

## Bike to Work Week May 13-21

True to form, this year's annual celebration of bicycling has something for everyone. Bike to Work Week begins Saturday, May 13 with mountain bikers and horse lovers joining forces in a "Carrot Fest" and ends eight days later with the ever-popular train trip/bike ride to Felton and return. Here is a complete list of activities.

**Saturday, May 13:** Local bike tour lead by Ross Gibson. 10am @ Spokesman Bicycles (231 Cathcart). Hop on your bike and join local historian Ross Gibson for this informative, easy-paced bike tour through Santa Cruz. Light snack provided, BYO water, helmets required.

**Carrot Fest, 9:30am @ Horse Camp** in Wilder Ranch State Park near Dimeo Lane. The goal of Carrot Fest is to create safer, shared use trails by training horses to be comfortable with the presence of bikes and educating bikers to the needs of equestrians on the trails. Refreshments will be served. Kids welcome. Hosted by the Santa Cruz County Horsemen's Association and Mountain Bikers of Santa Cruz.

**Sunday, May 14: Bike to Worship,** all day @ your place of worship.

**Monday, May 15: Bike Skills Class,** 6:30 -7:30pm @ Family Cycling Center (914 41st Ave.). Free snacks.

**Tuesday, May 16: Commuter Race** 5pm @ UCSC (race start). Invitation only.

**Routine Maintenance Clinic,** 6:30pm @ Cycle Works (1149 41st Ave.). Bring your bike to learn easy fix-it skills. Free snacks.

**Wednesday, May 17: Food Delivery Day,** 10-5pm @ The Hub (703 Pacific Ave Suite B, entrance on Spruce St.). Call to volunteer for this inspiring community event. Bring your bike and trailer, or use one of ours, and spend an hour or two transporting goods via bicycle! Call Elaina @ PedX: 426-BIKE.

**Thursday, May 18: Bike to Work/School Day,** 6:30-9:30am ).

FREE bike maintenance and FREE massages for bike commuters by Cypress Health Institute (most sites)

**Free Breakfast for Cyclists at these sites:**

Downtown Santa Cruz:

- Jamba Juice (Pacific Ave. @ Water St.) sponsored by Noah's New York Bagels

- County Government Building (701 Ocean St.)

**Eastside:**

- The Buttery (702 Soquel Ave. @ Branciforte Ave.), Valet bike parking provided by People Power

- Emeline County Facilities, 1400 Emeline Ave., Building K

- Amsterdam Bicycles (2-2131 East Cliff Drive, Between 7th & 17th Ave.)

**Capitola:**

- "The Hook" (end of 41st Ave. @ East Cliff overlooking the Bay) sponsored by City of Capitola

**Westside:**

- The Seymour Center Aquarium at Long Marine Lab

- Another Bike Shop (2361 Mission St., next to New Leaf Market)



Rob Evans of Team Santa Cruz took 2nd and 4th in two races at the annual Santa Cruz Classic Criterium on April 9. ( See p. 7 for more results.)

University of California at Santa Cruz:

- UCSC Women's Center, Cardiff House (near base of campus)

- UCSC "top of bike path" sponsored by UCSC Cycling Team

- UCSC Bike Co-op (Bay Tree Plaza)

(Continue on p. 5)

### Bicycle Projects Update

A new bike/pedestrian bridge across the San Lorenzo River near Highway 1 is one of three projects recently approved by the California Transportation Commission. The other two projects include lengthening Wilder Ranch Bikeway north to Scarponi Road near Davenport, and a pathway for bikers and pedestrians in Arana Gulch to connect Broadway and Brommer. The last project still requires city council approval.

## Club Shorts: Camp Outing to Take Place April 29-30

When will the sun return on a regular basis? Besides canceling many weekly rides, the rainy weather in April has caused the spring camping outing to be re-scheduled for April 29-30 in King City. Ride leader **Ric Eiserling** has designed rides in **The Pinnacles** for both days. Contact our social directors **Jeannine Peerless** or **Sally Salmon** if you want to attend. Camping is free and Jeannine has prepared homemade soup for supper the first evening. Thanks Jeannine!

Many thanks also to **Michael Hudick**, who has volunteered to chair the club's annual fund-raising ride, the **Santa Cruz Mountains Challenge** on Aug. 5. Former co-chair, **Scott Campbell**, is now biking across country on the **2006 Mayor's Ride** sponsored by the National Bike Greenway, and won't return to the Bay Area until July 23. (See Scott's city schedule on p. 8) T-shirts with the four-color Mayor's Ride logo and itinerary are available in all sizes for \$20. Go to **www.BikeRoute.com**. Happy trails Scott!

About logos, the club's website (**www.santacruzcycling.org**) now has its original logo, along with a re-vamped color scheme, thanks to webmaster **Tim McCloskey** and much discussion by the hard-working board. Questions, suggestions and/or sarcastic remarks on links/content may be submitted to either Tim or Grace, who may (or may not) act on them!

Congratulations to club mountain bike racer and wunderkid **Ron Riley**, 71, who was mentioned in the

**Monterey Herald** for his fine racing against competitors 20 years younger. Ron is currently in second place in the CCCX mountain bike series for 55+ racers. He races May 21 at Big Bear Lake in Southern California. Go Ron!

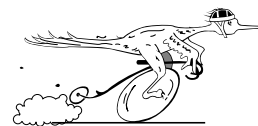
Anyone who feels the urge to bike fast and climb a hill is invited to ride in the **Swanton Time Trials** held the **first Thursday of each month at 6 p.m.** (Highway 1 and Swanton Road). Next time trial is **May 4**, with results posted soon after at **www.santacruzcycling.org/teamscl/**.

Tuesday ride leaders for April—**Norman Boehner, Jim Denton and Don Piexoto** (aka **The Three Musketeers**) have decided to extend their leadership into May, due in part to the rainy April weather which cancelled some rides. Thanks guys!

Club membership is on the rise. Membership chair **Leo Jed** reports 200 memberships, a high-water mark. (See complete list of new members on p. 7.)

Also in the works is a new club brochure, a four-color design project by **Nicholas Pao** of Cabrillo College, who is working with **Grace Voss** on the six-panel layout.

And, finally, **Bart Coddington** has exchanged his bike for a five-masted clipper ship to travel across the Atlantic Ocean. Bart is sailing from Barbados to Rome, where he will then switch back to two-wheel transportation and tour Tuscany with Backroads Bicycles. He returns June 2 in time to join Sierra to the Sea, which takes place June 17-24.



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:  
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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.

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**Deadline for the July-August newsletter is  
June 10, 2006 (earlier than usual)**

# *From My Handlebars to Yours: When Can Cyclists Take the Lane?*

By Richard Bedal, Club President

I have a theory. Just a theory, mind you. But it seems to me that we bicyclists are part of the problem when it comes to good relations with car drivers. I'm not talking about the bicyclists who fail to communicate their change of direction to those around them. I'm not even talking about the bicyclists who blast through stop signs and red lights, or those who ignore other traffic laws. Sure, their conduct gives us all a bad name and causes some drivers to take their anger out on all bicyclists, but what I'm talking about is something more basic.

The way I see it is, bicyclists are being taught to "take the lane" when the bike lane is unavailable or unsafe and to stay out of the (car) "door zone." Drivers, on the other hand, are not taught this "right" that bicyclists have. This is road rage waiting to happen. To most drivers, "share the road" does not mean "share the lane." From the driver's perspective, a biker in a car lane is being unsafe and rude—drivers do not understand that the bicyclist has no alternative. (Often, the hazards and debris in the bike lane are not visible to the driver.)

Think about it. When we were growing up, our parents, at least those parents who allowed their kids to ride bikes to school, taught us to stay out of traffic! For those who went directly from biking to school to driving cars, and never went back to bicycling, the rules never changed—bicyclists should not be in traffic. Drivers accept bicyclists in left turn lanes because they are told that is OK, but they are not being taught that a bicyclist can and should take the lane in certain circumstances. The only reason I know to take the lane is because I learned it from other bicyclists and League of American Bicyclists instructors, not from the DMV. Many bicyclists do not believe they should take the lane when necessary. In fact, some law enforcement officers still believe bicyclists should stay in the bike lane at all times.

A fellow member on the SCCCC Board of Directors told me of a recent incident that occurred to him. He was forced to take the lane for a brief time. When he was able to, he returned to the bike lane. Then, the driver that was behind, drove up next to him and started yelling at him, "I'm a member of SCCCC and it is people like you who are giving us all a bad name!" Before he had a chance to explain why he had been in the lane, the car drove off.

I don't know of a speedy panacea, but we can lessen the angst out there by taking time to enlighten our car

driving friends and relatives to the fact that, occasionally sharing the road does mean sharing the lane. Most bicyclists do not take the lane unless necessary. By taking the lane, it is safer and, in the grand scheme of things, only a brief delay. Besides, it's the law.

## **What Does the Law Say?**

**21202. Operation on Roadway** (a) *Any person operating a bicycle upon a roadway at a speed less than the normal speed of traffic moving in the same direction at that time shall ride as close as practicable to the right-hand curb or edge of the roadway except under any of the following situations ... (3) When reasonably necessary to avoid conditions (including, but not limited to, fixed or moving objects, vehicles, bicycles, pedestrians, animals, surface hazards, or substandard width lanes) that make it unsafe to continue along the right-hand curb or edge...*

**21208. Permitted Movements from Bicycle Lanes** (a) *Whenever a bicycle lane has been established on a roadway pursuant to Section 21207, any person operating a bicycle upon the roadway at a speed less than the normal speed of traffic moving in the same direction at that time shall ride within the bicycle lane, except that the person may move out of the lane under any of the following situations ... (3) When reasonably necessary to leave the bicycle lane to avoid debris or other hazardous conditions...*

Although at first glance it may seem that the law requires you to ride to the right, in fact it only requires you to ride as close to the right as "practicable." This means that you must ride to the right if conditions make it feasible. However, unsafe conditions are an exception to that requirement. After reading about the injuries and fatalities involved in car door accidents, is there any doubt in your mind that cars parked next to a bike lane present a hazardous condition? In effect, unsafe conditions make riding in the door zone a bad idea. Now, did you also notice what the bicycle lane statute says? You are required to ride in the bicycle lane, but again, if "hazardous conditions" are present, you are permitted to leave the bicycle lane to avoid those conditions. Thus, in California, you are not required to choose between safe riding and obeying the law.



# Martha Bedal Calls Herself a "Bicycle Evangelist"

By Glide A. Long

Martha Bedal says it was the outspoken Leo Moll who inspired her to begin leading SCCCC's Tuesday rides, a task which varies now from month to month, but which she once did for two years straight! "Leo had been ride leader for two years and I admired him so much. How could I say no?" is how she modestly explains her long-term volunteerism. At the end of her two-year Tuesday ride responsibility, Martha says she even surprised her mentor...Leo told her once he was amazed that she lasted so long!

Calling herself a bicycle evangelist, this petite, energetic woman has carried her enthusiasm for the sport over to Wednesday morning rides for beginners during the winter months. Her latest eight-week class began March 22 with an eight-mile journey from Natural Bridges State Park to Wilder Ranch. Martha has taught this class so many times, she is comfortable with whatever ability level her students offer. Some groups are rank beginners who improve considerably through consistent attendance and effort, while others who are better bikers at the start, may not improve at all due to sporadic effort. Either way, Martha teaches the basics of bicycle mechanics, while also offering group riding tips and advice for dealing with traffic. Her goal is to make her students feel they can tackle the club's Tuesday ride, a fearsome thought for some people due to the club riders' speed or the route's distance and hills. The 'final exam' is always a round-trip bike ride from Lighthouse Field to Rio del Mar, with its challenging ocean-front hill,



Ride Leader Martha Bedal

which students may either ride or walk up, and graduation gifts have become yellow Livestrong bracelets. Other club members have helped Martha with leadership duties, including Lilly Ann Popken, Anita Dwyer and Fancy Graham. In fact, the class was the brainchild of these four women, with Martha becoming the keystone of its operation.

When not leading beginner riders or enjoying club rides herself, Martha lives with her husband Richard in a comfortably-remodeled, two-story house near Lighthouse Field. Having recently returned from visiting their son, daughter-in-law and newest grandchild in Hawaii, they are also focusing on their daughter's spring wedding. Last fall the Bedals created their own bike tour by riding 680 miles in 13 days from Ventura to

Chandler, AZ, to visit Richard's brother. They returned by AMTRAK to Santa Barbara, and the trip was highly successful, except, next time they will check the Adventure Cycling website more closely for updates on roadwork!

Biking as a sport didn't happen for Martha until she was 45 and started commuting from Scotts Valley to her job as a microbiologist for the Santa Cruz County Health Dept., a roundtrip of 10 miles which she did twice weekly. Having started on a Diamond Back Mountain Bike, she soon graduated to a Bridgestone touring bike and today rides a Serotta, her "sports car." This June, both Martha and Richard will be riding Sierra to the Sea, a seven-day tour, for the third time. "Biking gives me the freedom to be eight years old again," says Martha, remembering fondly her first bike, a blue Schwinn.

## Favorite Deli to Re-Open

The Ducky Deli in Aromas, a favorite bike club lunch stop, will re-open in late May, thanks to new owner Andy Cota, a retired deputy sheriff from Monterey County. Former owner, Bonnie Mahler, will help out temporarily. Mahler owned the deli for 20 years before deciding to retire.



# Bike Week Features Poster Art, Train/Bike Ride

(Activities continued from p.1)

## Aptos:

- Cabrillo College, Aptos (6550 Soquel Dr., next to gymnasium)

Scotts Valley/Felton:

- Abouche, Scotts Valley (214 Mount Hermon Rd. # E)
- New Leaf Community Market, Felton (6240 Hwy 9)

## Watsonville:

- Watsonville Downtown Plaza (Main St. @ East Beach St.) sponsored by City of Watsonville
- FOX Racing Shox (130 Hangar Way, behind hospital)

**School sites located throughout Santa Cruz County!** Call Kristen for participating school locations: 423-9569 ext. 128

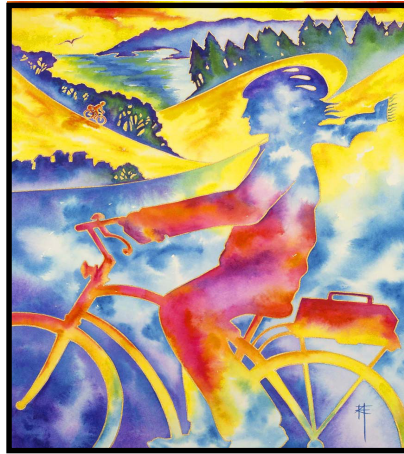
**Friday, May 19: Open Air Movie: Beijing Bicycle**, 8pm @ parking lot across from the Santa Cruz Sentinel next to the library (on Church Street, downtown Santa Cruz). A Chinese film about one boy's obsession with his bicycle. Subtitles.

**Saturday, May 20: Beginning Mountain Bike Ride in Wilder Ranch State Park**, at 9:45am @ Wilder Ranch Parking lot near the restrooms.

**Bicycle Trip's Bike Fest.**, 12-3pm @ Bicycle Trip (1127 Soquel Ave. in Santa Cruz). Prize toss & free raffle for two bikes, a skateboard, and more. Free Barbeque & drinks. Bike and Eco booths, live music & live radio remote with Santa Cruz X! Free valet bike parking by People Power.

**Kids' Bicycle Safety Obstacle Course**, 11am @ the Bicycle Trip Bike Fest (1127 Soquel Ave. in Santa Cruz). On-bike instruction of traffic safety and bicycle riding basics. 4-8 year olds. Bring your bike, helmets required, some loaners available.

Original art by  
Ket Tom Conway



**Sunday, May 21: Rail and Trail Day-Train and Bike Ride**, 10am @ Santa Cruz Train Depot Park (101 Washington St. two blocks down from the Wharf). Roaring Camp train ride to Felton. Bring your bike on the train for group ride back to Santa Cruz on Highway 9. Return train ride available to Depot Station. Train tickets are: \$6 for adults and \$3 for children (12 and under). For the bike ride, children 7 years and under must be in a kid's seat, trailer or attached seat/wheel. Children 8 years and older must be able to keep up with the group or they will be asked to sit in the bike trailer SAG. Helmets required.

Bike to Work Week also has national implications, with the **League of American Bicyclists (LAB)** awarding grants to 15 cities who submitted original

ideas for promoting the annual event. New Haven, CN, Omaha, NB and Winston-Salem NC were among this year's award winners.

## Wanted! Ride Leaders

This issue's ride listings for May/June may seem slim in content and length to some club members. The reason is that few people volunteered to lead a Saturday ride, resulting in the listing of a Bike to Work Week ride and the GWBR Rally as club rides. If you want a variety of rides, please volunteer to lead your favorite ride for July/August! It is the ride coordinator's job to assemble ride dates. It is your job to offer a ride for him to list.

## Bike Shop News Shorts

Two local bike shops have moved, but not far, with **Bill's Bike Repair** re-locating from his front parking lot location at 2628 Soquel Dr. to a bungalow behind **Attila's Antiques**. Meanwhile, **Cycle Works** moved just across Raposa Street off 41st Avenue to its new and larger quarters at 1149- 41st Avenue. Brennen Marquez, manager, wants everyone to know it is still "**Capitola's Friendliest Bike Shop**." And, **Amsterdam Bicycles** at 2-1231 East Cliff Drive, is encouraging a relaxing atmosphere with its coffee bar, large-screen TV and newly-added bicycle clothing line. It also sponsors occasional events with bike legends, like an April visit from veteran pro cyclist **John Howard**.



Last year's train ride from Depot Park to Felton was filled with 500 people and more than 200 bikes for the return ride down Highway 9 to Santa Cruz.



## 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: Bart Coddington ..... 475-5234

Capitola Community Center (CCC) is located at Jade Street Park on Jade St. @ 45th Ave. in Capitola.

All ride participants must wear a helmet, bring essentials for bicycle repairs, have a bicycle that functions well, and obey all traffic laws!

Test your skill at the 2006 Swanton Road Time Trial Series the first Thursday of each month(May 4, June 1, July 6, Aug. 3 and Sept.7) at 6 p.m. just north of Davenport near Highway 1; free; 11 mile out and back course, including a 1.2 mile climb; low key event for all riders.

### 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/Sunday, April 29-30

#### Pinnacles/King City Campout

San Lorenzo Campground, King City start at 9 a.m. on Saturday (camping available Friday); Bitterwater/Loanoak Loop: 40/1800'. No services available. 60/70-mile options also. Sunday ride: Soledad/Greenfield loop: 50/800', 9 a.m. start. This ride goes up Metz Road into Soledad for lunch, returns via the west side of Hwy 101 along quiet roads into Greenfield, across the Salinas river and back to King City. 70-mile/2800' option goes to West Pinnacles. Shorter ride options available for both days. Driving time from Santa Cruz should be 1.5 hours.

Ric Eiserling.....475-5397 or 336-1040

### Saturday, May 6

#### Felton Empire

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

Mike Andolora.....462-4332

### Saturday, May 13

#### Monterey Bay Sanctuary

This bike tour of Santa Cruz includes local history of the area and is easy paced. Snacks provided. BYO water. Leaves at 10 a.m. from Spokesman Bicycles, 231Cathcart. to Twin Lakes and return. Ride is official start to Bike to Work Week.

Ross Gibson.....423-1932

### Saturday, May 20

#### Bonny Doon for Ice Cream—Grade

Up Empire Grade and down to the coast. Bring snacks.Lunch in Davenport. Leave from Natural Bridges State Park on Delaware Ave 8:30 am 50/4200 ft

Alan Eklof..... 427-9760

### Saturday and Sunday, May 27-28

#### Great Western Bike Rally, County Fairgrounds, San Luis Obispo

Members are encouraged to camp together and participate in one of the finest bike fests on the West Coast. Anyone choosing to remain close to home may show up at 8:30 a.m. at CCC for a “show and go” style ride (riders decide on destination).

### Saturday, June 3

#### Pescadero to La Honda

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

Jeannine Peerless (426-7239) Grace Voss (462-4884)

**RAIN CANCELS RIDES**  
Call ride leader for more information

# 2006 Sea Otter Classic is International Mud Fest



Muddy conditions prevailed but couldn't stop Frenchman Jean Christoph Peraud, center, from popping champagne to celebrate his win in the super cross country event, while runner up women, right, couldn't outpace Norwegian winner Gunn-Rita Dahle Flesjaa. Team Santa Cruz mountain bike finishers were: Darik Thunstrom (26th in 14 and under), Grant Stoner (61st in 40-44), Ron Riley (9th in 60+), Erik Thunstrom (15th in beg. single speed), Jim Langley (8th in 50-54), Ray Mendoza (5th in Expert Clydesdale), Troy Boone (9th in Clydesdale 40+), and road racers Eric Clarkson (7th in Elite 5) and Larry Morin (43rd in Cat 5 40+). Jonathan Mayfield took 2nd in 17-18 age group, Jesse Nickell Jr. 5th in 15-18 and Oliver Nickell 7th in 14 and under.

Saturday, June 10

Boulder Creek/China Grade Start at 9 a.m. at Johnny's Market in Boulder Creek. B's go up China Grade, down 236 to park HQ's., up Escape to 236 and on to Hwy 9 and back to BC. C's will go on from 236 UP Hwy 9 to Skyline to Bear Creek and back to BC. B-ride is 35 miles, 3000'. C's 4000' and 60 miles. A's can go up 236 to Park HQs and back to BC, 20 miles.

Janie Tibbals..... 336-1040

Saturday, June 17

Tim's Eureka Canyon Ride

B & C from Jade St and back via San Jose/Soquel Road; A from Corralitos or 5 mile house to summit and return (36 miles): lunch at Summit Market; B&C meet at CCC 9:00am A's meet at 5 Mile House at 9:45 A=36/1000' B&C=60/2800'

Tim McCloskey .... 458-9860

## Bicycle Safety Tip from Leo Moll

When coasting through a turn ALWAYS have your outside pedal down, with your weight on it (lift your butt off the saddle). When making a left turn, your right pedal is on the outside of the turn and, for a right turn, your left pedal is outside. This lowers your center of gravity and presses the tire edge into the road surface. On mild turns you should do this till it becomes as automatic as putting in the clutch on a stick shift car.

Saturday, June 24

TBD

(Riders show and go at 8:30 a.m. at CCC; decide own destination)

Saturday, July 1

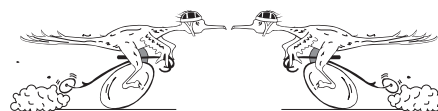
Scotts Valley to Boulder Creek with a Surprise

Meet at Scotts Valley Transit Center at 9:00am to ride the first stage of the Mountains Challenge to Boulder Creek for lunch and back.. B-riders will have a little riding on Hwy 9 to Ben Lomond where we'll catch backroads for the return. C-riders will take on Jamison Creek to ride back via Felton Empire.

Janet Fogel.... 438-0706

## Team Santa Cruz Criterium Results

Rob Evans took 2nd in the Men's Cat 5 race and 4th in the Men's 35+ Cat 4/5 race on April 9 at the annual Santa Cruz Criterium. Other Team Santa Cruz members placing were: Eric Clarkson (6th in Cat 5), Matt Wocasek (17th), Charles Hess (19th), Dennis Pedersen (20th), Philip Sims (22nd), Ken Sato (23rd), Mike Martin (24th), and Larry Morin (28th) all in Master's Men 35+ Cat 4/5. Dennis Pederson was 13th in Men's Cat 4.



## Difficult Weather Can't Deter Four Cinderella "Princesses"

(The all-women's Cinderella Bike Classic, a staple of early-spring century rides in the East Bay, turned 30 years old with a vengeance on March 25 as Mother Nature threw rough weather at the riders. Half the 2,400 registered riders stayed home, while those who showed up enjoyed an exciting day of biking in extreme conditions. Here's one club member's account of the day.)

*By Pat Lawson*

Definitely not "princesses", Grace Voss, Jeaninne Peerless, Pam Slocum and Pat Lawson made the trek from Santa Cruz, Scotts Valley and Campbell to Dublin to ride the Cinderella Classic, despite forecasts of 80% chance of rain and thunderstorms. Pam's trusty four-wheel drive Explorer was their "coach", and it was the perfect vehicle to negotiate the muddy, water-logged, grassy parking lot at Camp Parks Army Base. First challenge: how many layers of clothing should one wear?

Jeannine handled the task by having many layers, even though that meant forgetting which pocket had what!

Pam's response to the challenge had her friends watching in envy as she put on her neoprene gloves. Grace slipped in with the thriftiest and most clever technique—plastic shopping bags for everyone to keep their feet and helmets dry. Pat had no unique or responsible clothing attire tips to offer, but did remind everyone to reset their odometers before starting.

Wind and rain didn't stop the four women a bit, only slowed them down on all roads west, while hurrying them up at rest stops. (Riding was better than standing around!) Separate flat tires for Grace and Pat within the last 10 miles gave Pat a chance to gather ride stats from a kind "Prince Charming" sag wagon driver. Later in the day, the ladies could boast to family and friends that they were part of the 50% registered Cinderellas who braved the day's elements. Warm, tasty vegetarian soup awaited everyone at the end, providing nourishment to wade through the cycling expo outside the registration building. Freebies and cheap deals were the order of the day, with the ladies coming home carrying those same plastic bags, filled now with water bottles and cycling clothing, signifying a worthwhile day of riding and shopping for the wacky women of SCCCC!

(The Cinderella Classic is sponsored by the **Valley Spokesmen Bicycle Club of Dublin**. It is fully staffed by the club's "Prince Charming" male members.)



Left to right: Pam Slocum, Jeannine Peerless, Grace Voss and Pat Lawson ride Cinderella Classic.

### Scott's 2006 Mayors' Ride Schedule

May 1	Providence, RI	May 3	Bridgeport, CN
May 5	New York City	May 8	Philadelphia
May 11	Baltimore	May 12	Mt. Rainier, MD
May 12	Washington, D.C.	May 20	Pittsburgh
May 24	Columbus, OH	May 27	Cincinnati
May 30	Indianapolis	June 2	Chicago
June 9	Des Moines	June 13	Omaha
June 23	Denver	June 23	Boulder
July 5	Salt Lake City	July 21	Reno
July 23	Folsom	July 23	Davis
July 24	Napa	July 25	Berkeley
July 25	Oakland	July 26	Hayward
July 27	San Jose	July 27	Palo Alto
July 28			San Francisco

<http://www.BikeRoute.com/NationalMayorsRide2006/>



T shirts with the National Bike Greenway's Mayor's Ride logo and itinerary are available for \$20 at **[www.BikeRoute.com](http://www.BikeRoute.com)**.



## GIVE THE 2006 SANTA CRUZ MOUNTAINS CHALLENGE A HAND

**Saturday, August 5**, is the day of the **8th 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 5 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:

# 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

**The Santa Cruz Bicycle Shop**  
1325 Mission St., Santa Cruz  
454-0909  
Open 7 days • Hours 9 — 5  
New & Used • Trades • Rentals

**Bill's Bike Repair**  
2630 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="checkbox"/> New Member Membership <input type="checkbox"/> Renewal Membership <input type="checkbox"/> Information Change Only		Please check the appropriate box(es) <input type="checkbox"/> Individual (\$20) <input type="checkbox"/> Family (\$30) <input type="checkbox"/> Junior (under 18) (\$10) <input type="checkbox"/> Business Membership (\$50) Please send newsletter via email (as PDF file) <input type="checkbox"/> US Mail <input type="checkbox"/> Both <input type="checkbox"/>			

**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
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Please complete the following for any minor (<18 years old) family members:

Name	Age	Name	Age
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**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

# May-June 2006

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	Board Meeting 1 7 p.m.	2 <b>C</b>	3	Swanton Time 4 Trial 6 p.m.	5	6 <b>C</b>
7	8	9 <b>L</b>	10 Fun Ride	11	12	13 <b>L</b>
14	15	16 <b>U</b>	17	18	19	20 <b>U</b>
21	22	23 <b>B</b>	24	Race Team 25 Meeting 7 p.m.	26	27 <b>B</b>
28	29	30	31	Swanton Time 1 Trial 6 p.m.	2	3
4	Board Meeting 5 7 p.m.	6 <b>R</b>	7 Fun Ride	8	9	10 <b>R</b>
11	12	13 <b>I</b>	14	15	16	17 <b>I</b>
18	19	20 <b>D</b>	21	22	23	24 <b>D</b>
25	26	27 <b>E</b>	28	Race Team 29 Meeting 7 p.m.	30	<b>E</b>

