

Santa Cruz Mountains Challenge is Bigger (and Better) Than Ever

“We are shooting for 600 riders,” is how event coordinator **Michael Hudick** summarizes the biggest ride of the year for Santa Cruz County Cycling Club members, the 9th annual Santa Cruz Mountains Challenge, on Saturday, Aug. 4. This 100-mile/10,000 vertical feet (or the milder 60-mile/6,000 vertical feet) organized bicycle ride, is guaranteed to take the breath away of even the most experienced riders. And it’s no easy-breathing operation for club members either, as they staff five rest stops, including lunch at the sky-high CDF camp at the top of Empire Road as well as serve a post-ride lasagne meal back at Scotts Valley High School, where the ride begins at 6:30 a.m. (Advance check-in occurs from 6:30 to 8:30 p.m. the night before at the Scotts Valley Hilton Hotel just off Highway 17 and Mt. Herman Road.)

“This is a very difficult ride that scares off a lot of people,” adds Hudick,

who says that, for every five male riders, there is one female rider on the registration list. And the ride organization is no small task either. Fortunately, Hudick’s staff is up to the challenge. **Pam Slocum** and **Tory Dubiel** are sharing the job of volunteer coordinator this year. (They would love for ALL club members to fill out the form on page 9 of this issue and mail it to the club’s PO Box as soon as possible.) At the moment, a big need exists for safety monitors who can staff difficult sections of the course (i.e. the intersection of Highway 9 and Highway 236) as well as parking monitors for

early-morning duty at Scotts Valley High School, the starting point. **Lilly Ann Popkin** is in charge of early check-in at the Hilton on Friday, Aug. 3, **Lawrence Fogel** is organizing the post-ride meal at the high school while **Tina Ensign** is planning the lunch rest stop. Other chairpersons are: **Jim Denton** (safety), **Bart Coddington** (bicycle shop mechanical support), **Marshall Otwell** and **Janet Fogel** (clothing, including a first-ever SCMC jersey), **Scott Campbell**, logistics, **Ed Kilduff**, route marking, **Frank Pritchard**, food for rest stops, **Chad Williams**, sag support, **Richard Bedal**, permits, **Leo Jed**, post-ride clean up, **Chris Boman**, data base registration, **Marilyn Marzell**, sponsorships, **Ric Eiserling**, radio communications, **Tim McCloskey**, web master and **Leo Moll**, route sheets/maps.

Rest stop chairpersons are: **Herb Greenfield**, Sempervirens Rest Stop, **Janie Tibbals** and **Ric Eiserling**, Frank’s Tree Farm Rest Stop on Summit Road, and **David Gill** and the **SCCCC Race Team**, Highway 35 and Highway 9 Rest Stop.

The SCMC costs \$45 before July 15 and \$55 after, a boost of \$10 from last year’s entry fee. Hudick predicts the weather will be “sunny and cool...but don’t hold your breath!” Go to www.santacruzcountycycling.org to register. Fill out the volunteer form on page 9 if you are a club member. (Volunteers’ ride is Saturday, July 28.)

SCCCC Meeting
7 p.m. Thursday
July 26, 2007
Simpkins Swim
Center

The Aug. 4 **Santa Cruz Mountains Challenge** takes riders up Mountain Charley Road, named after **Charley McKiernan**, one of the most successful (and no-nonsense) businessmen in the Glenwood area. McKiernan managed a toll road, which he built and operated along with Hiram Scott of Scotts Valley. He was not afraid to enforce the toll. One day a traveling circus came up the road and threatened to go by without paying. The circus owner even said he would turn the lions loose on Charley. “Go ahead,” said Charley, “I have a bullet for every lion.” The circus owner paid the toll!

Club Shorts: He Wanted a "Faster Bike"

—**Steve Johnson**, owner of Aptos Bike Trail on Soquel Drive, usually opens his shop early on the Monday of the AIDS ride, as the 2,300 riders passing by more often than not need extra water bottle holders or other accessories after 100 miles on the road from their starting point in San Francisco the day before. But not even Steve could have predicted on June 4 that one AIDS rider, an overweight, middle-aged man from Dallas would come in requesting a "faster bike" in place of his Motobecane hybrid mountain bike. "You guys waiting for me?" the man called to his biking buddies, "I think I'm going to buy a new bike!" So Steve sold him a new Diamond Back flat bar road bike on the spot, and the satisfied customer rode on his way. Steve hasn't heard from him since

—**Janet Fogel and Betsy Schwartz** combined distance with altitude by joining the Denver Post's annual "Ride the Rockies," a week-long bicycle tour from June 17–23, along with 2,000 other bicyclists. Latest report from Janet was that the ride was "windy." Janet and Betsy averaged 60–65 miles a day in that high-altitude environment.

—Also tempting the distance gods for a week of California touring on the June 23–30 Sierra to the Sea outing were club members **Ed Kilduff, Judy Marsalis, Jim Keenan, Lex Rau and**



Janet Fogel, left, and Betsy Schwartz planning their Ride the Rockies trip!?

Debby Hale. Ed reports the tour was "not bad windy, very windy." However, he says that the cooler temperature gave him "no problems," unlike last year's high heat!

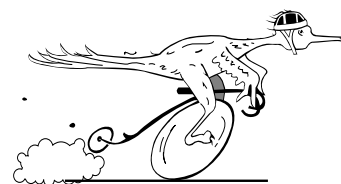
—For two-day distance riding, our hats are off to **Judy Isvan, Laurie Patton, Chad Williams, Kim Kinney and Michele Whizen**, who plan to ride the 28th annual Group Health Seattle to Portland Bicycle Classic July 14–15. About 9,000 bicyclists from 44 states will be traveling 200 miles in two days through some of the best scenery that the Pacific Northwest has to offer. Wow!

—**Michele Whizen and Matt Werner** successfully completed the annual Ride Around Lake Tahoe June 3, a pledge ride for which they raised \$4,800 for the Leukemia and Lymphoma Society. Congratulations Matt and Michele!

—If all this touring has you hankering for a distance ride, sign up for the **Santa Cruz Tour d'Organics** on Sunday, Aug. 26. Rates and routes vary from \$40 to \$60 for 35 miles to 100 miles. All rides begin at the Seventh Day Adventist Camp on Soquel/San Jose Road. Call 707-360-8511 for more information.

—The merry bicyclist who joined SCCCC for most of the Tuesday, Thursday and Saturday rides during June was **Hanna Sharmer**, who moved to Loveland, CO a year ago to be closer to her family. Fortunately for us, **Hanna** treated her son **Joe**, his wife **Tammy** and their children **Katie**, 7, **Hanna Rose**, 3 and **Christa**, 1, to a month's vacation in Santa Cruz. **Hanna** plans to return in September for another 'extended vacation.' We look forward to her cheerful company!

A big thank you to the three local bike shops—**Spokesman, Scotts Valley Cyclesport and Sprockets**—who are providing valuable mechanical assistance for the August 4th Santa Cruz Mountains Challenge!



The Roadrunner is the official newsletter of the Santa Cruz County Cycling Club. It is published bimonthly, mailed free to all members, and is available at local bicycle shops, etc. Submissions (articles, photos, and letters) are gladly accepted. Email or a diskette are 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.

OFFICERS

President	
Bart Coddington.....	475-5234
Vice President	
Ric Eiserling.....	475-5397
Secretary	
Stephen Johnson.....	685-9058
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Tina Ensign.....	476-1043
Membership.	
Judy Isvan.....	689-9580
Social Directors	
Jeannine Peerless.....	426-7239
Sally Salmon.....	402-0027
Ride Director	
Alan Eklof.....	427-9760
rides@santacruzcycling.org	
Education Director	
Saskia Lucas.....	460-0215
Race Team Director	
David Gill.....	423-0897
SCMC Director	
Michael Hudick.....	408-353-2668
Newsletter Editor	
Grace Voss.....	462-4884
Webmaster	
Tim McCloskey.....	458-9860

From My Handlebars to Yours: Grants Offer Opportunities

By Bart Coddington

The mission statement of the Santa Cruz County Cycling Club calls for “bringing cycling to all levels of riders.” It also advocates “encouragement of healthy lifestyles through education, friendship, teamwork and fun.” I like this statement because it really reflects what we are about as an organization.

In order to make this statement real, SCCCC provides grants ranging from \$500 to \$1,000 to persons or organizations who meet the above criteria. Twice a year, every spring and fall, the board reviews grant applications that have been submitted for consideration. Past recipients have been the United Way agency Jóvenes SANOS for their youth biking program in Watsonville, Brian Vernor for his educational photographic work about bicyclists, Harbor High School Mountain Bike Team for equipment; Santa Cruz Jr. Cyclocross Team and Santa Cruz High School PTA for their locked bicycle cage.



SCCCC President Bart Coddington

Please think about an organization that could benefit from one of our grants, and encourage a member of that organization to download the grant request form from the club's website, www.santacruzcountycycling.org. It is on the Club Forms Page – click on the “Sponsorship Proposals” link.

A big reason for staging the August 4

Santa Cruz Mountains Challenge is to raise funds for the club and its educational activities. Last year we raised about \$6,000. (We hope with more entrants to raise even more money this year.) Staging an event of this nature is a major undertaking—it takes over 100 volunteers to register riders, mark the route, staff food and water stops, prepare route sheets and feed the riders both lunch and a post-ride meal. Last year the event sold-out at with 500 registrants. The quota of riders has been increased this year since more parking is available at Scotts Valley High School.

If you know of an educator, community volunteer or bicycle club advisor who has a special project in need of funding, please encourage this person to submit a proposal. The deadline for the next review cycle is October 31. Bicycling in alive and well in Santa Cruz County. Let's make it even better.

Enjoy the Ride!

\$400,000 for Safety

Elementary school students may find their paths to education safer and they may find themselves more fit as well, thanks to a \$400,000 grant from the State of California's Safe Routes to School Program. According to Corinne Hyland of the Community Traffic Safety Coalition, the grant “is a coordinated effort between the Santa Cruz County Health Services Agency and the Santa Cruz Area Transportation Management Association. Among its goals are:

- Increase the number of bicycle and pedestrian safety presentations to elementary school students
- Increase bicycle safety presentations/ rodeos for middle school students
- Increase Bike to School sites and participation
- Expand the Bike n' Hike program in which students track the miles they bike and walk to school
- Develop Safe Routes to School maps for two county elementary schools.

Riding a Bike Can Be a Poetic Experience

By Maura Noel

You don't pick the bike, the bike picks you. I tried half a dozen bikes in my search to upgrade my road ride. Some were smooth, some were cushy, some were sluggish.... And then you stumble onto the bike that whispers “I was made for you”. As you clip in on one side, the second pedal meets your foot halfway with a ‘here, let me do that for you.’ You pull away from the curb with minimal effort and accelerate down the street toward the hills. You realize you're not pulling the bike along with your effort, the bike is helping you glide across the pavement because it understands what you want. As you stand to power uphill your steed says “yes! let's go!”. And when you reach the top, completely spent and cursing, you drape yourself across its frame saying “I need a rest”. The lighter-than-air wheels carry your last ounce of effort over the hilltop and set your course for the smooth, sleek



Maura and her Cannondale

downhill that will rejuvenate your aching legs. You wrap yourself within its carbon/aluminum wings as it shuttles you past your compadres who shout obscenities at your mounting speed, while you coast. Fitted to your body, the bike responds when you stand and hurtles downhill when you tuck into it. You think about turning and it's done. You touch the brakes and you're at the desired speed in seconds. It wants what you want and delivers --the ride of your dreams.

Lots of Climbing on Green Hills of Tuscany Tour

By **Glide A. Long**

On Day 11 in Italy, three of us decided to do our own tour of the Val d'Orcia, choosing a road that climbed gradually into the green hills of Tuscany. It was an optional day, meaning the 83-kilometer route from San Quirico to Radicofani and return (3,700 feet of climbing) wasn't a must-do as we were remaining at our hotel for two more nights. About a third of the way out, while passing poppy fields and sheep pastures, Tina remarked, "This should be called the flat roads of Tuscany," to which Pam promptly replied, "Singular...there's only one flat road in Tuscany!"

And that pretty much describes The Green Roads of Tuscany, a two-week tour under the conscientious leadership of Julie and Tom Leever of Vermont, an organized twosome who love Italy and hope their clients will love it also. Fair warning: this is a hilly tour! From May 6-19, 2007, we covered 455 miles involving 40,000 feet of climbing. It wasn't the Dolomites by any means. But each day involved ups and downs totaling between 2,000 and 4,000 feet of climbing. However, if you're in good physical condition, the daily rewards are tremendous—green vineyards and pastures in the foreground, with distant views of castles and fortified cities, proof that the Middle Ages were a time of strife between Italy's contentious city states, particularly Florence and Sienna. The roads are excellent, with 95% of the ride in the rural Tuscan countryside (a bus trip took us into busy Sienna for a guided tour). And Italian drivers are excellent also. They drive smaller cars and are respectful of the bicyclist's space on the road. The only hitch? Towards day's end, you will make an extended climb to your



Glide A. Long near San Gimignano

destination, as all cities we visited used hilltop settings (and thick walls) to guard against enemy attacks.

Route sheets were accurate and detailed, thanks to Tom's thoroughness, with highlights (frescoes at an abbey, bike shop, a meditative garden, Etruscan museums and a colorful flower market) noted according to kilometer marker. Average distance each day was about 60 kilometers (36 miles), but average elevation gain was 2,600', so remember it's the elevation that makes this a strenuous tour, not the mileage! Also, a couple of short (1 kilometer) pitches were 12%–15%.

At the end of those strenuous days, Tuscany riders were treated to three and four-star hotels. Julie and Tom have lead this tour for three years, and they know where to stay. They also are careful to dole out rooms with patios to all participants, although San Gimignano and San Quirico d'Orcia involved longer stays and thus longer views of those Tuscan hills for some. Group meals (paid for in the trip fee) alternated with evening meals on your own, with Julie taking great pains to make

reservations at good local trattorias for small groups. Breakfasts are included, with lunches on your own. Special tour highlights included a tour of an olive oil press and a cooking lesson featuring sauce bolognese and pesto. Being Italy, the food was universally very good to excellent, with rural hotels holding their own in quality to the finest restaurants in Florence. Vegetarians found it easy to adapt, as Julie made sure the hotel kitchen provided for their special needs.

While one may enjoy the enchanting beauty of Italy and the friendliness of the Italian people without any pre-trip preparation, the bicycling is more enjoyable if you are in good shape at the start of the tour. (You don't have to be as fit as a rider in the Giro d'Italia, but you are well advised to ride your local hills hard to prepare for the green hills of Tuscany.) Cost of two-week trip: \$1,800.

The Bicycle Adventure Club of San Diego is a non-profit tour group in which members lead favorite tours, either in the US, Canada or abroad. Membership is \$50 annually, and tour groups number between 16-24 persons. More information available at www.bicycleadventureclub.org.

New Club Members

Rob Ruedi
Jim Wheeler
Matt Twisselman
Mike Grant
James Piccolo
Tim Buscheck
Andrea Holbert
Melissa Cline
Gary Peters
Michael Hudick and Muriel Rose

Germany Attracts the Fogels, Lilly Ann and Daughter Kara Vernor

By Lilly Ann Popken

To call Germany “bicycle friendly” would be a gross understatement. The country is set up with a complete infrastructure that provides for bicycle travel as an expected means of transportation. Of the 225 miles that Janet, Lawrence, my daughter Kara and I cycled, at least 200 miles were on bicycle paths that were completely separate from the roads that cars were using.

It was delightful to see so many people on bikes especially those people in their 70’s and 80’s. We did see lots of spandex and helmets (tourists), but the Germans were dressed in street clothes. (Of course they were on bikes that looked like they couldn’t go more than 10 mph downhill with a tailwind assist!)

We saw so many castles along the Rhine River that I lost count of them, prompting Janet to say that there were as many castles around here as banana slugs on a hike through the redwoods. What a poet! We also visited Trier, the oldest city in Germany with Roman ruins dating back to 17 BC as well as the cathedral in Cologne that took 600 years to build and is so immense and so ornate that I am hard pressed to describe it. You will just have to go see it yourself.

Germany is definitely on the top of my list of easy places for bicycle touring. Almost all of the trains allow you to just walk right on with your bike. Many of the hotels have signs and/or flags advertising that they cater to cycling tourists. Even the dogs in Germany are bicycle-friendly. Not one of them barked at us. In fact the only time I heard dogs barking they were arguing with each

other.

We flew into Frankfurt and started pedaling out of Mainz going North on the Rhine. At Koblenz we turned southwest and biked for several days on the Mosel to Trier. We took the train to Cologne and then took two days to bike and train it back to Mainz. We flew out of SFO on

Davis Double Report

By Judy Isvan

Osman and I rode our tandem for our fourth Davis Double. We pulled out of the registration area in the dark at 5:15 a.m., with hundreds of excited, nervous cyclists sweeping through the empty city streets with lights flashing. After a few blocks, someone called out loudly, “One mile!” which broke the tension and made everyone laugh. By dawn we were out in the flat farm and orchard lands, self-organized into pacelines of various speeds. As we rolled into the first rest stop, it was apparent that something was wrong. Everyone who was ahead of us was there, including people that started at 4 a.m.! Someone with a megaphone was just announcing that a decision had been made, and the route would be reversed, with a turnaround somewhere on top of Cobb Mountain (the biggest climb of the ride). It turns out there was a forest fire, and it had closed one of the roads on the second half of the ride. The organizers had to think fast, with 2,000 riders on the road, and change the route, move rest stops, call all the volunteers, etc! While there were a few complaints about rest stops temporarily running out of water, we had no problems, and were very impressed with the skill and organization of the Davis Bike Club volunteers! The rest of the ride went smoothly, and we thought it was our best DD ever, though it had a little more climbing this way.



Kara Vernor on tour with swan.

Wanted: Go-Getter!

The Santa Cruz Area Transportation Management Assn. needs a program director for both the May and October Bike to Work weeks as well as other community events/bicycle safety outreach programs. Requirements include owning a valid California Driver’s License, proof of automobile insurance and, despite that, must be a bicycle commuter. Being tenacious and showing initiative are recommended. Applicants may expect \$16 to \$18 per hour, plus benefits. Send resume to jobs@ecoact.org by Monday, July 18. Oh, pleasant, outgoing personality also may help one win the job!

Thank You Ride Leaders

The following people lead club rides for May and June. Thank you!

Ed Kilduff
Ric Eiserling
Deborah Vitale
Alan Eklof
Charley Fisher
Scott Campbell
Gene Lytle
Grace Voss
Lilly Ann Popken
Monte McDonald
Janie Tibbals
Linda Brodman

Wanted: Ride Leaders

Janie Tibbals, Tuesday ride leader, says the bike club needs help leading rides for August, September and October. Please contact her at libwolf@earthlink.net if you would like to help out.

Weekly Rides

Tuesday

Meet at 9:45 a.m. for a 10:00 a.m. start for this is social/leisurely paced road ride. Start on Aptos Creek Rd. just off Soquel Drive in Aptos. Aptos Creek Rd. leads to the entrance of Nisene Marks State Park. On the first Tuesday of each month, the ride starts at another location. Call the leader to find the location. The distance will vary from 20–40 miles and will always be a fun adventure. Destinations always include lunch stop. Bring water, snacks, and money for lunch.

Contact: Janie Tibbals.....336-1040

Wednesday

Beginners Ride with Martha—starting at 9:30 a.m. Start at Lighthouse Field State Park ENTRANCE at Pelton and National Streets. Parking on Pelton.

Martha Bedal 460-1818, marthab@cruzio.com

Thursday

Meet at 10:00 a.m. in front of the Corralitos Market in Corralitos for a moderately paced road ride of 25–45 miles. This is a No Leader—Decide and Ride. Bring water, snacks, and essentials for bicycle repairs.

Rider Levels

A = Novice: you can ride 15 miles on a mostly level road at a leisurely pace.

B = Intermediate: you can ride 40–60 miles with some hills at a moderate pace.

C = Experienced: you can ride 80–100 miles with hills at a brisk pace if you choose.

We wait for riders at all levels, although the C level riders are not obligated to wait, particularly when a map/queue sheet is provided.

Saturday, July 7

Boulder Creek, Big Basin and Skyline

Meet at Johnnnny's Market in Boulder Creek at 9 a.m. (Do not park in their lot.) Carpool from CCC at 8 a.m.; A's ride to Big Basin Headquarters and back (21 miles/1800'), B's ride about 30 miles with plenty of climbing (2,400'); C's ride up to Skyline (46 miles/4,600')

Ride Leader: Janie Tibbals.....336-1040

Saturday, July 14

Eureka Canyon

B's and C's leave from CCC at 9 a.m.; A riders leave from Five-Mile House in Corralitos at 10 a.m.; Lunch at Summit Market;;A=35mi/1000' , B&C=60mi/2800'.

Ride Leader: Maura Noel.....465-1855

Saturday, July 21

Roaming to Aromas and on to San Juan Bautista

Meet at CCC at 8 a.m. for carpool to start location at Kirby Park for a 9:15 a.m.start time.

Ride Leader: Ed Kilduff.....724-2501

Saturday, July 28

Santa Cruz Mountain Challenge Workers' Ride

Start from Scotts Valley Transit Center (King's Village Road.) at 8 a.m. Distances will be 100km and 100 miles; pace will be a moderate 8-12 mph; check in at 7:45 a.m. Roads will include Mountain Charley, Sky-line, Big Basin Way, Jamison Creek, Felton Empire. This is a fully-supported ride and is put on for the benefit of club members that would like to ride the SCMC but will be working the event.)

Ride Leader: Maura Noel.....465-1855

Saturday, August 4

Ninth Annual Santa Cruz Mountains Challenge

This event starts at Scotts Valley High School, 555 Glenwood Drive from 6:30–8:30 a.m. No day-of-event registration; (registration closes on 31 July or when event is full-whichever comes first.)

www.santacruzcycl.org

Website for Bicycle Commuters

Matt Norwood has started a free website for present and potential bicycle commuters (**www.velogreen.org**) to discuss alternative transportation, share stories and find camaraderie. Matt calls his website "International Bike Commuting Team." Check it out.

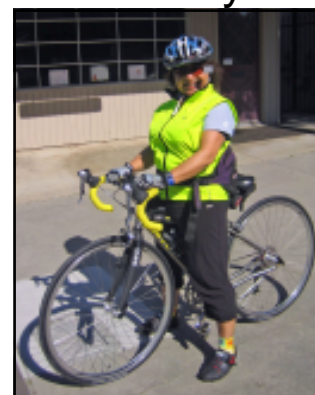
When Was the Last Time You Rode Your Bicycle to Scotts Valley?



Rob Ruedi, left, and Pat Schlunt cruise into La Selva Beach on a recent ride.



Tuesday riders stop for lunch at the Scotts Valley Market on a cool day.



Victoria Dubiel is SCMC coordinator of volunteers, along with Pam Slocum.

Saturday, August 11

Pescadero, LaHonda and Tunitas Creek

Start from church on Stage Road in Pescadero at 9 a.m. (park on street); A's & B's will take 84 and Pescadero Road and eat in Pescadero; B's will do Cloverdale/Gazos Creek loop after lunch; C's will climb Tunitas Creek with lunch at Alice's on Skyline; C+ can descend Alpine Road; Carpool from CCC at 8 a.m.; A=27/1650' B=47/2400' C=51/4850'

Ride Leader: Shalom Compost.....345-2017

Saturday, August 18

Monterey Bike Trail - Pacific Grove and Pebble Beach
Meet at CCC at 8 a.m.; Ride starts at Pizzini Fruit Stand (Molera/Nashua Road exit just past Castroville on Highway One) at 9 a.m.

Ride Leader: Ed Kilduff.....831-724-2501

Saturday, August 25

Felton Empire and Bonny Doon

Start at CCC at 8:30 a.m.; ride will go up Highway 9 to Felton, then up Felton Empire for a tour of Bonny Doon and descend to the coast for lunch in Davenport for B/ C riders, B's should bring a sandwich if not going to Davenport; A's to Felton for snack/lunch and return; A=20mi B=45mi C=55mi

Ride Leader: Mike Andalora.....247-9722

Saturday, September 1

Scotts Valley to Los Gatos

Start at Scotts Valley Transit Center (King's Village Road.) at 9 a.m. A=15mi/1500', B=51mi/2000', C=65mi/3000'. (Two short hardpack dirt sections.) Lunch in Los Gatos.

Ride Leader: Ric Eiserling.....475-5397/ 336-1040

Choosing a Good Sunscreen Is Important for Cancer Protection

According to the Skin Cancer Foundation, it's a good idea to throw out half-filled bottles of sunscreen from last summer, as products dated from 2006 or earlier don't offer sufficient protection against the ultraviolet rays that cause skin cancer. What to buy? Any high-

SPF sunscreen that contains new UVA-blocking ingredients such as Helioplex or stabilized avobenzone. Sunblocks containing titanium dioxide or zinc oxide are also good. For those people who are concerned with looks, these natural minerals are available in sheer creams, so you won't have lifeguard-type noses! And, of course, re-apply sunscreen every two hours that you are out in the sun. Go to www.skincancer.org for more information on how to protect your skin this summer.

All ride participants must wear helmets and obey traffic laws!

SCCCC Race Team Takes High Honors in Different Categories



By David Gill

Many SCCC members have been racing in the "Central Coast MTB Cross Country" series: (<http://www.cccx.org/mtb/2007/>). **Dennis Pedersen** won the first three "Sport Men 45-54" races, **Melanie Dominguez** placed third in the "Women Pro/Expert" category, **Daniel Henderson** and **Erik Thunstrom** have been trading wins in the "Sport Single Speed" category, **Shelly Monroe** has been cleaning up the "Sport Women 19-34" category, **Rita Celeste Leon** has been on the podium in each of her races for the "Sport Women 35+" category, **Darik Thunstrom** is well on his way to winning the CCCX MTB Series first place award in the "Junior 13 & Under" category, **Julianna Perry** placed third in her first "Sport Women 35+" race, **Jesse Nickell** scored a third place in the "Junior Men 14-18 category," **Ron Riley** is gunning for second overall in the "Expert 55+" category. Other participants include **Charles Hess** and **Grant Stoner**.

On the road scene, **Dennis Pedersen** picked up his first criterium win in the "Elite Men 45+ 4/5" category at the Memorial Day crit in San Jose. **Gary Griffin** placed third in the "Elite Men 55+ Cat. 5" at Ross' Epic Hill Climb in Geyersville. Oops, how could I forget **Nick Purtscher's** win in several Category 5 road events this spring!?!? **Bryan King** won the Category 5 field sprint and claimed second place in our own Santa Cruz Criterium.

Other top placings went to **Nick, David Hopkins, Matt Wocasek, Erik Thunstrom** and **Dennis Pedersen**. **Jim Keenan** placed 17th in the Sea Otter Road Race in the Master Men 60+ field, only 7'50" from the leaders.

Back to dirt: **Phil Trenholme** destroyed the entire field to take first place out of 23 riders in the Sea Otter "Expert Men 50+" Super-D Downhill race! **Ron Riley** raced to a 9th place finish in the Sea Otter "Expert Men 60+" MTB Cross Country event.

900 Riders Attend Annual GWBR

By Richard Bedal

The Great Western Bike Rally (GWBR) website aptly describes it as a "large, friendly, family-oriented bike event extravaganza dedicated to recreational cycling that transforms the Paso Robles fairgrounds and the surrounding countryside into a pedaler's paradise." This year's event lived up to that description. The weather was great, although it turned a little cool towards the end. And the roads and scenery were enjoyable, with a variety of routes to fit everyone's abilities.

Although there were over 900 cyclists in attendance, one did not feel the crush of crowds, except when having to occasionally wait in line for showers. But even that was not annoying because it gave an opportunity to share stories of the day's rides. It was fun to meet and visit with cyclists from throughout the state, as well as those from other parts of the country.

The GWBR occurs once a year, on Memorial Day weekend, at the same time as the Paso Robles Car Show, the largest outdoor car show, drawing over 800 of the finest custom cars nation-wide. Other than noise from the loud motors after dark, the two events did not seem to conflict, and even complemented each other.

GIVE THE 2007 SANTA CRUZ MOUNTAINS CHALLENGE A HAND!

Saturday, August 4, is the day of the **9th Annual Santa Cruz Mountains Challenge**. This year's (100km., 100mi.) will begin at **Scotts Valley High School** in Scotts Valley. The rides will be using the campus both as a Start/Finish and for the meal at the end of the ride. We are limiting the number of riders to 500 to ease preparation and the purchase of food. The Mountains Challenge is the primary fund raiser for the club. To provide rest stops, SAG support and food for the riders, we rely on the help of club members, their families and friends. Take a few minutes to fill out this volunteer form. If you are unable to help the day of the ride, sign-up for one of the "before ride" jobs.

As registration, lunch and check-in will be located in the same general area, feel free to volunteer for several jobs, (i.e. registration in the morning, take a break, then check-in or assist with lunch in the afternoon). You'll be part of the action and show off the **Santa Cruz County Cycling Club's** hospitality to other riders. All volunteer staff will receive a 2006 Mountains Challenge T-shirt and will be invited to the worker's dinner. It has been a long standing tradition for members of the **Santa Cruz County Cycling Club** not to ride the Mountains Challenge; however, we will be having "Workers Preview Rides" in July (see the ride schedule for details). After your form is received, your "Captain" will be calling you about specific assignments. Worker's T-shirts will be distributed on the day of the Mountains Challenge.

**THE TIME TO GEAR UP FOR AUGUST 4 IS NOT FAR OFF. WE NEED YOUR HELP.
ALL WORKERS MUST FILL OUT ONE OF THESE FORMS SO WE CAN ORDER THE CORRECT
NUMBER OF T-SHIRTS. THANK YOU FOR YOUR COOPERATION.**

QUESTIONS? Call the Volunteer Coordinator: Janet Fogel (831) 438-0706; jlfogel@sbcglobal.net
or the Century Coordinator: Michael Hudick (408) 353-2668; mhudick@yahoo.com

----- cut along this line and mail lower portion to address below -----

Volunteer Checklist: T-shirt size ____ (S) ____ (M) ____ (L) ____ (XL) ____ (XXL) ____ NO SHIRT

(Fill out one form for each volunteer. Photo copy this form if you need more)

NAME: _____

ADDRESS: _____

PHONE: (HOME) _____ (WORK) _____

BEFORE RIDE JOBS:

- ____ **Route Marking** (Weekend in July, to be arranged)
- ____ **Sign Making** (Weeknight in July)
- ____ **Bread Bakers** (For the Rest Stops i.e. Banana, Apple Spice, Blueberry etc.)

DAY OF THE RIDE JOBS:

- ____ **Floater** (Wherever needed most)
- ____ **Rest Stop** (Keep food/drinks stocked for riders — select a Rest Stop)
- ____ CDF Saratoga Station ____ Little Basin ____ CDF Training Center ____ Franks' Tree Farm
- ____ Bear Creek (water) ____ Jamison Creek (water) ____ E. Zayante (water) ____ St. Clairs Retreat (water)
- ____ **Registration** (Morning, register riders)
- ____ **Check-in** (Afternoon, track riders as they return)
- ____ **Meal at Scotts Valley High** (Midday, keep food/drinks stocked for meal at the end of the ride)
- ____ **Sag Driver** (With your car or truck - drive routes to help riders with minor repairs and assistance)

I CAN LEND THE FOLLOWING EQUIPMENT:

____ Presta Pump ____ Schrader Pump ____ Ice Chest ____ 5 gal. Water Jug

Please submit completed forms to:

Santa Cruz County Cycling Club, PO Box 8342, Santa Cruz, CA 95061-8342

Local Bicycle Shops

These shops are supporting our bicycle club with discounts on bicycling accessories. Discounts vary by shop, but generally run 10% off the regular price. Ask the sales clerk if they offer bicycle club discounts.

Another Bike Shop
2361 Mission St., Santa Cruz
427-2232
Open 7 days • Hours 9 — 5

Aptos Bike Trail
7556 Soquel Dr., Aptos
688-8650
Hours 9 — 5
Bike rentals

Bike Station Aptos
8061 Aptos Street
688-4169
Monday to Friday 10 to 5; Saturday 12-4

The Bicycle Trip
1127 Soquel Ave., Santa Cruz
427-2580
Mon. — Sat. 10–6 • Sun. 10–5
Free Maintenance Classes

Terry Precision Cycling

Women's Clothing and Bicycle Parts
www.terrybicycles.com

Bill's Bike Repair
2628 Soquel Dr., Santa Cruz
477-0511
Open 7 days • Hours 9 — 5

Amsterdam Bicycles
2-1231 East Cliff Drive
475-1394
Open 7 days • Hours 9 — 5

Cycle Works
1149 41st Ave., Capitola
476-7092
Open 7 days • Hours 9 — 5
New & Used — Trade-ins Welcome

Dave's Custom Bikes
910-A Soquel Ave., Santa Cruz
423-8923
Open 7 days • Hours 9 — 5

Family Cycling Center
912 41st Ave., Santa Cruz
475-3883
Mon. — Sat. 10–6 • Sun. 10–5
Cruisers • City Bikes • Mountain • Trailers • Rentals

Mr. E's Cyclery
8059 Aptos St., Aptos
662-2973
Open 7 days • Hours 9 — 5

Scotts Valley Cyclesport
245 Mount Hermon Rd., Scotts Valley
440-9070
Tue. — Fri. 10–6 • Sat. 10–5 • Sun. 12–5
Road • Mountain • Cyclo-X • BMX • Cruisers • Kids

The Spokesman Bicycles
231 Cathcart St., Santa Cruz
429-6062
Mon., Wed. — Sat. 10–6 • Tue. 12–6 • Sun. 12–5
Road • Mountain • Tri • BMX

Sprockets
1420 Mission St., Santa Cruz
426-7623
Tue. — Fri. 10–6 • Sat. 10–5 • Sun. 12–5
Road • Mountain • Tandem

The Bike Coop
1156 High St., Santa Cruz
457-8281
Open 7 days • Hours 9 — 5

Trey's True Wheels
1431 Main St., Watsonville
786-0200
Tue. — Sat. 10–6 • Sun. 10–4

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 bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, a 10% discount at local bicycle shops. Annual membership dues must be paid to remain a member in good standing. Dues become due yearly in the month your membership is received.

Applicant First and Last Name (please print)		Family Members (if family membership)		Date of Application	
Address		City		State	Zip Code
Home Phone	Work Phone	E-mail			Birthdate (mo./day)
Please check the appropriate box <input type="radio"/> New Member Membership <input type="radio"/> Renewal Membership <input type="radio"/> Information Change Only		Please check the appropriate box(es) <input type="radio"/> Individual (\$20) <input type="radio"/> Family (\$30) <input type="radio"/> Junior (under 18) (\$10) <input type="radio"/> Business Membership (\$50) Please send newsletter via email (as PDF file) <input type="radio"/> US Mail <input type="radio"/> Both <input type="radio"/>			

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 "RELEASEES" 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 leasers of the premises on which the Activity takes place (each considered one of the "RELEASEES" 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 "RELEASEES" 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 years old) family members:

Name

Age

Name

Age

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 "RELEASEES" 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

July–August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Flamingo Ride	2	3	4	5 Swanton Time Trial 6 p.m.	6	7 C
8	9 7 p.m.Board Meeting	10 C	11	12	13	14 L
15	16	17 L	18	19	20	21 U
22	23	24 U	25	26 SCCCC Meeting 7 p.m. Simpkins	27	28 B
29	30	31 B	1	2 Swanton Time Trial 6 p.m.	3	4 6th Annual SCMC!
5 Flamingo Ride	6 7 p.m.Board Meeting	7 R	8	9	10	11 R
12	13	14 I	15	16	17 Fun Ride	18 I
19	20	21 D	22	23	24	25 D
26	27	28 E	29	30 Race Team Meeting 6 p.m.	31	E



Santa Cruz County Cycling Club
P.O. Box 8342
Santa Cruz, CA 95061-8342

DATED MATERIAL

Santa Cruz County Cycling Club
Membership Card
www.santacruzcountycycling.org - P.O. Box 8342 Santa Cruz, CA 95060
 (valid only with member's mailing label)