

# The Roadrunner

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

## A short history of bicycling in Santa Cruz

*The 49<sup>th</sup> annual Santa Cruz Classic Criterium on Sunday, March 26<sup>th</sup> inspired The Roadrunner to investigate the beginnings of local bike racing as well as SCCCC's history.)*

Interest in local road bicycling accelerated in the early 1970's when the late Roger Sands opened The Bicycle Center (now Cycle Works) on Mission Street. Sands loved European bicycle frames, and he and his wife Marcia would go bike touring in England, with Roger purchasing British bike frames (Hetchins Lightweights, Bob Jackson) and the latest Campagnolo components to sell in his shop. The word soon got around that The Bicycle Center was the place to hang out and/or work.

The shop employed national road race and cyclocross champion Dannie Nall. *Anybody's Bike Book* author Tom Cuthbertson and Robert Wright, who wrote *Building Bicycle Wheels*. Paul Sadoff of Rock Lobster Cycles, Tim Neenan of Lighthouse Cycles and bicycle aficionado Jim Langley tuned up bicycles there as well. Many local riders gathered at the shop to talk bikes and admire the merchandise.

"Those bikes were eye candy. We were used to 40-pound Schwinn Cruisers," says longtime local racer Gerald Brown, 72.

Sands also helped budding entrepreneurs. When Mike Sinyard, founder of Specialized, was starting out, he borrowed money from Sands to buy products in Italy to resell in the US. Sands also bought one of Phil Wood's first spoke cutting tools, helping Wood with his financing. "Roger was behind the scenes on so much innovation



Racers at the 2004 Santa Cruz Classic Criterium. This year's 49th version of the event takes place on Sunday, March 26. Contact David Gill (zelig@cyclocross.cx) to volunteer. (Photo courtesy of Robert Leibold)

here back in the day," says Langley. "A true bike lover who gave his all for cycling and cyclists."

To promote the sport (and sell more bikes) Sands led two Saturday rides, one that climbed Highway 9, ending at the Felton Bowl for breakfast and the other via Highway 1 to Davenport's Whale City Bakery and Swanton Road. The regular riders purchased Davenport Whalers jerseys for the ride, and the fast-paced Saturday Ride is alive and well today, leaving at 8 a.m. from the Small Craft Harbor and going to Watsonville via San Andreas Road. (The bakery eventually discouraged the group from stopping in after some riders failed to pay for their pancakes.)

The Bicycle Center moved across the street in 1977; by then local riders and bike racers were enjoying early morning pick up rides on most week days.

A successful bike-to-work program involved Salz Tannery. Owner Norm

(CONTINUE ON PAGE 4)

## Ready to ride in celebration of January birthdays



March—April, 2017  
Volume 44—Issue 2

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### April 8 potluck/bike ride

Richard Bedal will again host a SCCCC potluck luncheon after the Saturday, April 8 ride at his home, 111 National St., (off West Cliff Drive). Members bring a dish of their choice and deliver it while enjoying coffee and pastries from 8:30 a.m. to 10 a.m. Ride to Davenport and beyond starts at 10 a.m. from Natural Bridges/Delaware, with potluck lunch at noon. If uncertain what to bring, main dishes are appreciated. Thank you Richard for your hospitality!

### Let's stay safe out there!

SCCCC members Susan Kent and Chris Zemny will offer the popular "Cycling for Starters" class starting Friday, April 21 and continuing for six weeks. Another class will be offered in the fall. Members who want to help with any of these classes, please contact Susan Kent at [srade3@yahoo.com](mailto:srade3@yahoo.com). Cost is \$25 which includes club membership for a year.

**THURSDAY, APRIL 27<sup>TH</sup>**  
**SCCCC MEETING**  
**7 P.M. SIMPKINS SWIM CENTER**  
**979 17<sup>TH</sup> AVENUE**

## Club Shorts: Chris Zemny is Member of the Year

Congratulations to SCCCC's Member of the Year **Chris Zemny**, who, along with **Susan Kent**, started a "D" group of bike riders and lead 90 "D" rides on Mondays and Thursdays last year! An outgoing and organized person, Chris has recently expanded her bike club efforts. She is chairperson of the SCCCC Education and Safety Committee, and she plans to become a Licensed Certified Instructor (LCI) as recognized by the League of American Bicyclists.

As modest as she is friendly, Chris said she didn't deserve the annual award, given at the Jan. 26<sup>th</sup> meeting, but she does deserve the accolade. Her 'can do' attitude and willingness to promote bicycle safety on club rides, as well as to help arrange clinics and teach a Cycling for Starters class, is much appreciated. Good for you Chris!

SCCCC member and City of Santa Cruz engineer **Chris Schneider** will ride his bike on the 30<sup>th</sup> annual Cycle Oregon from September 9–16. The tour skirts the Oregon Cascades while featuring visits to Diamond Lake and Crater Lake. Distance is 430–490 miles with elevation gains ranging from 24,000 to 30,000 feet. Cost is \$900. More information at <http://cycleoregon.com/ride/the-classic/>

No Foolin! This year's Tierra Bella Bicycle Tour is on April 1st. Join Almaden Cycle Touring Club's (ACTC) 40th annual ride through the scenic country roads of Morgan Hill and Gilroy, beginning and ending at Gavilan College in Gilroy. Includes hot catered meal, six rest stops with fruit, snacks, baked goods and drinks, SAG support and a free commemorative patch. Families are welcome. Team discounts apply. Choose between four beautiful routes: an easier 35-mile reservoir loop; a hilly/rolling 62-mile metric century or our challenging 100-mile and 124-mile routes. Register early and save. Through March 14: \$70



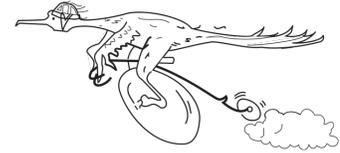
Lilly Ann Popken, left, awards Club Member of the Year Plaque to Chris Zemny.

per rider / \$140 per family. March 15 – April 1: \$85 per rider / \$170 per family. Registration closes when the number of riders reaches 2,000. Visit [www.tier-rabella.org](http://www.tier-rabella.org) or call (408) 255-7957 to register.

For bicycle racing fans, the Amgen Tour of California is coming from May 1-20 beginning in South Lake Tahoe and ending in Pasadena. San Jose will be the setting for the finish of the May 15 stage. More info at [amgentourof-california.com](http://amgentourof-california.com).

Club members **Catherine vanRhee**, **Skippy Givens** and **Grace Voss** were among 50 bicycling event organizers at the annual BE Pro Conference (Bicycle Event Professionals) on Jan. 7 in San Jose. Talks featured "Leveraging the Power of Social Media" and the idea of including on-bike medical support during an event. The annual conference is sponsored by *Cycle California Magazine*.

Several SCCCC members are planning a bike tour combined with either train or bus transport from Sept. 9–25 in the African country of Namibia, the first country north of South Africa. Tour highlights include seeing the wild animal herds of Etosha National Park, viewing a 160K-long gorge and viewing the apricot-colored sand dunes. Trip organizers are **Betsy Schwartz** and **Lilly Ann Popken**.



**THE ROADRUNNER** is the official newsletter of THE SANTA CRUZ COUNTY CYCLING CLUB. It is published bimonthly, sent out via email to members and is available at local bicycle shops, the Santa Cruz Visitors Bureau and local libraries and chambers of commerce. Submissions (articles, photos, and letters) are gladly accepted. Email is easiest, but we'll entertain all options. Contact us at: **SANTA CRUZ COUNTY CYCLING CLUB P.O. BOX 8342 SANTA CRUZ, CA 95061-8342**

or [www.santacruzcycling.org](http://www.santacruzcycling.org)  
**THE SANTA CRUZ COUNTY CYCLING CLUB** is a nonprofit organization pursuant to Section 501(c)3 of the Internal Revenue Service code. The club's mission is to bring cycling to all levels of riders and encourage healthy lifestyles through education, friendship, teamwork and fun. The club is known for its annual **Santa Cruz Mountains Challenge** held the last Saturday in July. Proceeds from this event go to the club's educational activities.

### SCCCC OFFICERS

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## How are your membership dues spent?

How are your club membership dues spent? The annual \$25 fee (\$30 with *Roadrunner* mailing) covers basic club operations: social and educational activities, publishing the newsletter and insurance. Over the past four years, these costs have averaged about \$26 per member. However, insurance costs have doubled over the past four years, resulting in a recent uptick of \$28 cost per member.

SCCCC relies on proceeds from the Santa Cruz Mountains Challenge to cover what dues don't pay for, as well as funding grants awarded to bicycle-related projects in the community. It's possible the board may consider raising club dues to allow for more activities and to pay the higher insurance bills. If you would like to know more about our budget, please contact me.

([president@SCCCC.org](mailto:president@SCCCC.org))

As stated in this *Roadrunner* issue, SCCC is celebrating its 48<sup>th</sup> anniversary in 2017, as well as the 49<sup>th</sup> version of The Santa Cruz Classic Criterium to be held March 26 on Beach Hill. Velo Promo sponsors the criterium, and volunteers are needed. Race Director Robert Leibold is the founder of SCCC.

A reminder to everyone that the club's General Membership Forum is to be used primarily for communicating bike club events and activities. Your e-mail post to the Forum reaches the inbox of over 500 people. Please restrict yourself to posting



messages necessary and relevant to events and activities, not commentary. (It is not unusual to receive requests from members to 'opt-out' of this forum after a spate of posts outside these guidelines. As a result, these members are less likely to ride their bikes with us, which undermines our primary purpose.)

Ride experiences and supportive comments are much appreciated and encouraged. The best platform for these comments is [SCCCC Facebook Page](#) where you can also post pictures, videos, event shares and bike items for sale.

Thank you for your membership and for respecting these guidelines.

Let's Ride Bikes!

—Catherine vanRhee, president

## Bike Santa Cruz County sponsors Light Up the Night ride March 4th

Local artist Campbell Steers designed the nifty Light Up the Night logo at right for a bike event of the same name which takes place from 4:30 to 8 p.m. on Saturday, March 4 starting at The Bicycle Trip, 1001 Soquel Ave. Free bike lights to the first 50 people to show up, bike decorating with reflective spoke cards, custom helmet stenciling and a raffle with "visibility-related prizes" will take place before the 6:30 p.m. ride. Prizes will be awarded for the brightest bike, brightest rider and "most creative get up." All ages and bike skill levels are welcome. SC Bike Party will provide tunes with an on-bike sound system. The event is sponsored by Bike Santa Cruz County, which promotes bicycling through advocacy, education and youth programs. ([www.bikesantacruzcounty.com](http://www.bikesantacruzcounty.com))

Another BSCC-sponsored event is Open Streets Watsonville from 11 a.m. to 3 p.m. on Sunday, May 21 in downtown Watsonville. The setting is **Brennan/Union Street, from Callaghan Park (Freedom Blvd.) to the Watsonville City Plaza**. This car-free event allows bicyclists, pedestrians and any others non-motorized transport to



enjoy the open space. Major supporter (\$10,000) is the Santa Cruz County Regional Transportation Commission. Sponsorships available at [www.sco-penstreets.org](http://www.sco-penstreets.org). Volunteers are welcome to join the event's planning committee.

With the help of BSCC, new green striped lanes have been placed on lower Broadway, between Front and Ocean streets. Green lanes alert automobile drivers to the presence of bicyclists, causing drivers to yield, especially when the motorist wants to turn right. Green lanes encourage sharing of the road by bicyclists and drivers. BSCC started a green lane campaign in 2015, encouraging the city to include funding for green lane treatments.

The Community Foundation of Santa Cruz County has approved a \$9,000 grant to help 40 middle school students in Live Oak to work with high school mentors in the Earn-a-Bike program.

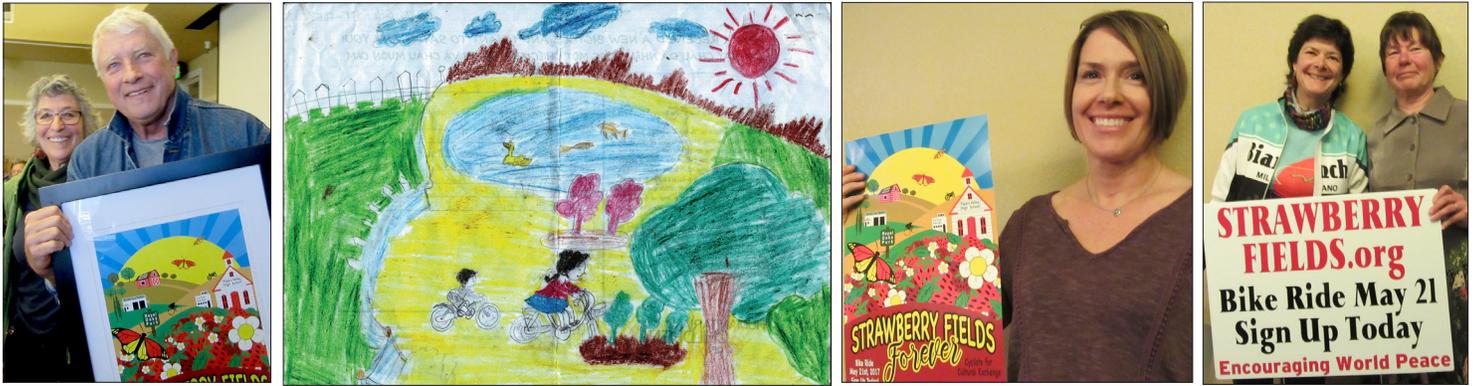
A dozen bicyclists are raising money and trying to schedule training rides in

between rainy days for The Climate Ride June 9–13 from San Francisco to San Luis Obispo.

Each rider chooses an environmentally-friendly outlet for fundraising, with most local bicyclists choosing BSCC. Camping locations include the Pescadero area and the KOA Campground on San Andreas Road. Climate Riders are: **Steve Lustgarten, Connie Wilson, Amelia Conlen, Alex Yasbeck, Gloria Hum, Tawn Kennedy, Meredith Geier, Pete Whitford, Grace Voss, Rylan Baker, Emma Ussat and Adrian Nunez**. One scholarship is available. Contact [director@bikesantacruzcounty](mailto:director@bikesantacruzcounty) if interested.

—Glide A. Long

# Cyclists for Cultural Exchange supports global projects



Photos, l to r: CCE president Marilyn Marzell and Walt Brown, Volunteer of the Year; artwork by Nguyen Van Son; Jane Allington, poster artist; Peggy Seltz and Vita Pritchard

*Dear Cyclists for Cultural Exchange—My name is Nguyen Van Son. I am student in class 6th, Khanh Phuong Secondary School. My family and I are very grateful for your gift, a bicycle which will take me to school from now on. I promise that I will do my best and be good, also listen to my teachers at school. I wish you good health and success in all you do. Thank you very much! Best Wishes, Son.*

This letter is a result of the Humanitarian Services for Children of Vietnam, which received a multi-year CCE grant of \$3,500 in 2015 to purchase bicycles for school children.

CCE also sponsors local programs. Trips for Kids, a Watsonville-based project, received a grant of \$1,500 last year to loan mountain bikes to middle school students for twice-a-

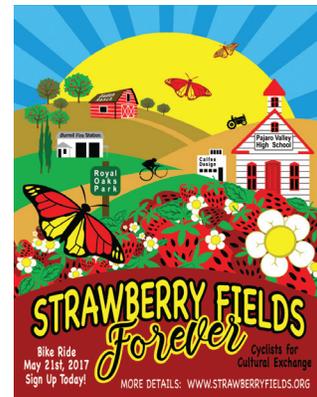
month Saturday recreation rides. This organization also sponsors bike rodeos (middle and grade school students practice hand signals while riding through a course set up at their school), and family fitness days. The students rode their bikes at Watsonville's first Open Streets event last May.

CCE also gave a multi-year grant of \$4,500 to the Cambodian School Project, which has educated more than 1,000 rural children and awarded 300 bikes so students may attend school.

The Marco Polo Refugee Team received \$2,500 through the World Wide Cycling Foundation last year.

The CCE grant programs were part of the annual Volunteer Breakfast for Strawberry Fields Forever. The breakfast took place on Jan. 28 at Chaminade.

## 28th Strawberry Fields takes place on May 21



The 28<sup>th</sup> version of the annual Strawberry Fields Forever takes place on Sunday, May 21<sup>st</sup> starting and ending at Pajaro Valley High School. This fully supported

bike ride features routes of 100M, 100K, and 30M through picturesque Monterey and Santa Cruz counties. Go to [www.strawberryfieldsforever.org](http://www.strawberryfieldsforever.org) to register. SFF is sponsored by Cyclists for Cultural Exchange.



Craig Calfe brought one of his bamboo battery bikes to the CCE celebration of volunteers at Chaminade. Calfe sponsors small businesses in Africa which use locally-grown bamboo to build bicycles.

## Century bike rides spring up in March and April

March 11	Solvang Centuries	Solvang
March 18	Solvang Double Century	Solvang
April 1	Tierrabella	Gilroy
April 8	Wildflower Century	San Luis Obispo
April 8	Bike Around the Buttes	Sutter
April 8	Cinderella Classic	Pleasanton
April 8	Red Hawk Ride	Redding
April 15	Sierra Century	Plymouth
April 15	Mr. Frog's Wild Ride	Murphys
April 22	Cycle for Sight	Napa
April 23	Primavera Century	Fremont
April 29	Healdsburg Bike Tour	Healdsburg
April 29	Ride 4 Reason	Oakland/Sacramento
April 30	Chico Velo Wildflower Century	Chico

(For ride details, go to [talbotscyclery.com](http://talbotscyclery.com))

# SCCCC early days featured fast rides, tours, start of Velo Promo

(CONTINUE FROM PAGE 1)

Lezin and Sands. Levin designed a payroll deduction plan allowing workers to commute to and from the tannery with bikes purchased at The Bicycle Center. The program attracted 230 employees and was featured in national media.

Those early morning pickup rides were the seeds of the Santa Cruz County Cycling Club. Robert Leibold, the club's first president, enjoyed riding with three friends in between classes at UCSC, where he eventually graduated with a degree in community studies.

One day in 1971 the four wheelmen, who belonged to the loosely-organized Branciforte Cycling Assn., decided they wanted to grow their membership. Leibold put an ad in *The Santa Cruz Sentinel*, asking for potential members to come to an evening meeting. Surprisingly, 70 bicyclists showed up, deciding that the club's first president should be the person who placed the ad calling for the meeting. It was a good fit.

"I am an organizer," said Leibold in a recent interview.

As president, Leibold and VP Norm Gall focused on holding monthly club meetings, posting rides in local bike shops and offering week-long summer and winter bike tours. (Las Vegas to Yuma, AZ in the winter and Northern CA and Oregon in the summer.) Each tour attracted about

30 riders who camped out and took turns driving the vans, which came at no charge thanks to UCSC club members.



(Top photo: Roger Sands, bottom photo Robert Leibold and Sam,)



In 1972, SCCCC took over running the four-year-old Beach Hill Criterium, as well as holding road bike races up Bonny Doon Road and on Larkin Valley Road. In 1977 the Tour of Nevada City organizers

called, asking for help to put on its event, so SCCCC ran the tour, leading Leibold and Gall to form their own race promotion company, Velo Promo. (Gall left after a year, deciding that he wanted to buy a boat.)

By the mid to late 1970's, both road and cyclocross national champions (Lawrence Malone, Mark Jensen and Jim Gentes) were living and training in Santa Cruz. Leading up to the 1984 Olympics, a Connie Carpenter-lead women's road bike team trained locally. By the mid 1980's, the

Lee Lown of Savvy Bikes at a cost of \$55 per clinic. (Bike Skills 101 is a prerequisite to the other two clinics.) You must be a club member to participate.

Bike Skills 101, a four-hour class, covers bike handling, weight distribution, making emergency stops and riding with no hands. It is offered on both Sunday, March 12 and Saturday, May 13. Location TBA. Bike Skills 201, aka Climbing and Descending, covers both seated and standing climbs, short climbs, steep climbs and extended climbs. It include how to navigate both straight and switchback descents. It is offered once on Saturday, May 13.

Bike Skills 301, aka Pacerline and Group Riding Skills will teach how to draft in a pacerline as well as other skills necessary for riding with a group. It takes place on Saturday, May 20.

area was a hotbed for cyclocross or "cross" with UCSC boasting several race courses and hosting the national championship in 1984. Three years later Scotts Valley hosted the nationals. Race events were advertised by Leibold's newsletter and organized by Velo Promo.

"Without Robert there wouldn't have been any bike racing in Northern California," says Nall.

Leibold eventually ran 32 road races, cyclocross events and criteriums annually, generating enough income to help put a son and daughter through college and restore a house in Tuolumne County that was built in 1899. Now 65 years old, he and his wife Dawn, a nurse, live in that home near Sonora. Due to health concerns, he is promoting 'only' 21 races this year!

Volunteers are needed for the Santa Cruz Classic Criterium on Sunday, March 26, for morning or afternoon shifts, or both. To help out, contact David Gill at [zelig.cyclocx.com](mailto:zelig.cyclocx.com). —Grace Voss

## Santa Cruz Classic Criterium

More than \$1,500 in prize money is available at the 49<sup>th</sup> running of the Santa Cruz Classic Criterium, starting at 7:30 a.m. at the top of Beach Hill, Third and Main on Sunday, March 26. Eight races will take place at 45-minute intervals, with prize money ranging from \$250 to \$499. Entry fee is \$37. Pre-entry is advisable at [www.BikeReg.com](http://www.BikeReg.com). The course, with its downhill hairpin turn and Beach Hill Climb, is a 0.9-mile loop on city streets, finishing at Third and Main. Parking suggested at Depot Park. More information at <https://www.bikereg.com/santa-cruz-classic-criterium-xliv>.

## Want to train for a 100K?

The Education and Safety Committee plans to offer training rides for both 100K and 100M rides. The century rides being considered are: Sacramento Century (Oct. 7), Davis Fall Foxy (Oct. 21), and Levi's Grand Fondo (Sept. 30) in Santa Rosa. Ralph Edwards is training rides chairperson.

## Safety-conscious members go for LCI ranking

SCCCC is supporting three members—President Catherine vanRhee, Education Committee Chairperson Chris Zemny and Committee Member Susan Kent—in their quest to become Licensed Certified Instructors by the League of American Bicyclists (LAB). Training fees include \$100 per person for Traffic Skills 101 (a local class) and \$300 per person for a two-day LCI class on Feb. 24 in Folsom. (This certification process is not required to teach the popular SCCCC Cycling for Starters classes, but it insures familiarity with the latest LAB methods to promote bicycle safety.)

The bike club's newly-formed Education and Safety Committee will offer clinics to SCCCC members featuring Bike Skills, Climbing/Descending and Pacing. They will be taught by experienced coach Lorri

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## **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 [rhedwardsiii@gmail.com](mailto:rhedwardsiii@gmail.com). "Lite" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride. New D rides on Mondays and Thursdays begin from various locations. (See schedule on page 7).

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### **Saturday, March 4**

A/B Ride: Fort Ord; 9 a.m. start at Pezzini's; 52mi/4000' or 32mi/1300...Ri Eiserling...831-475-5397

C Ride: Fort Ord; 10 a.m. start at Pezzini's; 32.3mi/1331'... J.T. Hart...831-234-7726

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### **Saturday, March 11**

A-B Ride: details TBD, check SCCCC website; Isabelle Magnin...831-325-2712

C Ride: 10 a.m. start at Aromas School; 29mi/1467'; Irish and Geyle Meusel...588-8152

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### **Saturday, March 18**

A-B Ride: (Toby's 111th Birthday Ride!); 9 a.m. start in Boulder Creek; 43.5 mi/2591' or 25.4 mi/2567';Toby Ferguson... 408-386- 9343; C ride: 9 a.m. start from Nisene Marks; 27 mi/1313'; Paula Bradley...345-5482

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### **Saturday, March 25**

A-B Ride: Hollister; details TBD, check SCCCC website; Bruce Dau... 831-234-5177;

C Ride: 10 a.m. start; Portola Valley/Stanford; details and ride leader TBA.

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### **Saturday, April 1**

A-B Ride: Mt. Hamilton to Junction Café; 73 mi/9000'; B Ride: check SCCCC website; Richard Burton... 408-540-4695

C Ride: 10 a.m. start at Sand City Starbucks; 34 mi/1310'; Petronelle van Dam...454-6010

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### **Saturday, April 8 Pot Luck After Ride Up the Coast**

A-B-C Ride:10 a.m start at Delaware/Natural Bridges; 40.3 mi/3,488' or 34.4 mi/1,984'; potluck info p.1; Ric

Eiserling...831 475-5397 (A-B)...Jack Johnson...359-2501

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### **Saturday, April 15**

A-B Ride: 9 a.m. start at Nisene Marks, 50 mi/4800' or 40 mi/2800'; Judy and Osman Isvan... 831-566-8449

C Ride: 10 a.m. start at Ann Soldo School, Watsonville; 30 mi/1151'; Bill McBride...2339-6081

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### **Saturday, April 22**

A-B Ride: 9 a.m. start at Nisene Marks, Aptos; 60 mi/4500' or 52 miles/3200'; Chris Boman...831 475-5902

C Ride: 10 a.m. start at Chitactac Park, Watsonville; 36 mi/1340'; Joe Kelly...234-1972

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### **Saturday, April 29**

A-B ride; 9 a.m. in Pescadero; 56.6 miles/5,288' or 43.5 miles/3,488'; Grace Voss...247-8878

C Ride; 10 a.m. start at Ann Soldo School; 35 mi/1113; Chris Zemny...408-892-5585

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### **Saturday, May 6<sup>th</sup>**

Details TBA, see SCCCC website for details; Ron Olson...408 218-3189

C ride: 10 a.m. start at Pescadero Creek Rd/Stage Rd; 28 mi/2249'; David and Jeanni Kadotani...588-3561

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## **Riding on Glenwood on a sunny day**



*Alan Eklof and Susan Kent lead Tuesday C riders on a sunny day last December; Kathy Ferraro and David Lawrence, plus others, are behind.*

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## **All C/D rides start at 10 a.m.; contact Chris Zemny at 408–892-5585**

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### **THURSDAY, March 2**

C/D Ride: Corralitos to Gizdich for Pie; Meet at Corralitos Market; 24.6 mi/ 1045'

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### **MONDAY, March 6**

C ride: Meet Ann Soldo School, 1140 Menasco Dr., Watsonville; 32 mi/806'

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### **THURSDAY, March 9**

C/ D Ride: Coyote Creek Trail; meet at south ranger station off Malaguerra Ave., Morgan Hill ; 30 miles/ 700' or 20 mi/ 300'

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### **MONDAY, March 13**

C Ride: Epicenter to Gizdich, Meet at Epicenter, Aptos; 32.8 miles/1260'

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### **THURSDAY, March 16**

C/ D Ride: Marina to Asilomar, Meet at Walmart Parking lot, Marina; C's: 30 mi/ 1090', D's: 20 mi/ 800'

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### **MONDAY, March 20**

C ride: Seascape Margarita Ride, Meet in front of Seascape Sports Club; 31.8 mi/ 1247'

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### **THURSDAY, March 23**

C- /D+ Ride: Laurel Glen, Meet at Nob Hill, Capitola, park by hill; 22 miles/ 1175'

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### **MONDAY, March 27**

Specialized Ride Revisited, Morgan Hill, Meet at corner of Vineyard Blvd. and Concord Cir., Morgan Hill; Park on street; 24.9 mi/690'

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### **THURSDAY, March 30**

C/D Ride: Epicenter/Aptos to Sunset Beach; 20.8 mi/1115'

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### **MONDAY, April 3**

C- Ride: Strawberry Fruit/Vegetable Ride, Meet @ Ann Soldo School, 1140 Menasco Dr., Watsonville; 36.1 mi/ 1122'

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### **THURSDAY, April 6**

Capitola to Scotts Valley and return; Meet at Jade St. Park, Capitola; 23 mi/ 1187'

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### **MONDAY, April 10**

C/ D Ride: Marina to Asilomar, Meet at Walmart Parking Lot, Marina; C's 30 mi/ 1090'; D's 20 mi/ 800'

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### **THURSDAY, April 13**

C/ D Ride: Davenport; Meet at corner of Western Dr. and Mission St.; 23.5 mi/ 1281'

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### **MONDAY, April 17**

C Ride: Aromas/Watsonville, Meet at Aromas School; 33 mi/ 1200'

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### **THURSDAY, April 20**

Epicenter/Aptos to SC Harbor, 21.4 mi/ 1249'

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### **MONDAY, April 24**

C- Ride: Gilroy to and around Uvas; Meet at Gilroy Sports Center; 34.3 mi/1178'

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### **THURSDAY, April 27**

C/ D Ride: Marina to Asilomar, Meet at Walmart Parking lot, Marina; 27 mi/ 1023' or 20 mi/ 800'

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## **Bike Safety with Pete: More information on what goes into a safe helmet**

Many of us ride bikes in other countries, and a helmet on the international market folds neatly into a suitcase or backpack. Engineer Jeff Woolf, helmet designer, discovered many riders won't bring a helmet with them when they traveled because it took up too much valuable suitcase space.

Costing \$119, this helmet is called the "Morpher". Made of interwoven plastics, it meets safety standards in both the US and Europe but is not in local stores.

A followup note on MIPS (Multi-directional Impact Protection System). In 2013, only six manufacturers were offering MIPS technology in helmets. However, last year that number increased to 58 brands and 200 models! The idea is based on a thin fabric layer on the inside which allows the polycarbonate insert to slip about 15mm on impact, allowing the shell to rotate, towards the point of

impact for greater protection. Researchers have learned that MIPS-equipped helmets work only if the helmet is securely strapped. Other research suggests that the best helmets be rounded in shape and have a polished surface that will slide easily when it comes into contact with the ground. The helmet should slide on the ground, rather than be snagged or stopped abruptly, causing further injury.

### **HOW TO PASS A HORSE**

We often share paved trails, such as the Wilder Ranch Trail, with riders on horseback. Approaching bikes may startle an animal, and it is our duty as bicyclists to slow to a snail's pace in these situations. I have found horseback riders happy and thankful when I slow or stop my bike, allowing the horses to pass. This is being a good bicycle ambassador.

—Pete Pearson

# Uneven pavement causes injury to Steve Williams on Feb. 11

SCCCC member Steve Williams was taken to a San Jose hospital with injuries suffered from a bike crash on a club ride Feb. 11. Riders were descending Anzar Road near Aromas when a stretch of uneven pavement resulted in his crash. Williams was transported by helicopter to San Jose, and is now resting at home.

With Central California experiencing one of the wettest winters ever, bicyclists need to be extra careful of mudslides, large potholes, downed trees, rocks in the road, and, in Steve's case, road slippage. More than 130 county roads have been impacted by winter storms, with damage estimated at \$30 million. Some roads have been cleared quickly, (i.e. Love Creek) while other roads are longer-term projects. Bicyclists may want to review the following information before planning their next ride, assuming dry weather arrives!

## ROADS CLOSED TO TRAFFIC

The Santa Cruz County Public Works Department's road repair report of mid-February (<http://www.sccroadclosure.org>) says the following roads are closed to traffic: Hazel Dell Road (from Green Valley to Browns Valley), Highland Way (from Mile Post 306 to Spanish Ranch), Lodge Road

at Mile Post .82, Murphy Crossing near Highway 129, Nelson Road, Paulsen Road at Whiting Road, Redwood Lodge Road at Mile Marker 1.65, Shulties Road, Skyland Road between Miller Hill and Stetson, Soquel San Jose Road (at Mile Post 5.91), Upper Zayante Road, Valencia Road, Valencia School Road and Glenwood Drive at Glenwood Cut-Off.

## ONE-LANE ROADS

Roads with one lane open: Bear Creek Road, Eureka Canyon Road (at Mile Post Marker 4.32), Glen Haven Road, Jamison Creek Road, Rodeo Gulch Road North, Smith Grade, Soquel Drive/Aptos, Swanton Road, Two Bar Road and Valencia Road (at Mile Post Marker 2.34).

Roads classified as One Lane-Impacted Stop Signs in Place include: Branciforte Drive, Cabrillo College Drive (east of Rosemary Court), Casserley Road west of Smith Road, some sections of both Glen Haven Road and parts of Swanton Road.

Causes of road closures are slipouts, washouts, debris in road, trees down and major/minor mudslides. Nelson Road and Valencia roads both require temporary bridges due to washouts. A geologist will assess whether the rockslide on Upper

Zayante Road may be removed.

For current road reports, go to [cruz511.org](http://cruz511.org).

## Bike groups plan Measure D funds

Ecology Action and Bike Santa Cruz County have teamed up to create a \$7 million spending plan over the next five years using Measure D funding for street repair and neighborhood projects. EA's Vice President Piet Canin said, "Our goal is to assure 30% of the \$22 million allocated to critical bike infrastructure projects.

"On the Westside, we are looking at bike improvements on Bay Avenue serving Bayview Elementary School, the Westside rail trail, UCSC, and commuters.

"We are also looking at the busy corridor of Soquel Avenue/Drive south to Aptos, the Freedom Boulevard/Highway 1 overpasses and Safe Routes to School programs.

"Our approach is to identify priority bike projects such as protected bike lanes and green lanes on major bike commute and school routes. We advocate for these projects with public works staff and elected officials representing the cities of Santa Cruz, Scotts Valley, Watsonville, Capitola and unincorporated Santa Cruz County."



January birthday honorees are, top row (l to r): Mary Maier, Osman Isvan, Ginger Anderson, Lisa Deverse, David Lawrence and Bill Clark. Bottom row (l to r): Linda O'Heron, Debbie Texeira, Martin Jaureguy, Heidi Fraser and Mike Andalora. The fourth annual ride was organized by Marianne Benforado and Teri Ruegg.

At the Rio Del Mar end of Seacliff Beach are, l to r, Tuesday riders Barbara Moore, Jackie Rall, Petronella van Dam, Lilly Ann Popken, Harried Wrye, Jack Johnson and Jim Wheeler. Beach was cluttered with driftwood from storms.



Marianne Benforado on late-December ride in the Merryknoll section of Glenwood Road.

## Benforado completes training

Club Member Marianne Benforado, a licensed acupuncturist, recently completed a four-month certification program by the National Association of Sports Medicine and will begin teaching Dignity Health PEP fitness classes. She will be teaching Senior Strength and Conditioning classes as well as Advanced Exercise for individuals with Parkinson's Disease. These classes all focus on increasing vitality, balance and flexibility.

## LAB Bike Summit is March 6-9

The Bike Summit, a national advocacy convention takes place March 6-9 at the Renaissance Hotel in Washington DC. Sponsored by the League of American Bicyclists (LAB), its theme is Building a Bicycle Friendly America for Everyone. Registration fees range from \$500 to \$699. The conference includes a Lobby Day where bicyclists meet with local representatives on Capitol Hill to lobby for local bicycle infrastructure. Go to [www.bikeleague.org](http://www.bikeleague.org).

## 2018 Completion date set for Westside rail trail construction—Phase 1

The first section of the Monterey Bay Sanctuary Scenic Trail (aka rail trail) will be built on the Westside of Santa Cruz in 2018. From Natural Bridges to Bay Avenue, the trail will be 16 feet wide, remaining on one side of the railroad tracks, with green crossbikes at street crossings. Scott Roseman, New Leaf Community Markets, and Joe Appenrodt of Appenrodt Commercial Properties helped grant an easement to keep the trail from crossing the tracks.

Due to the current economic climate and community request for a wider trail, the City of Santa Cruz will build the trail in two phases, with construction on the Natural Bridges to Bay Avenue phase beginning in late 2017 or early 2018. Phase II, from Bay Avenue to Wharf Roundabout, needs additional funding. This section, representing 70% of cost, requires the most excavation, retaining walls, storm drains, lighting and security cameras along its 12-foot width. Keeping the trail width to 12 feet for this section will save \$1.5 million and allow the city to secure an additional \$2.11 million for construction. Total cost for the complete 2.1 mile section of trail is about \$6.6 million.

Phase I is 1.3 miles long, connecting neighborhoods to beaches, schools, work sites, shopping and restaurants. Friends of the Rail & Trail, together



*Drawing of Almar Westside courtesy of Santa Cruz County Regional Transportation Commission, 2017.*

with Ecology Action, have organized individual and business donations to provide matching funds for this section of trail.

### TRAIL AND TRACKS PETITION

The Sierra Club has unanimously agreed to support FORT's online petition to Build the Trail and Save the Tracks. Go to [www.fort.org](http://www.fort.org) to sign this petition.

### RAILROAD TRESTLE WIDENING

Santa Cruz County Supervisor Ryan Coonerty and his staff have secured a \$550,000 grant to help design and permit the widening of the walk/bike crossing of the railroad trestle over the San Lorenzo River near the Boardwalk. Preliminary work should begin this fall.

### MEASURE D FIVE-YEAR PLAN

Revenues from Measure D, the transportation initiative which passed by 2/3 of a majority last November, will begin arriving April 1st. The Santa Cruz County Regional Transportation Commission is drafting a five-year expenditure plan for rail trail spending based on projected revenues, and is seeking public input. \$85 million will be available from Measure D funds over 30 years.

## Circle July 29th on your (volunteer) calendar



*Calling all SCCC members! Please set aside Saturday, July 29 to help with the 19th annual Santa Cruz Mountains Challenge! This year's event features a new director, Skippy Givens, new website, new publicity outreach through Facebook and new volunteer t shirts. What's not new are the same gorgeous routes through redwood forest roads, challenging climbs like Alba Road, fantastic food and friendly volunteers.*

*SCCCC asks all members to help out, unless their volunteer stint occurs before or after the event. A workers' ride occurs on Saturday, July 22. Catherine vanRhee is volunteer captain. Artwork at left is by well-known Santa Cruz artist Steve Hosmer of Stokes Signs.*

## What did Marzell know (and when did she know it?)

Jan. 14 started like a normal day—getting up with time to spare, time usually eaten up by my own interruptions, dress, putting the bike on the car rack (I decided to leave that to the last), preparing breakfast and dashing out.

No traffic on Hwy 1 insured a pleasant ride from Felton to Marina to meet the C riders for a ride on the Monterey Bike Path to Asilomar. But getting out of the car to retrieve my bike from the rack resulted in a loud “Uh-oh.” No bike! (I never got to the last task.)

Lesson #1. The most essential thing for a **bike** ride is the **bike**. Was my face red? Yes, but only for a moment. As a true ride leader coming to the aid of one of his floundering followers, JT Hart's brilliance shone through. “Go buy a bike at Walmart,” he said, offering to hold up the ride so I could make the purchase, but I waved the group on and went shopping.

### FROZEN FOOD AISLES TEST RUN

After trying out a couple of hybrids by riding down the frozen food aisles, I was the giddy owner of a two-ton \$149 Schwinn. When I asked if I could take it for a two-hour trial ride, the Walmart employee told me I could return anything within 90 days.

After removing the owner's manual flapping on my back wheel, off I went, giggling all the way, to meet up with the riders at the Wharf Marketplace in Monterey.

Later, back at Walmart, I waited my turn in the return line. The clerk exclaimed, “But you just bought it today!” I said that the description card advertised 21 gears, but the bike had only 18. “You should really change that,” I advised. “Also, I can't lift the bike onto my car rack – it's too heavy. And the gears don't shift so well.” All true. The return went well and I received my money back.

While Walmart has some practices that grate on my sensibility, it now holds a special place in my memory.

—Marilyn Marzell

# Local bicycle shops

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

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

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

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

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-Saturday 10AM-6 P.M.  
Sunday-Noon-5PM

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

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

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

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

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

AND...

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

Current eBikes  
131 Front Street, Suite D  
831-621-2309  
831-588-0936 (cell)  
[www.currentebikes.com](http://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.  
**831-234-4663**    [www.maverickmailing.com](http://www.maverickmailing.com)



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

Santa Cruz County Cycling Club Membership Application/Renewal Form

The Santa Cruz County Cycling Club is a group of bicycling enthusiasts with a wide variety of interests and abilities. The mission of the SCCCC is to promote bicycling for all ages through education and organized bicycling events. Included in your membership is a subscription to The Roadrunner, the club's award-winning, bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, local bicycle shops offer a 10% discount for club members. The club's website, [www.santacruz cycling.org](http://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	<input type="checkbox"/> New Member <input type="checkbox"/> Renewal Member <input type="checkbox"/> Include on Printed Roster <input type="checkbox"/> Add to SCCCC Email list
2nd Member First Name	2nd Member Family Name and Email	One Year Memberships <input type="checkbox"/> Individual \$25 <input type="checkbox"/> \$30 for RR Mail* <input type="checkbox"/> Family \$35 <input type="checkbox"/> \$40 for RR Mail* <input type="checkbox"/> Junior \$10 <input type="checkbox"/> \$15 for RR Mail*
2nd Member Contact Telephone	2nd Member Cell Phone	Three-Year Memberships <input type="checkbox"/> Individual \$60 <input type="checkbox"/> \$75 for RR Mail* <input type="checkbox"/> Family \$90 <input type="checkbox"/> \$105 for RR Mail*

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

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

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

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

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

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

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

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

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

**Minor Release**

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

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

Please sign waiver — Incomplete Forms Will Be Returned

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

# March—April, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 6 p.m. SCMC 7 p.m. SCCCC board	3	4 Club Ride
5 Go for a bike ride!	6	7 Club Ride GP	8	9	10 Sign up to lead a ride!	11 Club Ride
12	13	14 Club Ride NMP	15 c	16	17	18 Club Ride
19	20	21 Club Ride GP	22	23	24 Go for a bike ride!	25 Club Ride
26	27 Ride Safely!	28 Club Ride NMP	29 Be a bicycling ambassador	30	31	1 Club Ride
2 Go for a bike ride!	3 Sign up to lead a ride!	4 Club Ride GP	5	6 6 p.m. SCMC 7 p.m. SCCCC board	7	8 Club Ride
9	10	11 Club Ride NMP	12 Clean your bike	13 Sign up to lead a ride!	14	15 Club Ride
16	17 Go for a bike ride!	18 Club Ride GP	19	20	21 Cycling for Starters	22 Club Ride
23 30	24	25 Club Ride NMP	26	27 SCCCC 7 p.m. Simpkins Swim Center	28 GP is Gateway Plaza	29 NMP is Nisene Marks Park



SCCCC  
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