

The Roadrunner

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

Ribbon cutting for trestle trail is Jan 10th

Groundbreaking for the San Lorenzo River Trestle-Trail Project takes place from 12:15 to 12:45 p.m. on Thursday, Jan. 10 at the Boardwalk side of the bridge. Thanks to a \$15,000 engineering study funded by the Land Trust of Santa Cruz County, the bridge project will be cantilevered to build the trail, instead of replacing the entire bridge. This approach saves the city \$4 million and expedites the project by five years. Project completion date is Memorial Day Weekend.

"This project turns a sketchy narrow walkway into a fully functioning route for walkers and bicyclists, and is another link in the awesome rail trail that is being built now," says Stephen Slade, executive director of the Land Trust.

10-FOOT-WIDE TRAIL

According to City Engineer Chris Schneider, the project will remove the existing four-foot-wide wooden pedestrian walkway and construct a 10-foot-wide elevated bike/ped path with new steel supports, a bike friendly railing, a slip resistant surface, low level lighting and wayfinding signage. The ramps at the bridge abutments will be modified to improve the transitions to the wider path. The new path will be approximately 340 feet long and connect to the modified



Present bike/ped walkway on bridge is four feet wide

access ramps at each end of the bridge.

"The project will improve the direct bike/pedestrian access between the Santa Cruz Beach Boardwalk and the Seabright neighborhood and the Santa Cruz Riverwalk levee path and downtown Santa Cruz," says Schneider.

MEASURE D AND STATE GRANTS

The \$2.03 million project is funded with a California Natural Resources Agency grant, Transportation Development Act funds and allocations from the City of Santa Cruz and the Santa Cruz County Regional Transportation Commission's Measure D.

The public is invited to celebrate, rain or shine, with city and county officials. The ceremony will be followed by a free community party. The project's early start date was facilitated by both Ecology Action and Supervisor Ryan Coonerty.

RTC's new Wayfinding Signage Program to begin

Bicycling around Santa Cruz County will be easier starting this year, thanks to a countywide Bicycle Wayfinding Project that will install signage at over 300 locations. At its December meeting, the Regional Transportation Commission (RTC) approved a \$200,103 contract with Liner Tech Striping for the project.

WHAT DOES THIS MEAN?

The new signage will direct bicyclists onto preferred routes selected for their connectivity to key destinations, their directness and whether or not routes have bicycle lanes on the roadways.

According to Amelia Conlen of Ecology Action, "The countywide bike signage program may seem like a small thing, but it's an important step towards becoming a bike-friendly community. Anyone who

has ridden in Marin County or Portland, OR knows the comforting feeling of being pointed towards the best routes by well-placed signage.

"This will help our new bicyclists stay off Mission Street. In the near future, it will allow them to cross the new San Lorenzo Trestle Bridge to avoid the downhill section of Murray Street and eventually find their way to the Westside rail trail segment."

As part of the project, bicycle and pedestrian count data will be collected before and after signage installation, and a public outreach campaign to promote awareness of the routes will take place.

Signage will be installed in phases and the project is expected to be completed by 2021. It began in 2015 when the RTC received approval from the California Transportation Commission.



January—February, 2019
Volume 46—Issue 1

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Cycling for Starters class rolls out January 23rd

SCCCC will offer its Winter Cycling for Starters refresher course in bicycle safety for new and returning bicyclists, taught by Jack Johnson and Lilly Ann Popken.

The first of six classes will take place at 9:45 a.m. Wednesday, Jan. 23, at Lighthouse Field's parking lot adjacent to the public restrooms. Five more sessions will take place on succeeding Wednesdays.

The class is free to SCCCC members. Others must pay the \$25 membership SCCCC fee to join the club.

This class encourages new and returning cyclists to ride confidently by learning the rules of the road and the etiquette of riding in a group. The class is LIMITED to 12 participants. Each rider must come with a working bicycle and a helmet. The first class includes a 6-8 mile ride.

Participants must register ahead of time by contacting Lilly Ann Popken at LAPedals2@aol.com.

THURSDAY, JAN. 24TH
SCCCC MEETING
7 P.M. SIMPKINS SWIM
CENTER
979 17TH AVENUE

Club shorts: New officers lead SCCCC into 2019

Welcome SCCCC's new board members! **David Giannini**, who has directed the club's annual fundraiser, the Santa Cruz Mountains Challenge, will serve as club president, replacing **Catherine vanRhee**. The social chairperson taking over from **Petronella van Dam and Debby Joyce**, will be new member **Jennifer Byl**, ably assisted by **Suzan Farnens and Maria Dewald**. **Ron Olson**, former rides coordinator, is returning to the board as secretary, taking over for **Mike Heckel**. Welcome to all!

MOUNTAINS CHALLENGE

Last year's 20th annual **Santa Cruz Mountains Challenge** was a big success, attracting 471 bicyclists (up from 440 in 2017). Proceeds from this event, along with club dues, fund SCCCC's financial grants, which benefit community groups that sponsor bicycle safety and education. Club membership is at an all-time high of 579 members! (Reminder, dues for 2019 memberships are due Jan. 31st. Individual dues are \$25 (\$30 with *Roadrunner* mailing) or \$75 for three years (\$90 with *Roadrunner* mailing.)

JAN.24TH CLUB MEETING

The upcoming SCCCC membership meeting on Thursday, Jan. 24 includes a Swap Meet, so bring any bike-related items you want to offer for trade! Also on the agenda are installation of 2019 officers, ride leader appreciation, Member of the Year award and announcement of date and a request for captains for the 2019 SCMC from Event Director Skippy



New Way-finding signage (left) will guide out-of-town and local bicyclists on the county's safest routes. . (Story on page 1.)

Givens. Social hour begins at 7 p.m. Be there!

Kathy Ferraro, film festival organizer extraordinaire, announces a Women's Adventure Film Tour, (open to men as well as women) featuring climbing, skiing, mountaineering, snowboarding and travel films from all over the world. It will be shown from 7 to 9:30 p.m. on Jan. 26th at the Rio Theater. This tour is a celebration of fantastic women doing extraordinary things.! Tickets at brownpapertickets.com.

UCSC Recreation will host the Santa Cruz stop of the Banff Mountain Film Festival World Tour at 7 p.m. Feb. 21–24 at the Rio Theater 1205 Soquel Ave. There will be four shows and two programs. The shows will benefit the Wilderness Orientation Scholarship Fund. Tickets may be purchased at The Bicycle Trip, 1001 Soquel Ave. or at banffsc2019.brownpapertickets.com. For more information visit recreation.ucsc.edu.

Congratulations to SCCCC member and local high school cyclocross coach **Kathleen Bortolussi**, who traveled to Louisville, KY last month, where she placed 19th in the national cyclocross meet for women age 40+. Talk about setting a good example for her team!

CHINESE NEW YEAR RIDE

Janis and Peter Stanger are leading a Chinese New Year bike ride starting at Willie Mays Plaza in San Francisco at 10 a.m. on Saturday, Feb. 23, and traveling

to Tiburon and Larkspur. Ride includes the Marin Headlands loop, with the option of returning by ferry from Tiburon or Larkspur, or returning by bike.

Transportation options include taking Caltrain, parking at AT&T Park, or staying overnight Feb. 22–23 in San Francisco. Rooms are \$60 per night/per person at the Native Daughters of the Golden West Home, 555 Baker St. Email pjlsb@att.net, or call 688-2091 to reserve a room.

The Chinese New Year's celebration includes a Flower Street Fair along Grant starting at 10 a.m. on Saturday, and again at 9 a.m. on Sunday. The Chinese New Year's parade starts at 8 p.m., Saturday. (Early arrival suggested!)

Complete Route Sheets will be posted in February. —**RHODA BIKE**



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

or www.santacruzcycling.org

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

SCCCC OFFICERS

President.....David Giannini
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Education Director's Do's and Don'ts for safe road bicycling

This is a friendly reminder to always embrace safe riding etiquette. The SCCCC does have documented club ride rules and responsibilities which we ask all to abide by. Listed here are some do's and don'ts for safe riding. For everyone's safety, club ride leaders are encouraged to remind anyone violating any of the club's rider responsibilities to please abide by the rules.

In California, all cyclists are subjected to the same DMV rules and regulations as motor vehicle operators. Cyclists do have the same rights as motor vehicle operators (reference the CHP brochures). However, I caution all to ride defensively and not put yourself or others at risk by being insistent of your rights when encountering a questionable situation on the road involving a motor vehicle. Here are some

tips for safe bicycling on the road.

- Do be as visible as possible. Do be certain your bike is in safe riding condition.
- Do wear your helmet while riding, always.
- Don't wear earbuds while riding, ever.
- Do signal for right and left turns.
- Do call out and point to road hazards.
- Don't weave.
- Do always hold your line when riding in a group.
- Do ride in the same direction as traffic.
- Do ride as far to the right of the road

as safely possible.

- Do take the lane if safe to do so and there is no bike lane or safe shoulder.
- Do move as far to the right as safely possible when riding slower than the speed of traffic when five or more cars are following from behind.
- Do stop at stop signs and red lights.
- Do be courteous to other cyclists, drivers and pedestrians.
- Do ride single file.

For more information, refer to the club website for the club's rider responsibility policy. <https://www.santacruzcycl.org>.

—ALBERT SAPORTA

Bike advocacy group recognizes community leaders, plans for 2019



Left photo, l to r, Mark Mesiti-Miller, Janneke Strause, Theresa Rogerson, center photo, l to r, Tawn Kennedy of BSCC and Kira Ticus and right photo, Lowell Hurst. (Photos by Bill Bishoff.)

Bicycle advocates Theresa Rogerson and Mark Mesiti-Miller, bike education enthusiast Kira Ticus and Mayor Lowell Hurst of Watsonville were honored for their contribution to the bicycle community Dec. 1st by Bike Santa Cruz County at its annual awards night. The dinner event was held in a packed meeting room at Loudon Nelson Community Center. Mistress of ceremonies was BSCC Executive Director Janneke Strause.

Rogerson, who has worked for County Health Services for 20 years, was recognized for her tireless effort at promoting Vision Zero, a plan which advocates zero deaths to bicyclists and pedestrians from automobiles. Both Watsonville and Santa Cruz have given the green light to this program and are creating Vision Zero task forces and programs.

Mesiti-Miller, now retired, ran an engineering firm that first determined

a rail trail was possible along the Santa Cruz Branch Rail Line. He is president of Friends of the Rail Trail and was instrumental in garnering public approval of Measure D, the county's half cent sales tax measure that funds transportation.

Kira Ticus began working for Ecology Action in 2009 and now leads a team of six who have taught 2,500 elementary school students in Santa Cruz, Monterey and San Benito counties how to safely ride bikes. "She is incredibly dedicated and sees the potential in everyone," said Strause.

Mayor Hurst won the Community Award for his promotion of bike safety projects in Watsonville, including the Mayor's Bike Rides.

This year a special award went to Steve Walker, who has volunteered for every BSCC bike valet service.

Also nominated were Ivy Young (community compost program), Scott

Robbins (17th Avenue Bike Exchange and Earn-a-Bike program), Lorenzo Holguin (Bike Shack in Watsonville) and Larry Peglar (longtime director of UCSC director of transportation and parking services.)

"For 30 years, Larry has been driven to find solutions to complex problems and to reduce greenhouse gases," says Strause.

ACCOMPLISHMENTS, GOALS FOR 2019

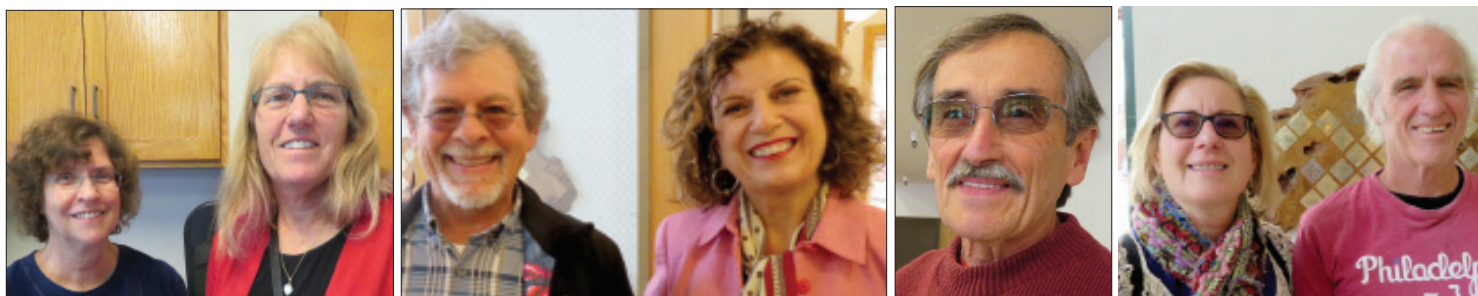
BSCC's goal is to make bicycling a safe, respected, convenient, and enjoyable form of transportation and recreation for people of all ages and abilities. Major milestones for 2018 include the adoption of Vision Zero for Santa Cruz and Watsonville with a goal of eliminating all traffic-related injuries and fatalities by 2030, construction of the San Lorenzo Trestle Bridge segment of the rail trail by Memorial Day, completion of Phase 1 of Segment 7 of the rail trail on the Westside and expanding the Earn-a-Bike program to deliver more than 100 bikes to county youth for the current school year.

A major milestone for the organization was doubling its office space by moving to its new location at 333 Soquel Avenue and obtaining a 501(c) (3) nonprofit status. Future plans include the first protected bike lanes in unincorporated Santa Cruz County to be added to the County Capital Improvement Program. Other plans include extending the Light Up the Night Community Ride to Watsonville and extending the route length of Open Streets events in both Watsonville and Santa Cruz.

2018 holiday gathering in Felton is a festive occasion



Left to right: Trish Cernac and Marti Ryhanych, Toby Ferguson, Gary and Suzan Ferrens, Shalom Compost, Leo Jed and Teri Ruegg



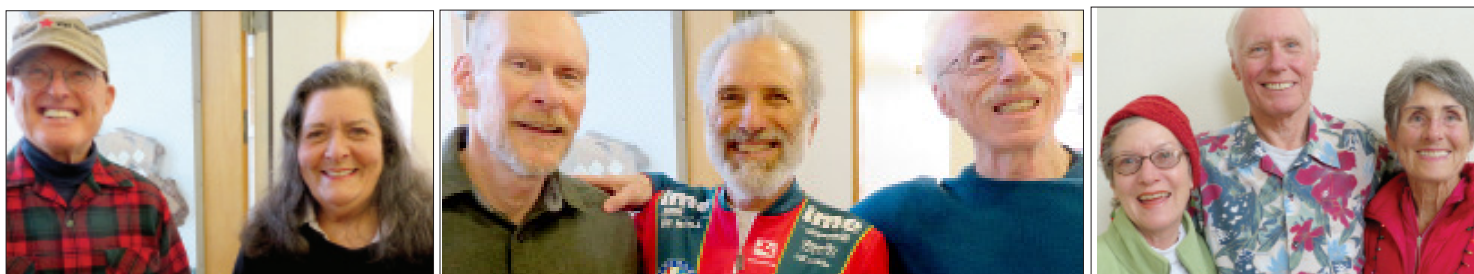
Left to right: Tina Ensign and Paula Bradley, Steve and Maria Dewald, Roger Kern, Julie and Gerry Rooney



Left to right: Ron Cook and Stella Sexsmith, Petronella van Dam, Bill McBride and Debby Joyce, Paula Barsamian and Alan Ekloff, Kathy and Bob Ferraro



Left to right: Naoko and Larry Narachi, Pat Lawson and Grace Voss, Michael Schell and Ric Eiserling, Mike Andalora and Heidi Fraser and Bruce Dau

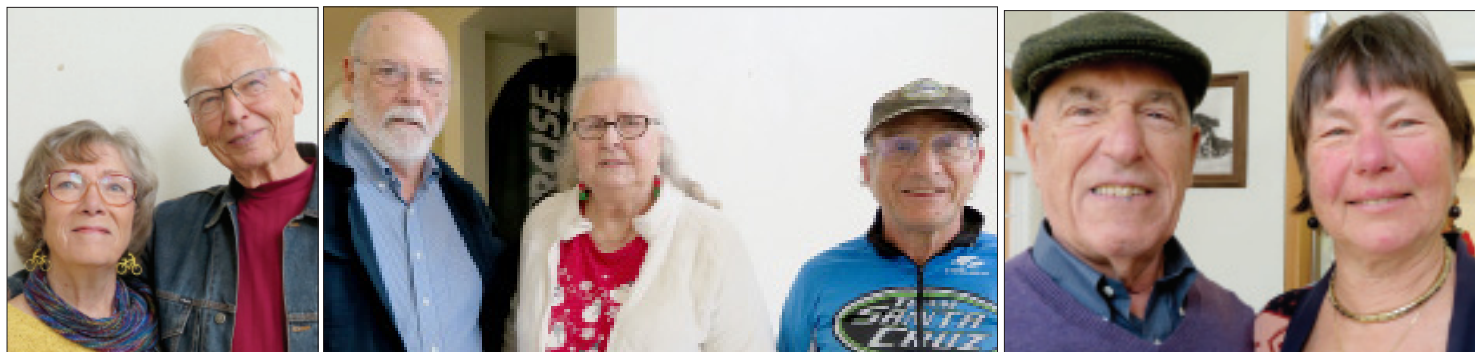


Left to right: Larry and Violet Poretz, Chris Boman, Shahe Moutafian and Howard Unkeles and Lilly Ann Popken, Dan and Nancy Larson

'Tis the season to be jolly for SCCCC members and guests



Left to right: Kathy Frank and Tom Mattinson, Julie and Francis Kuo, Joyce Rollins, Ed Mendenhall and Jeanne Moy and Dan Thurm



Left to right: Judy Marsalis and Bob Vorce, Jack and Judy Johnson and Rick Hyman and Frank and Vita Pritchard



Left to right: Jim and Janet Starr, Jennifer Byl, Isabelle Magnin, Mike Heckel and Sue Sogard, Janis and Peter Stanger and Annette Scheibner and Michael Siefert



Left to right: Doug and Sandra Lee, David Lawrence, Marianne Benforado and David Gianni, Dave Reetz, Jane Ferguson and Regina Falkner

*Bottom row,
left to right: Barb
and John Meyer,
Chad Williams,
Joan Rizzuto and
Joe Kelly, Aven Swit-
zer, Marilyn Marzell
and Debby Joyce*



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

Tuesday ride: Meet at 9:45 a.m. for a 10 a.m. start for this social/leisurely paced road ride. 1st and 3rd Tuesdays of month, start at Gateway Plaza (the shopping center on River St. near Hwy 1). No public water or restrooms available. On the 2nd and 4th Tuesdays, meet at parking lot of the Aptos Shopping Center. The fifth Tuesday of the month is leader's choice for start location. Distance will vary from 20-40 miles. Destinations include a lunch stop. Bring water and snacks. "Lite" rides are offered with regular Tuesday rides for a less strenuous, generally shorter ride. New C/D rides on Mondays and Thursdays on club calendar at www.santacruzcycling.org.

Saturday, January 5th A/B Ride

Big Basin Tour

9 a.m. start at Boulder Creek; A=43.5 mi/4,591'; B=25.4 mile/2,567'

Dan Huges.....925-640-5797

Saturday January 5th C Ride

Gizdich for Lunch

10 a.m. start Ann Soldo School, Watsonville;
30.4 mi/1150'

Bill McBride.....831 239-6081

Saturday, January 12th A/B Ride

Fort.Ord Tour

10 a.m. start at Walmart-Seaside; A/B=43.6 mi/3,414'

Paul McDonald.....831-419-7388

Saturday January 12th C Ride

Scotts Valley to Glenwood

10 a.m. start at Gateway Plaza; 25.2 mi/1627'

Joe Kelly.....831 234-1977

Saturday, January 19th A/B Ride

Scotts Valley to Felton-Empire

9:30 a.m. start at Gateway Plaza; A/B=44.5 mi/3,994'

Ron Olson.....408-218-3189

Saturday January 19th C Ride

CCC to Scotts Valley via Granite Creek

10 a.m. start at Capitola Community Center, Jade St.;
25.7mi/1596'

Paula BarsamianHome/831 475-5902; Cell/831 205-9083

Saturday, January 26th A/B Ride

CCE Volunteer Appreciation Breakfast Ride

10:30 a.m. start on Paul Sweet Road near Chaminade; Route
TBD

Mike Andalora... 831-247-9722.....Isabelle Magnin ...831-325-2712

Saturday January 26th C Ride

Aptos via East Cliff Drive

Start at 10:30 a.m. from Chaminade, after CCE breakfast;
24.6 mi/1351'

Barney Eredia831 251-5100

Saturday, February 2nd A/B Ride

Route details, start time and location TBD

Richard Burton.....408-540-4695

Saturday February 2nd C Ride

Cienega Wine Trail Loop/Hollister

10 a.m. start at Ridgemark Golf Club off Hwy 25; 30.5 mi/1510'

Jim Kleck831 247-5960

Saturday, February 9th A/B Ride

Valencia to Old Mt. Madonna

Route details, start time and location TBD

Shahe Moutafian.....831-251-1663

Saturday February 9th C Ride

Corralitos via San Andreas

10 a.m. Start at Rancho Del Mar Shopping Center; 30.5 mi/1538'

Bart Coddington...Home/831 475-5234 Cell/408 515-0988

Saturday, February 16th A/B Ride

North Coast to Swanton/Bonny Doon

9 a.m. start at Gateway Plaza; route details TBD

Gloria Hum.....831-247-7091



Left photo: Green hills near Aromas attracted Saturday riders on Dec. 8th; right photo: Rancho del Mar Shopping Center was start for Tuesday riders on Nov. 13th.

Saturday February 16th. C Ride
Seaside via Fort Ord
 10 a.m. start at Pezzini's on Nashua off Hwy 1; 26.4 mi/1782'
Ric Eiserling.....831 234-7725

Saturday, February 23rd A/B Ride
San Francisco to Tiburon/Larkspur
 10 a.m. start at Willie Mays Plaza, SF; route details TBD (see Club
 Shorts on p.2 for overnight details)
Peter Stanger.....831-688-2091

Saturday February 23rd C Ride
Uvas Reservoir to Rosy's at the Beach
 10 a.m. start at Railroad Park 17200-17282 Depot St., Morgan
 Hill; 31.7 mi/1362'
David & Jeanni Kadotani.....831 588-3561

Monday C rides with Chris Zemny
 (408-892-5585)

**All rides start at 10 a.m. go to website for
 details.**

**Third Thursday of the month is a Metric
 Century ride with Brian Treece**

**All rides start at 9 a.m. go to website for
 details**

www.santacruzcycling.org

Thank you November/December ride leaders

Chris Boman, Petronella van Dam (2), Tom
 Mattinson, Kathy Frank, Marilyn Marzell (2), Ron
 Olson, Joe Kelly, Paul McDonald, Debby Joyce,
 Shahe Matoufian, Paula Bradley, Bruce Dau (2),
 David and Jeanni Kadotani, Richard Burton, Jack
 Johnson, Michael Siefert, Ric Eiserling, Grace Voss,
 Kai Azada, Bart Coddington (2), Judy Marsalis (2),
 Margaret Graziano, Lilly Ann Popken, Jim Denton,
 Janis Stanger, Larry Tierney, Rick Shypit, Mike
 Harrison and Chris Zemny (many!)

Saturday, March 2nd A/B Ride
Boulder Creek to Saratoga
 9 a.m. start in Boulder Creek; A=43.3 mi/6,013'; B=33.7 mi/3,232'
Dan Hughes.....925-640-5797

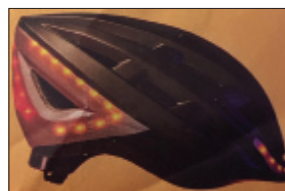
Saturday March 2nd C Ride
Sand City to Pebble Beach via 17mile Drive
 10 a.m. start at Starbucks/Sand City Shopping Center;
 33.1 mi/1242'
Petronella van Dam.....831 454-6010

Amgen Tour start at Laguna Seca May 15

The 14th edition of the Amgen Tour of California occurs from
 May 12 to 18, while a Women's Tour is May 16 to 18. The men's
 tour finishes May 14 in Morgan Hill and starts May 15 in Laguna
 Seca. Amgen, in partnership with the Los Angeles Kings and
 AEG Sports, is donating \$100,000 to the American Red Cross for
 wildfire relief.

Bike safety with Pete: LED helmet

Quite a few improvements have been made in
 bicycle helmets. Bike guru Eu-wen Ding, of
 Boston has invented the \$180 Lumos Kickstart



Helmet (photo).

The helmet's LED
 lights appear in the
 front, rear and sides
 of the helmet. The
 front lights help you

be seen by approaching vehicles. The side and
 rear lights form a large triangle on the helmet,
 substantially increasing one's visibility 90 degrees
 from sides to rear. A wireless handle mount
 remote allows the rider to signal right or left. The
 helmet is also compatible with the Apple watch
 when making a hand signal. You may not find
 this helmet in your local bike shop, but you will
 find it on line at the Apple store! Special thanks
 to Sean Gregory for his article titled "A helmet
 with built-in headlights," *Time Magazine* from
 November, 2018.

—PETE PEARSON

RTC director Guy Preston brings experience to job

Santa Cruz County Regional Transportation Commission's new executive director, Guy Preston, 52, has spent the past 28 years of his career as a civil engineer, delivering transportation projects to four California counties (Marin, Sonoma, Mendocino and Humboldt).

While working for the Sonoma County Transit Authority (SCTA), he was the day-to-day manager of that county's \$480 million local transportation sales tax known as Measure M (similar to Measure D), delivering 10 years of projects ranging from HOV lanes on Highway 101 to 10 miles of a multi-use trail for bicyclists and pedestrians in Marin and Sonoma counties.

Due to timely delivery of initial transit projects for SCTA, Preston leveraged that agency's Measure M funds to secure addition monies from the state and federal government at a rate of 5 to 1. A former Caltrans engineer, Preston is most proud of the controversial Noyo Bridge Project for Highway 1 overlooking the Noyo River



near Fort Bragg. After 2.5 years of back and forth between the public and Caltrans, Preston helped secure and build

iron railings, a protected sidewalk and wider bike lanes for the bridge, instead of a cement railing which would have blocked views of the Noyo Harbor and the ocean below. The public was happy, as was Preston, an abalone fisherman, who "was glad to implement changes near and dear to me."

In Santa Cruz, Preston (photo) rides his Specialized road bike 2.4 miles round trip from his home in the Seabright neighborhood to the RTC office downtown. He is looking forward to the Jan. 10th groundbreaking for the San Lorenzo Bridge Trestle Trail, which forms one section of the Monterey Bay Sanctuary

Scenic Trail. While this new multi-use trail will help make his personal commute safer, he's also happy it will produce a better route for the public.

"There will be no more walking bikes across the bridge due to the trail's narrow width, which forced bicyclists passing each other in opposite directions to lift their bike's handlebars to pass," he says. "It is a heavily used trail and both bicyclists and pedestrians need to respect each other."

A graduate of UC Berkeley, Preston's most recent job was as regional delivery manager for the California High-Speed Rail Authority for Northern California, a job he describes as "a four-year internship involving a crash course in environmental documents." As for the local rail with trail vs trail only discussions, he says he prides himself on listening to all interested parties to try and find common ground. "Leadership involves listening, collaborating and understanding where others are coming from," says Preston.

What's it like to climb a 10,000-foot volcano? Just ask Francis Kuo!

Julie and I celebrated our 30th wedding anniversary on the island of Maui this fall, where I had the opportunity to ride my bike up Haleakala Volcano, the highest continuous climb on a paved road in the world! (It starts at sea level and ends at 10,023 feet over 36 miles. Average grade is 6%, except for the last half mile, which ascends to 10-12%.)

Weather plays a huge part on whether or not to try the ascent, as the temperature, wind, and rain can change from the bottom to the top and from hour to hour. I chose

a day with only a 20% chance of rain and left the coastal town of Paia at 6:40 a.m. with the temperature 80 degrees. I followed a Strava route for this climb but still missed a crucial turn because I was so focused on each pedal stroke, and climbed an extra 1500' before realizing my mistake and backtracking down to the turn before heading up again!

The temperature drops 2-3 degrees every 1,000 feet, which is nice because you're mostly in the sun during the ride. I was warned that leg cramps would be an issue so I took extra anti-cramp tablets in

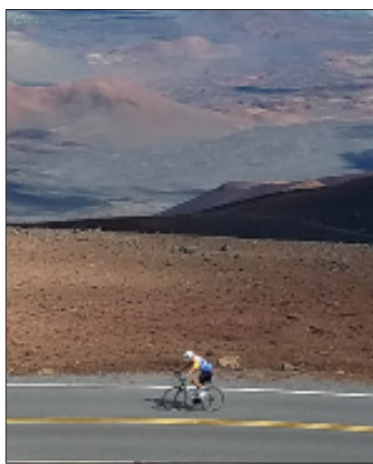
addition to my electrolyte drinks, but after 7000', my legs started cramping. I thought my ride was over, but they subsided after 10 minutes of rest on the side of the road. It started raining and that felt good after all the hours in the sun. The wind picked up, blowing the rain away, but it was a headwind, no fun.

With less than a mile to go, I stopped to rest one more time before the 10-12% ascent to the top. Julie was at the top waiting for me and the clouds were just clearing so we had a beautiful view of the crater. What a great feeling having made it to the top!

It was a cold 60 degrees and I had brought arm warmers, full-fingers gloves and a vest with me so I was prepared for the descent. Now came the fun part, a 36-mile descent!. Even with the warmer clothing, from 10,000' to 7,000', it was cold. Eventually it warmed up and I coasted back to Paia and waited for Julie to arrive with the car.

If you're ever in Maui and you've never gone up Haleakala either by car or bike, it's definitely a trip worth taking!

—FRANCIS KUO



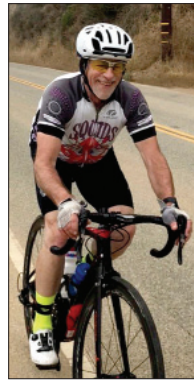
Francis Kuo tackled a climb of the Haleakala Volcano, the highest continuous climb on a paved road in the world, last November on the island of Maui. Congratulations Francis!

New bike light uses radar to detect cars behind...what a good idea!

Safety first should be your mantra anytime you are out on your bike. When riding on urban or country roads, being visible to motorists, pedestrians and other bicyclists should be part of your thought process, regardless of the time of day. One key piece of equipment to help make you visible is a red tail light fastened either to your seat post, saddle bag and/or the back of your helmet. Many different designs and lumens of rear lights are on today's market, with varying degrees of quality.

One exceptional rear light system is Garmin's Varia RTL510, a rechargeable tail light with 65 lumens (daylight mode) and featuring both flashing and solid light. Its red light is visible as far as one mile in daylight at a viewing angle of 220 degrees.

Sounds like your basic rear light system, right? Not so fast. What makes the Varia RTL510 special is its radar system embedded in the housing, allowing it to detect vehicles approaching from behind from as far away as 150 yards. When paired with a Garmin computer (model 510 or higher is required), the embedded radar activates the computer when a vehicle approaches. The



computer transmits a beep for each vehicle approaching! It will also activate a visible display of the approaching vehicles, in the form of dots on the computer's display screen.

I recently bought this light system and tested its efficiency during a three-day fundraiser

ride from Healdsburg to Santa Cruz last September. Without fail, the radar picked up every vehicle that approached me from behind. If there were multiple vehicles, the computer screen displayed a dot for each vehicle approaching, up to four dots at a time.

On long, straight sections of road, vehicles were detected from as far out as 150 yards or 1.5 football fields). While the radar system doesn't detect the speed of the approaching vehicle, I didn't seem to mind. I was just glad for the peace of mind, knowing vehicles were approaching from the rear. This was especially reassuring for

hybrid and electric cars which are not readily heard, especially on windy days.

Paceline groups I rode with were grateful for my calling out "car back" whenever I heard the beep and saw the onscreen dots.

This light is part of a radar system, not a camera system, and is only compatible with Garmin 510 computers. It retails for \$199.

For more info, go to <https://buy.garmin.com/en-US/US/p/601468#overview>

—Albert Saporta (photo)



Ecology Action works with the UCSC Transportation and Parking Services (TAPS) to give away and install bike lights, fit helmets and provide bike safety and mechanical checks. Last November, EA mechanics discovered and fixed two open quick release levers, preventing possible catastrophic bike crashes! Photo is from the top of the UCSC bike path. These events also provide EA with a snapshot of how many bicyclists are riding with or without a helmet and how many students are riding Ebikes.

Bicycling groups offer licensed instructor class

SCCCC is working with both Ecology Action and Bike Santa Cruz County to present a hands-on three-day seminar for anyone wishing to become a League Cycling Instructor with the League of American Bicyclists. The seminar, taught by LCI coach Bernard Green, will take place Feb. 22–24 at the EA's office building and parking lot, 207 Church Street, Santa Cruz.

Two prerequisites are required: a) completing the LAB Smart Cycling Traffic 101 online course; b) completing the LAB Smart Cycling parking lot drills course (as offered to SCCC members during the past year). The parking lot drills course is scheduled for either Jan 12 or Jan 19.

Climate ride 2019 starts in Santa Cruz, ends in Edna Valley

Would you like to ride your bicycle for 300 miles and help out the world's climate? Team Bike Santa Cruz County will tour the Central Coast from June 12–16 as members of the 2019 Climate Ride California. This year's tour starts in Santa Cruz!

The five-day event will average 50 miles per day. It is fully supported, which means no need to plan your next meal, accommodations or carry your stuff.

The LAB Smart Cycling Traffic 101 online course and the parking lot drills are free. Certification of completion will be issued once both courses are documented as complete. LAB membership is required. It is \$40 for individual membership. Go to <https://bikeleague.secure.force.com/join>. The LCI three-day seminar fee is \$350, which may be covered by SCCC. (Eligibility to receive a \$350 reimbursement from the club depends on successful completion of the seminar and a commitment to lead future SCCC Smart Cycling clinics.) Anyone interested in becoming an LCI may contact Albert Saporta tolacycledude@sbcglobal.net immediately.

If you're interested in learning more, come to an information session with Climate Ride National Events Director Blake Holiday at 5 p.m. Tuesday, Jan. 15th at Lúpulo Craft Beer House, 233 Cathcart Street next door to Spokesman Bicycles.

If you already know you want to ride with Team Bike Santa Cruz County, register before Jan. 1st for early-bird pricing of \$100, a saving of \$50. More information at californiaclimateride.org.

SAVE THE DATE: JULY 20TH



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

Bicycle Trip Capitola
3555 Clares St., Suite T
Capitola 95010
831-226-5050
Monday–Friday–11AM–6PM
Saturday–10AM–5PM
Sunday–Closed

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

Watsonville Cyclery
25 East 5th Street
724-1646
Monday–Saturday–11AM–6PM;
Sunday–Noon– 5PM
Epicenter Cycling
Aptos Station, 8035 Soquel Dr. Suite 23
662-8100
Monday-Friday–11AM–7PM; Weekend–8AM–4PM

AND...

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

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

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

831-234-4663 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

January-February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Club Ride GP	2	3 Gizdich ride	4	5 Club Ride
6	7 C ride	8 Club Ride Aptos	9	10 Gizdich ride SCCCC Board 6:30 p.m.	11	12 Club Ride
13	14 C ride	15 Club Ride GP	16	17 Gizdich ride 10 a.m. Corralitos	18	19 Club Ride
20	21 C ride	22 Club Ride Aptos	23 Cycling for Starters 9:30 a.m.	24 Gizdich ride SCCCC meeting 7 p.m.	25	26 Club Ride
27	28 C ride	29 Leader's choice	30 Cycling for Starters 9:30 a.m.	31 Gizdich ride 10 a.m. Corralitos	1	2 Club Ride
3 Go for a bike ride!	4 C ride	5 Club Ride GP	6 Cycling for Starters 9:30 a.m.	7 Gizdich ride 10 a.m. Corralitos	8	9 Club Ride
10	11 C ride	12 Club Ride Aptos	13 Cycling for Starters 9:30a.m.	14 Gizdich ride 10 a.m. Corralitos SCCCC Board 6:30 p.m.	15	16 Club Ride
17	18 C ride	19 Club Ride/GP	20 Cycling for Starters 9:30 a.m.	21 Gizdich ride	22	23 Club Ride
24	25 C ride	26 Club Ride Aptos	27 Cycling for Starters 9:30 a.m.	28 Gizdich ride	GP is Gateway Plaza	Aptos is Rancho del Mar

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



SCCCC
PO Box 8342
SANTA CRUZ, CA
95061-8342