5397

Saturday, March 26

C Ride

Carmel and Cottages

Ride starts near Lafayette Bakery/Café in Barnyard Shopping Center, Carmel. Arrive at 8:45 for a 9 a.m. start. Ride through Pebble Beach/Pacific Grove before returning to Carmel for lunch and tour of historic Custer/Meyer house.

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

Saturday, April 2

A/B Ride

Eureka Canyon Poker Ride (5 stops, 5 cards, high hand wins prize)

Start at 9 a.m. from CCC; A/55 miles/6000' Eureka Canyon+Mt Bache/Loma Pieta; B/40 miles/3800'

Isabelle Magnin and Mike Heckel.....831-600-6600

Saturday, April 2

C Ride

Coyote Creek Trail

Arrive at 9:45 for a 10 a.m. start at Malaguerra Staging Area next to Visitor Center for Coyote Creek Trail. Ride along East Side of Morgan Hill, next to Anderson Lake. Restrooms available; lunch at Rosy's at the Beach; 27 miles, 564'

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

Saturday, April 9

A/B Ride

Panoche Valley Ride

Start at 10 a.m. from Paicines General Store (10 miles south of Hollister on Highway 25). B/57 miles; A's /86 miles.

Richard Burton.....408 540-4695

Ride safely with Pete Pearson: Medical ID tags important on the bike

At one time or another, most of us have decided to go for a simple bike ride to put on some miles, only to encounter a mishap, even a crash! The next thing we know, we are on the ground or the cement, hitting hard. Just ask Bill McBride, John Kocal or me about how quickly this misfortune can happen!



Two products can aid first responders quickly. When you are not thinking clearly, you can't remember your medical history, your prescriptions and/or emergency contact. The [ICEid.me](http://www.ICEid.me) is a tag you place on your helmet with a unique scan QR Code. To obtain one, go to the www.ICEid.me website and enter up to three emergency contacts and medical information.

Emergency personnel are trained to look for the first aid sticker, and they will have instant access to the information you provide.

Another product, the Epic ID, is a USB port bracelet. Similar to the ICEid.me, you enter your information on the USB, and emergency personnel may access it instantly.

One more tip is Road ID. This bracelet is engraved with emergency contact info and medical information. I keep mine on my top handlebar so I always have it ready to go. It has a velcro band, like on a wrist watch. It retails for about \$20, which includes name, address and two emergency contacts.

And don't forget to enter ICE on your smart phone. Responders can check for your "In case of emergency" contacts there too. All these products are available at most local bike shops.

—Pete Pearson

Saturday, April 9

C Ride

Golden Gate Bridge, Larkspur Ferry across the Bay

Arrive at or near AT&T Park at 8:45 for a 9 a.m. start. Peek into the Giant's game after returning. Appropriate for "D" riders if returning from Tiburon via ferry.

Frank and Vita Pritchard.....831-818-5656

Saturday, April 16

A/B Ride

Pescadero/Half Moon Bay for lunch

Meet at 9 a.m. at parking lot by light in Pescadero; inland route to San Benito Hotel in HMB for lunch; A's/56.6 miles/5,288'; B's return via Highway 1; 43.5 miles/3488'.

Grace Voss.....247-8878

Saturday, April 16

C Ride

Sand City to Pebble Beach via 17 mile Drive

10 a.m. start at Starbucks in Sand City, 2160 California Ave; Edgewater Shopping Center; 31.7 miles/1579' FPM 49.

Petronella Van Dam.....831-454-6010

Saturday, April 23

A/B Ride

Up Soda Springs Road

Start at 9 a.m. at CCC; A's/ 55.8 miles/6500'; B's/35.9 miles/3045'

Toby Ferguson.....408 386-9343

Saturday, April 23

C Ride

West Marine to Moss Landing

Arrive at 8:45 for a 9 a.m. start at West Marine Parking Lot, 500 Westridge Drive, Watsonville. Ride out San Andreas; return through Elkhorn Slough.

Frank and Vita Pritchard.....831-818-5656



D riders, left to right: John Moore, Karen Burman, Gina Bliss, Chris Zemny (leader), Ilene Wilson, Lori Green, Doug Green and Barbara Moore

Saturday, April 30

A/B Ride

Pescadero to Woodside

9 a.m. start from Pescadero parking lot by stop light; A/s 51.3 miles, 5675' <https://ridewithgps.com/routes/2126836> with lunch in Woodside; B's lunch at Alice's Restaurant on Skyline.

Chris Boman.....831 475-5902

Saturday, April 30

C Ride

Fort Ord and Monterey Bike Trail

Arrive at 8:45 for a 9 a.m. start at Pezzini's, 460 Nashua Road. Lunch at Balderino's Taqueria in Seaside. 34.5 miles/2043'

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

Saturday, May 7

A/B Ride

Monterey Peninsula of Yesterday

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

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

Saturday, May 7

C Ride

La Honda via Stage, Pescadero Creek

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

Team in Training members show strength of character

I usually rode my Team in Training bike workouts with women as teammates. Last season my coach was a capable five-foot tall fireball, a retiree with a killer sense of humor. One of my teammates was a mother whose son survived a rare form of blood cancer; she raised over \$100,000 dollars for the leukemia/lymphoma society over the course of the season. Another teammate, a nurse, traveled from the Central Valley to Santa Cruz for workouts. A diabetic, she raised twice the amount of money required for participation in Team in Training.

The first lesson I learned from the workouts was, if you want something done, give the job to a busy woman. Women are tough and they rock!

The second lesson was that crying, while it can drive men to distraction, is not a barrier to success. In fact, crying can help. One day, on a particularly nasty and steep hill, a teammate who I'll call Betty stopped her bike by the side of the road and began crying. She felt overwhelmed by the hill. As I rode by, the coach stopped to ask what was wrong. Sniffing, Betty said, "I'm having my own pity party, and you're not invited." The coach, having no words to refute that, said "OK." and continued up the hill. Betty cried, then got back on her bike and finished the climb. She also finished the day's training session of 100 miles.

On another day I rode past Mary, who had fallen because she was unable to get out of her toe clips. A few miles later, Mary fell again for the same reason. She cried, then got back on her bike and kept riding. Mary's third fall happened at the crest of a steep hill. The day was hot and everyone was tired and drained. When she quietly started crying, I spoke encouragingly to her. Mary said nothing. At this point in the workout, we were at mile 50 of a 65-mile ride and our cars were far away.

Looking directly into Mary's eyes, I could see she was tired, embarrassed



Jack Kellythorne

and ashamed. However, I could also see with absolute certainty that she was not going to quit. I told her, "Mary, I'll tell you a secret. Women are tough, tougher than most men realize, and I can see you're tough." Mary said nothing. Instead, she gathered herself together and got back on her bike, finishing the day's ride.

At the end of the Team in Training workouts, Mary also finished the Lake Tahoe ride of 72 miles. The following month she completed a double century, 200 miles over two days. She was the only teammate who took on that 200-mile challenge!

I feel Mary demonstrated one of the mainstays of an endurance athlete. Her "failure" of falling from the bike three times in one day was merely a delay, a setback. Her crying did not hold her back either. Rather, crying allowed the torrent of emotions that could have stopped her to be released. What remained for Mary after her tears was a re-commitment to get back on the bike for the fourth time that day and keep riding. Tears and toughness make good neighbors.

The third lesson I learned about women endurance athletes was they have better strategy and are less ego-driven than men. My team was divided into four groups, based on ability and speed. I was on the slowest D team, with women as my teammates. One day we rode 45 miles through the strawberry fields of Salinas and Moss Landing, returning to Monterey to ride along the coast. We had a late start and the day was cold, with fierce headwinds. Some roads were lumpy with dirt mounds, and huge trucks passed us, nearly blowing us off the road. About 20 miles from the finish, my group

joined the faster C group.

Since we had become separated from our coaches, it was our task to find our way home. Later, I learned the two faster groups had taken a shortcut back to the start. I was the only man in a group of 15 women.

Remember Betty? She lived in the area and became our navigator. Linda, the strongest rider, lead our paceline. She rarely rotated out to rest, taking more than her share of time leading. I watched as the lead riders picked a smart line to ride, minimizing the lumps in the road. We were a cohesive group, sticking together, even stopping enroute for a "butt break," something no men's only group would ever do! By day's end we finished the ride in much better fashion than we could have done individually.

My individual take away's from the Team in Training sessions are: a) crying is not a barrier to success, but it can be empowering; b) women are pragmatic, smart and tough; c) breakdowns are inevitable, but by getting back on the bike, they can lead to breakthroughs.

—Jack Kellythorne

(Editor's note: for more stories by Jack, go to his linkedin page at <https://www.linkedin.com/pulse/thats-funny-you-dont-look-like-endurance-athlete-jack-kellythorne/>) Team in Training fundraising varies from \$1,800 to \$2,900. Contact Lori Geiger if interested in participating in this year's event. <http://www.teamintraining.org/svmb> | lorri.geiger@lls.org or call Lori at 408-490-3126.)

Is a local race in your future?

Sunday March 20th:	Santa Cruz Classic Criterium
Thursday April 7th:	Swanton Road Time Trial
Thursday May 5th:	Swanton Road Time Trial
Thursday June 2nd:	Swanton Road Time Trial
Thursday July 7th:	Swanton Road Time Trial
Saturday July 9th:	Watsonville Criterium, Watsonville
Thursday August 4th:	Swanton Road Time Trial
Sunday August 21st:	University Road Race, Santa Cruz
Thursday September 1st:	Swanton Road Time Trial
Thursday October 6th:	Swanton Road Time Trial
All time trials at 6 p.m. at Swanton and Highway 1 area	

Try the Box Bike next time you run errands with your kids

Every weekday morning Alex Yasbek, 34, delivers his two young children to school in a pedal-powered Box Bike, a steel-framed bicycle with a front hub motor powered by a lithium ion battery. The children—Oliver, 6, and Anika, 3, sit comfortably in front of Yasbek. They are well-balanced in a canvas seat for two located in the storage area between the bike's front and rear wheels. After dropping off his kids, Yasbek pedals to his 600 square foot workshop near Staff of Life on Soquel Avenue, where he fills customer orders. Each bike retails for \$3,900. His company is called Box Bike Collective, and is just over a year old.

Besides child transport, the Box Bike may be used for other domestic purposes, such as grocery or retail store shopping, or for recreation. Its side racks, easily installed, allow surfers to transport themselves and their surfboards to a favorite beach.

The Box Bike has commercial potential also. While door-to-door delivery via drones may be a few years in the future, Yasbek says it's possible for local companies to put the Box Bike to use in today's world. The same cargo hold that transports his children to school easily lends itself to package delivery once the canvas seat is removed.



Alex Yasbek demonstrates the Box Bike

"Most local trips around town involve one or two miles of travel," says Yasbek, a soft-spoken man with a gentle manner. "The Box Bike allows people a way of running errands in their community without using their automobile."

Yasbek, who worked for Fall Creek Engineering before starting his own business, says the design he follows is his own creation, although the idea of a cargo bike is not new. Copenhagen uses the Danish "Longjohn," cargo bike for milk delivery. In The Netherlands, the cargo bike is known as "Bakfiets." However, he says his design, with its steel frame, low center of gravity and well-balanced storage area, is a good fit for the everyday adult needing to run

errands, either with or without children. "It's like the bike you use everyday that you like the best. Not too wide. Not too narrow. Everything about it works together."

While steel makes up the bike's framework, the first prototype for the Box Bike was composed of bamboo and epoxy. Another handmade bicycle expert, Josh Muir of Frances Cycles, helped Yasbek tweek the bamboo model, resulting in the design used today. The Box Bike is built for safety, and without cargo can reach 17 mph. Pedaling is necessary as there is no throttle; the motor kicks in when the going gets tough.

Yasbek uses Shimano components for his product, spending about 40 hours to assemble each bike with a variety of machines in his workshop. His favorite part is welding. While the components come from Taiwan, the frame is made of US-produced steel.

By encouraging people to forego their cars for his Box Bike, Yasbek hopes to expand his business to sustain three or four more employees, giving them the opportunity to share in company profits. The following link—tinyurl.com/j3zht3s—will take you to a video of the Box Bike. Check it out!

—Glide A. Long

Project Bike Trip promotes education at elementary and high school level

The highly-successful Project Bike Trip, a nonprofit for bicycle education/training, was founded in 2008 by Berri Michel, Bike Trip owner, and Julie Mitchell.

It started when Michel noticed how many bicycle shop retailers struggled to find qualified bike mechanics. She conceived the idea of teaching youth to ride safely in and around their communities, while also learning how bicycles contribute to transportation, economics, health and well-being. And, by the way, wouldn't it be wonderful if "Autoshop for Bicycles" could also prepare students for a career in the bicycle industry?

Her idea became a reality when the pilot Bike Tech/Regional Occupational Program (ROP) class was launched at Harbor High School. The next year Project Bike

Trip became the official organization to administer the Bike Tech program in Santa Cruz County. By Fall of 2009, Project Bike Trip and ROP expanded to other local schools. In this program, students meet regularly with a qualified teacher to learn basic and advanced bike repair and assembly skills. They receive course credit towards graduation for successfully completing the semester-long class.

Today, Project Bike Trip programs serve more than 200 middle and high school students, including many underserved, low-income students.

Even before the ROP classes, Michel and Mitchell had created the "Bike Smart!" program with the help of Ecology Action to teach kindergarden through sixth grade students bicycle safety and bike handling

skills. SCCCC helps provides volunteers who help with Bike Rodeos on school campuses.

For students at both Mission Hill and Branciforte middle schools, an afternoon bike club builds on the concepts explored in the "Bike Smart!" program to include the history of the bicycle, bike maintenance tips, cultural and social implications, and the bicycle's contribution to both individual health and the health of the planet. Bike Club students also go on after school group rides.

Future plans include extending the reach of Project Bike Trip beyond Santa Cruz County.

—David Giannini
Project Bike Trip
Board of Directors

Local^K bicycle shops

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

Another Bike Shop
2361 Mission Street
427-2232
Open seven days—10AM–6PM

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

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

Dave's Custom Bikes
910–A Soquel Avenue
423-8923
Tuesday–Sunday—9AM–5PM

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

The Spokesman Bicycles
231 Cathcart Street
429-6062
Monday–Thursday 10am–6pm
Friday—10AM–7PM
Saturday—10AM–6PM
Sunday—Noon–5PM

The Bike Coop
1156 High Street
457-8281
Monday–Friday—10AM–6PM

Bike Station Aptos
36 Rancho del Mar
688-4169
Monday–Friday—11AM–6PM
Saturday—10AM–5PM
Sunday—Appointment only

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

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

The Bike Church
703 Pacific Avenue 425-2453

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

AND...

1730 Mission Street, Santa Cruz
423-9000

Sprockets
1420 Mission Street
426-7623
Monday–Friday, 9 AM to 6 PM
Saturday—8 AM to 6 PM
Sunday—9 AM to 5 PM

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831-234-4663 www.maverickmailing.com



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

Santa Cruz County Cycling Club Membership Application/Renewal Form

The Santa Cruz County Cycling Club is a group of bicycling enthusiasts with a wide variety of interests and abilities. The mission of the SCCCC is to promote bicycling for all ages through education and organized bicycling events. Included in your membership is a subscription to 'The Roadrunner', the club's award-winning, bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, local bicycle shops offer a 10% discount for club members. The club's website, www.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

March–April, 2016

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

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



SCCCC
PO Box 8342
Santa Cruz, CA
95061-8342