

## *Outlook Bright for Mountains Challenge*

Enrollment is quickly approaching 160 riders, with close to 500 riders expected for the 8th annual Santa Cruz Mountains Challenge, according to SCMC director Michael Hudick. The event, on Saturday, Aug. 5, is demanding of both riders and club volunteers, as the latter staff five rest stops and provide both lunch in the mountains and a post-ride burrito meal at Scotts Valley High School. "It's not an event for the faint of heart," is how Hudick describes both the 100-mile and 100-kilometer route. Registration costs \$35 or \$45 after July 15, and usually 300+ riders accept the challenge. This

year's event has attracted riders from the western US as well as locally. "Registration has been quite widespread," says Hudick. Start times for both rides, which begin at the high school, range from 6:30 a.m. to 8 a.m.

Both the 100-mile and the 100-K route are challenging. According to the SCMC website, the century ride "gains over 10,000 feet in elevation (100+ feet per mile). Start out with a Cat 2 climb on the famous Mt. Charley Road (same roadbed as laid out in 1851) to get you warmed up on its 18% grades for even better things to come--roads like Jamison Creek and East Zayante, to name a few. Cat 1 climbs = 1; Cat 2 climbs = 3; Cat 4 climbs = 4.

"The 60-mile route is by no means a wimp ride. The course will cover many of the same roads as the full century, with over 6,000 feet in elevation gain."

The event challenges club members also. (See p. 9 for to volunteer!) Since it is SCCC's fundraiser, members help, rather than ride. According to Hudick, the SCMC is "the engine that drives the club." When asked why he volunteered for the not-so-easy job of director, he said "I ride with many members of the club and Scott (Campbell) assured me the SCMC was fully staffed. Plus, we were two and a half months ahead of showtime." In the meantime, Hudick meets weekly with committee chairs to make sure the day goes smoothly. "The club wants to run a premier event," he adds.

## Who Was Mountain Charley Anyway?

By Rhoda Bike

The first ascent of the Santa Cruz Mountains Challenge goes up Mountain Charley Road, named after Charley McKiernan (above), a bonafide mountain man with several plaques placed around the county as well as a gulch named after him. So, if you find yourself huffing and puffing up that narrow, steep five-mile stretch of road that jump starts with immediate climbing off Glenwood Highway on Aug. 5, you might pass the time by thinking how you would survive a grizzly bear attack! Mountain Charley did just that in May of 1854 when he and a friend named Taylor were attacked by a mother bear protecting her cubs. Mountain Charley shot and wounded the bear but Taylor's shot missed, so the bear

grabbed Mountain Charley, biting his face badly! She would have finished him off had Charley's dog not attacked her cubs, thus distracting the grizzly, who eventually returned to cover the wounded Charley in leaves! When help arrived, the doctor put a silver plate into Charley's skull, (some say it was a silver dollar), removing it later along with a wad of hair. The operation earned Charley the nickname "the man with the silver skull," for the rest of his life, Charley wore a hat low over his eye to cover his disfigured face. He also married the woman who nursed him back to health, Barbara Kelly, and they had seven children. Today Mountain Charley is buried in Oak Hill Cemetery in San Jose, having moved his family to that city in 1884 to take advantage of its schools.

## Club Shorts: Tour d'Organics Coming July 23

Besides the Santa Cruz Mountains Challenge (Aug. 5) and Surf City Century (Sep. 17), a third century will take place in Santa Cruz County on Sunday, July 23. It is called the Tour d'Organics, and it is looking for volunteers as well as riders. Specifically, it needs four volunteers per rest stop, with each volunteer promised a free (organic) t shirt and post-ride meal in return for working a four-hour shift. Also, any club which provides four volunteers will receive a cash donation from Tour d'Organics.

Besides Santa Cruz's gorgeous scenery, the tour features local, organic farms for its rest stops. Routes are 35, 65, and 100 miles. Registration fees are \$40, \$50 and \$60 respectively.

The ride is organized by Organic Athlete, a nonprofit group dedicated to "uniting people in a global effort to create a better world through sport." Other tour dates include an Aug. 20 tour in Sebastopol and a Sep. 17 tour in Santa Barbara. The Santa Cruz routes may be found at [www.tourdorganics.com](http://www.tourdorganics.com).

For volunteer shifts, contact Bradley Saul at [bradley@organicathlete.org](mailto:bradley@organicathlete.org).

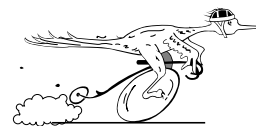
**Jim and Stephanie Keenan, Paula Barsamian and Michele Whizin** are riding the train to Portland, OR to visit organic farms and "eco villages" as part of the **Sustainable Energy in Motion Bike Tour** which starts and ends in Portland from July 1 to 16. Bike tours vary in length from one to three weeks, with special tour prices available through July 5. More information may be obtained at [www.portlandpeace.org](http://www.portlandpeace.org).

National Bike Greenways scout **Scott Campbell** has his panniers stuffed with at least two dozen mayors' proclamations as his cross country bike trek approaches the Rockies. By the end of June, Scott

was approaching Denver, having completed half of his visits to 27 cities. He is due in San Francisco on July 28. Follow his journey at the club's website, and support him by purchasing an NBG t-shirt at [www.BikeRoute.com](http://www.BikeRoute.com).

**Debbie and George Cortez**, new owners of the Five Mile House, have renamed this favorite bike stopover the Pony Espresso Market. Along with the new name comes a complete renovation—an expanded food service which includes sandwiches, hot dogs, salads and a more extensive bakery to go with the already-popular coffee bar (to include more teas). In addition, the building's interior has a new paint job in bright yellow (called yarrow), tile floors and, outdoors, a working fountain. New to cyclists will be bicycle-related items like patch kits, spare tubes, tire irons and a variety of power bars and sports drinks. The new owners have expanded the store's hours from 6 a.m. to 9 p.m.

Club members **Martha Bedal and Jeannine Peerless** have completed the first part of a free Bicycle Safety Course offered by the City of San Jose. The 10 hours of instruction and practice included legal rights and duties as well as skills to help the cyclist feel comfortable in traffic. **John Brazil**, instructor, will offer it again in September at San Jose's City Hall. If interested, you may contact him at [john.brazil@sanjoseca.gov](mailto:john.brazil@sanjoseca.gov). Martha says the class was "a great source of information on traffic laws, riding in traffic and the safest ways to share the road. It also provided skills and practice, both in a parking lot and in downtown San Jose. The outspoken Jeannine added that the class "makes me even more angry at people who don't obey traffic laws!!"



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.

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# From My Handlebars to Yours: Summer Offers Multi-Day Bike Trips

By Richard Bedal

Summertime and the biking is easy. Well, it is easy to find multi-day biking opportunities, but many are not for the faint of heart. One option was the Great Western Bike Rally, a three-day event over Memorial Day Weekend in Paso Robles. You camp at the fairgrounds and participate in various rides, competitions and social activities along with bicyclists and vendors from the Western United States.

Another event was the 18<sup>th</sup> annual Sierra to the Sea, an eight-day bicycle and camping tour June 17-24, starting from Bear Valley and ending in San Francisco, averaging 60 miles per day. Out of the 130 riders, 12 were SCCCC members, who set up their tents next to piles of snow at 7100 feet, and rode out the next day in the cold. By day's end, they had descended over 11,000 feet but had climbed over 5,000 feet in over 100-degree heat! Yes, they went below sea level several times, descending into deep canyons, only to climb back out. Who on that tour will ever forget Whiskey Slide and Jesus Maria canyons?

Although Sierra to the Sea had its inconveniences, such as inadequate shower and toilet facilities, earwigs, insufficient SAG support the first day and rocky tent sites, it offered great food, beautiful scenery and humorous moments. At two locations, some campers experienced too many showers—i.e. awakening early the second morning to shouts of “Put something over it!” and “HEY!” in response to the automatic sprinkler system at Saint Salvo's Mission in Jackson. The second outcry came from Charley Fisher, after Linda Brodman, by brute force, moved her tent out of the water's trajectory. Unfortunately, Charley's tent was then in the line of fire, (or water), causing his outburst. The humor of this was lost on these folks, who had been assured by staff, while setting up

their tents the day before, that the automatic sprinklers had been deactivated.

A more serious mishap occurred on Day Five outside Guerneville when Jeannine Peerless witnessed a woman thrown from her bike after hitting a construction cone. While others attended to the injured cyclist, Jeannine had the presence of mind to ride ahead and inform her companion of the accident, after which she stopped traffic with the help of a construction worker's stop sign until medical help arrived. (The cyclist was treated at a hospital and released that day with 11 stitches to her forehead but no concussion.) Sierra to the Sea ended the bike portion of the tour in cool, foggy weather at Stowe Lake in Golden Gate Park, with a lunch supported by ACTC members, whose club sponsored the tour.

Another summer bicycling opportunity is to ride with club member Scott Campbell who is traveling from Boston to San Francisco to publicize the Mayor's Ride and the National Bicycle Greenway. He started April 28 from Boston, with other cyclists joining him along the way, and is scheduled to be in San Francisco July 28. It is a completely self-supported trip, although friendly people along the way have shared their homes with him. Scott has had many interesting and heart-warming experiences which are available at [www.santacruzcyling.org](http://www.santacruzcyling.org).

Rewarding bike tours are easy to find on the Internet. While it is difficult to describe the joy of traveling hundreds of miles (or thousands in Scott's case) under one's own power, you will certainly accumulate incredible memories that your friends and family may actually enjoy hearing about!

## *New Club Officers Needed in October*

By Richard Bedal

It is that time of year to start thinking about the election of club officers for next year. Positions available are: President, Secretary, Membership Director, and Publicity Director.

In addition, a few other jobs are vacant: Tour Director (plan club multi-day tours), Cyclists' Rights Director (promotes bicycle use and encourages legislation favorable to bicycling), Program Director (plan for general membership meetings), Fundraising Director, and Mountain Bike Director (organize trail maintenance and ensure trail access).

A nominating committee, consists of Ric Eiserling, Janie Tibbals, Linda Brodman and Larry Puretz. If a committee member asks you to fill a job, please say yes!



Sierra to the Sea campers are, front row, l to r: Karen Kefauver, Howard Swann, Anita Dyer, Martha Bedal, Richard Bedal, top row, l to r: Ric Eiserling, Norman Field, Jim Keenan, Linda Brodman, Charley Fisher, Jeannine Peerless and Grace Voss.



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# Alex and Winona Have an Enduring Marriage

By Glide A. Long

There's a lot of adrenalin circulating within the Westside household of husband and wife Alex Anderson and Winona Hubbard. At the recent 24 Hours of Adrenalin held each year at Laguna Seca, Winona's five-person mountain bike relay team placed fifth while Alex teamed up with his brother David in the two-man relay to place fourth, even though it meant each rider had to "double up" in the early morning hours (ride the 10+ mile circuit twice in a row) so the second rider could sleep longer! For both Winona and Alex, these racing efforts are a fairly new hobby, even though they have enjoyed other outdoor activities in the past such as backpacking and wind surfing.

Winona credits Martha Bedal's Wednesday rides for giving her the impetus to become more active on the bike. "I always wanted to get back into cycling," says the former mountain bike enthusiast, "but the club rides seemed too long. Martha's rides gave me confidence." And Winona has put her confidence to good use. Last fall on the



Alex and Winona with Patty, their seven-year-old laborador mix.

cyclocross circuit she participated in four races before entering her second 24 Hours of Adrenalin race. Now she works out daily with a novice triathlon group to prepare for three sprint-distance races. On any given day of the week, Winona may be found running the track at Soquel High School, doing a spin bike class at Simpkins Swim Center or preparing for an open water swim. Oh, she also

competes in the Swanton Loop time-trial series the first Thursday of each month. She credits the bike club for starting her out on her physically-demanding regimen. "The SCCCC is the reason why I became active again," says Winona.

For Alex, racing is still "sorta new", although he raced a dozen times on the cyclocross circuit last fall and has now completed the 24-hour relay event three times. Like Winona, Alex credits SCCCC for giving him the structure to become competitive, saying that David Gill's team practices in Harvey West Park last fall helped him prepare for the cyclocross season, as well as David's encouragement. And, biking is more convenient than wind surfing. "Biking is always there. You don't have to check the conditions for the perfect wave or the perfect wind before you head out," adds Alex, who has been known to rise at 5:30 a.m. to ride the UCSC trails on his mountain bike before driving over the hill to his computer consulting job at Zelos in Mountain View.

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## *24-Hour Endurance Race is Nonstop Adrenelin Rush*

**By Karen Kefauver**

I had never been interested in racing or even attending a 24-hour mountain bike race — until this year. In fact, for the past few summers, when friends formed relay teams or planned to compete as solo riders in these events, I was baffled. Why they would be attracted to non-stop cycling, day and night? What was the appeal? I thought only of sleep deprivation and the danger of biking dark trails.

I finally discovered the unique appeal of endurance mountain bike racing when I joined a 5-woman relay race at the 24 Hours of Adrenalin, May 13-14, at Laguna Seca in Monterey. I had never intended to race at this event, even though my boyfriend, Norman

Field, of Team Santa Cruz, was returning for his third year in a row, this time to compete as a member of a local team called Dirty 5-Way Superstars.

But fate works in strange ways: two nights before the race, my bicycling friend, Winona Hubbard, of Team Santa Cruz, called and told me that she had a last-minute opening on her team and would I please consider racing with her? When she promised me that the emphasis was on fun and that there was no pressure to try and win, I was tempted. When she added that we would all be wearing fun costumes at the race, I shocked myself by saying YES. That's how I became the fifth member of the Go Go Go Girls Team.

On Saturday morning, an hour before the

10 a.m. race start, I found the colorful campsite of Winona and her husband Alex, also of Team Santa Cruz, who was racing in a two-man relay with his brother, David. I met the other Go Go Go Girls: Henrietta from Pacific Grove, Renee from Auburn and Michiko from Berkeley. Amazingly, Team Captain Winona had pulled our group together from online bulletin board postings and from acquaintances she had made at other races. We were meeting each other for the first time to do the race!

By Sunday morning, after riding 40 tough, hilly miles, I was quite tired after only 90 minutes of sleep during the past 24 hours. But I was also happy that I had finished 4 laps

(continue on page 5)

## Cool Shots of 2006 Sierra to the Sea



Remaining cool in 100-degree heat on Sierra to the Sea are, left, Ric Eiserling, center, Fast Freddie Markham with Jim Keenan, and, right, Ed Kilduff.

## *Bike of the Month:*

By Charley Fisher

I wanted a travel/touring bike - one that would not duplicate my regular road bike. So I chose a Ritchey Breakaway Cross frame (60 cm) that comes with a carbon fork and travel case. The frame has braze-ons for mounting racks and the fork is wide enough to accommodate a fender. I got the bike through Sprockets (Phil and Kathy Trissell, owners) and Phil built it up. The drive train is Shimano Ultegra (9-speed). Tripple chain rings (48-38-28) and an 11-32 cassette (requiring an XT derailleur). The stem, bars, and headset are Ritchey - brakes cantilever-type (Cane Creek). Mavic Open Pro wheels with 32 spokes (front) and 36 (back). These are commonly available wheels for touring with high spoke counts to allow the bike to be loaded - if there is a problem - almost any bike shop will be familiar with the wheels). Complete bike is about 20 lbs. On Phil's advice I bought pipe insulation from a hardware store and cut it into lengths to fit each of the frame tubes. Once the bike is disassembled (takes about 15 minutes), the insulation is fitted over the frame tubes and the parts and pieces are placed in the case. It takes me another 15-20 minutes to do this so that its about 35 minutes from rideable bike to bike-in-a-suitcase.

I have only had the bike on two flights so far but they went very smoothly. The case has wheels for getting through airports. Assembling the bike takes me longer than packing it up. Perhaps with practice I will get a little faster but now it takes me about 45 minutes. Assembly and disassembly require nothing more than an Allen wrench (and a pedal wrench). (Ritchey sells Break Away road bikes (frames or complete bikes) and Break Away cross frames (no complete cross frame bikes). The frames are stock frames made in Taiwan by Dahon- i think. The Dahon Allegro is very close to the Ritchey Breakaway road bike). —Charley Fisher



## *Pirates 2nd in First Year of Mountain Bike Competition*

The youthful Harbor High School Mountain Bike Team placed second in its first year of competing in Division II of the Nor Cal Mountain Bike League. The Pirates placed first in four races this season, and were just edged out by Calvary Chapel High School of Marina at the league finals to push them into second place out of 30 teams.

Lainey Aldridge, was undefeated

in the Frosh/Soph Girls. Boys' results included: Jonathan Mayfield (second in soph boys), Jesse Nickell IV (fifth in frosh boys), Jason Larson (sixth in frosh boys) and Josh Kaneg (ninth in frosh boys). The Pirates are coached by Jesse Nickell III, with support from Stella Carey, Hank Vanderstoep and Will Mayfield. Others are: Josh Houston, Josh Kaneg, Robbie Milazzo, Kyle Vanderstoep and Eric Young.

## All You Need is Lots of Adrenelin!

(Continued from page 4)

- far more than I imagined I could do! I discovered that the real joy of the event was the teamwork. While I won't say I was joyous at 3 a.m. after doing my first night ride ever, I did find that riding in the dark, guided only by moonlight and the light mounted on my handlebars was more fun that I had expected. As our team members handed off the baton to each other, lap after lap, hour after hour, we built a camaraderie and cheered for each other. We rode hard and pushed ourselves to go fast, but we kept it fun by wearing costumes and staying positive no matter what the time was on the official race clock.

We were very proud to ride to a third place

finish in the 5-Woman Relay Division! It was also a special treat to share the awards ceremony stage on Sunday with other talented Santa Cruz athletes including Norman's Team of Dirty 5-Way Superstars, (Cory and John Caletti, Dan O'Connor and James Borgman) who placed second in the 5-person co-ed relay team, after John Brown's Family Cycling Center team captured first place in that division. I certainly enjoyed our moment on the podium at the awards ceremony, but the real prize was making new cycling friends and the profound satisfaction of taking a risk to say yes to a new bicycling adventure. ([www.karenkefauver.com](http://www.karenkefauver.com))



## 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

### Wednesday Ride

Beginners Ride—most weeks through July; at 9:30 A.M. Start at Lighthouse Field State Park ENTRANCE at Pelton by the rest rooms. Parking also on Pelton Street.

Martha Bedal ..... 460-1818 or marthab@cruzio.com

### Have You Ever Tried a Time Trial?

The SCCC Race Team sponsors an 11-mile time trial at 6 p.m. July 6 and Aug. 3 at Swanton Road and Highway 1. Course includes a 1.2 mile hill climb. Free. Helmets required. This is a 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, July 1

Scotts Valley to Boulder Creek with a Surprise

Meet at Scotts Valley Transit Center at 9 a.m. 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

### Saturday, July 8

CCC to Moss Landing

Meet at CCC at 9 a.m. with lunch at Moss Landing for B & C riders. B riders will return the same way. C riders will return via Elkhorn Slough, A riders will have lunch at Seascape Village. A=20mi; B=44 mi; C=60 mi.

Richard Bedal.....460-1818

### Saturday, July 15

Pacific Grove, Carmel and Point Lobos

Start in Pacific Grove at the end of Lighthouse Ave opposite the golf club, at 9 a.m.; (carpool start from CCC at 8 a.m.) Lunch in Carmel A=35mi/1000', B=54mi/1800' C=65mi/2500'

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

### Bicycle Safety Tip from Leo Moll

Always wear sunglasses for wind, bug, and UV protection.

HOWEVER, the shading of the glasses should be very light or clear.

Dark shading makes the road surface indistinguishable when entering deep shade. (Particularly dangerous when going down hill in a forest like Hazel Dell or Mountain View Road.).

### Saturday, July 22

Santa Cruz Mountains Challenge Workers' Ride

Start from the Park and Ride/Metro center in Scotts Valley on Kings Village Drive 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 Mt. Charley, Skyline, Big Basin Way, Jamison Creek, Felton Empire Grade, Mt Hermon and Mountain View. Bonus treat is fully supported ride. We will have rest stops at each of the locations for the SCMC. (This ride is put on for the benefit of club members that would like to ride the Challenge but will be working it.

Tim McCloskey .....458-9860

### Saturday, July 29

Pescadero to La Honda

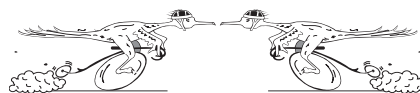
Start from the church on Stage Road in Pescadero at 9 a.m., but park on the street. (Carpool CCC 8 a.m.) C riders will climb Tunitas Creek with lunch at Alice's on Skyline; A/B will take 84 and Pescadero Road and eat in Pescadero; B will do Cloverdale/Gazos Creek loop after lunch; A=27/1650', B=47/2400';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

Grace Voss .....462-4884

### Saturday, August 5

8<sup>th</sup> Annual Santa Cruz Mountains Challenge

Club members work the ride. Century involves 10,000' feet of climbing and Metric Century involves 6,700' of climbing. More info at <http://www.santacruzcyling.org>



# Bike to Work, School Day Attracts All Ages



In left photo, Robin Tiner, left, and Curtis Gavinstopped at The Buttery before commuting to jobs in Campbell and Santa Clara, while David Peerless, center, bikes to his job as head of school at Gateway School thrice weekly.



In right photo, Julie Munnerlyn rode with her daughters Ivy, 8 and Rosemarie, 3 (center seat) to school on May 18.

Saturday, August 12

Tim's Eureka Canyon Ride

B & C riders leave from CCC at 9 a.m. and return via San Jose/Soquel Rd.; A riders leave from Corralitos (5 Mile House) at 9:45 a.m. to summit and return (36mi):lunch at Summit Market A=36/1000' B&C=60/2800' Tim McCloskey..... 458-9860

Saturday, August 19

Pescadero to Half Moon Bay

Start from Pescadero (,north end of town), at 9 a.m. (Carpool from CCC at 8 a.m.); Lunch in Half Moon Bay for B&C's A's lunch in Pescadero. A=27mi/1550' B=44mi/2500' C=54mi/3200'

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

Saturday, August 26

Kirby Park to Asilomar

90mi; meet at Nisene Marks Park entrance on Soquel Dr., Aptos at 7 a.m. C--60mi; meet at Kirby Park on Elkhorn Road at 9 a.m. B--43mi; meet at Moss Laning Park and Ride on Hwy 1 at 10 a.m. A--28mi ; meet at Old Marina K-Mart on Reservation Rd at 11 a.m. Enjoy a leisurely late summer ride on miles of bike paths by the sea. Start times are approximate for B and A rides.(we could be late), but somehow this ride always works! Lunch stop is usually Pino's, just off the Custom House Plaza, or Goodie's Deli on Lighthouse in Pacific Grove.

Judy Isvan.....689-9580 or 566-8449

Saturday, September 2

Monterey and 17 Mile Drive

Start from Pezzini's off Hwy 1 at Molera/Nashua Rd exit at 9 a.m.; (Carpool from CCC at 8 a.m.) Please park on road near Pezzini's. A=36mi,B=55mi,C=60mi

Chris Boman ..... 421-9030

*Welcome New Members; Thanks Ride Leaders !*

**The Roadrunner** apologizes for using invisible ink in its last issue to welcome recent new and returning members! Here are their names for real. For March, welcome: Norman Boehner, Craig and Monica Matthews, Jim Denton, Geri Migielicz and Liza Culick, Bill Bryant, Martin Acker, Theresia Rogerson, Ginger Anderson and Susie Barber. Welcome back Kathy and Phil Trissell.

For May, welcome to Patricia Banks-Evans, Eric Clarkson, Charles and Juliana Hess, Brian and Richard King, Erik and Darik Thunstrom, Annabel Young, Mark and Margarete Edwards, Ethan Amezcua and David Atkins. Welcome back Lee May.

And, finally, welcome June members: Thomas Antone and Douglas Kahn.

**Last but not least, thank you to May/June ride leaders for your Tuesday and Saturday efforts!!!**



# Rainy Weather Greet Strawberry Fields 2006

By Barry Jay

goin' down the road feeling bad  
spose to be raining, just a tad  
seatin' down on soggy, chamois pads, chamois pads  
hey mr. weatherman, I've been had  
goin' where the climate, suits my clothes  
goin' where the water don't splatter up my nose  
goin' where the chilly, winds don't blow, winds don't blow,  
making my bicycle, go real slow  
goin' down the road, in a flood  
goin' down the road, getting facials of mud  
goin' down the road, the brakes are a dud, brakes a dud,  
why am I riding, in this crud?  
goin' where the water showers me grime  
goin' where a pay phone might still cost a dime  
goin' redwood canopy, from before my time, before my  
time,  
lord of the forest's ancient rhyme  
goin' down the road, hey whaddya say?  
goin' down the road, a day in May.  
would I do it again, at Monterey Bay, Monterey Bay? Sure  
but please Mr. Sunshine, next time, stay.



Jeannine  
Peerless,  
left, and  
Grace  
Voss en-  
joyed the  
first half  
of Straw-  
berry  
Fields,  
while rain  
dampen-  
ed the  
second  
half!

All Ride Participants Must Wear  
Helmets And Obey All Traffic Laws!!

## *Many Roads to Ride at King City Campout April 29-30*

**(Editor's Note: Here's what club members had to say  
about their late-April campout in the area of King City.)**

The camping trip was delightful. I especially liked the rides. New roads are always a gift - and these particular roads would be welcome any number of times more. Hwy 25 South from the top of Bitterwater was my favorite - slight downhill and beautiful scenery - good pavement and sunshine - tough to beat. The other rides were also way above average. How often do you get to do 25 miles in one direction with a tailwind and then turn around and have a 25-mile return, also with a tailwind - that happens only in your dreams and on the SCCC King City Campout.

The San Lorenzo Regional Park was a great place to anchor the trip - wonderful showers - no cost after the camping fee and a very nice setting for camping. There were many sights and sounds to delight the soul - three that stand out were the wild flowers on Oasis Road on Friday, the childish delight of wading the Arroyo Seco on Thorne Road with bike and shoes in hand, and the viewing of a male Bulloch's Oriole in the

campground as we sipped wine in the late afternoon. (Charley Fisher)

Ok this is fun, where are we. Who's leading anyway? Where was that tarantula? When is this fog going to burn off?... (Pam Slocum)

I thought it was wonderfu. Obviously we need to speak to the issue of people like me who came without coffee, and others who came without food, eating utensils. etc. We were not responsible campers. That said, the event was great and I will come every time—with food, coffee, etc. Thanks to everyone that was involved. (Paula Barsamian)

Jennine's husband David spotting birds for us at the campground; perfect riding weather with the hills still green; light/no traffic; solving the world's problems over dinner at the picnic tables; stopping to view the wildflowers on Oasis Road; vineyards along closed Los Coches Road before we crossed the Arroyo Seco river (cool water on my feet); Stephanie Keenan's chickens; playing on the swings at the Bitterwater School lunch stop; pink trees in the Lewis Creek wash.

(Ric Eiserling)





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## 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:

\_\_\_\_ 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

**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

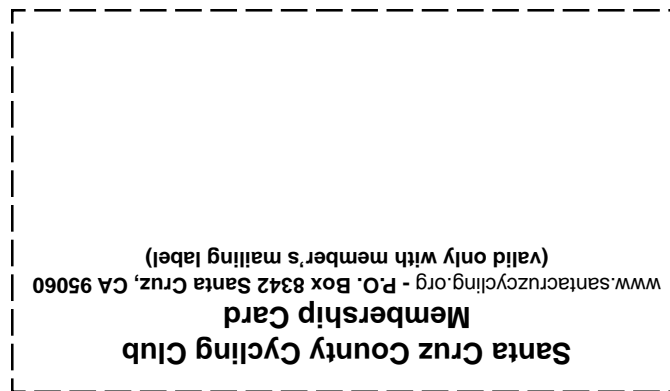
Enclosed is \$\_\_\_\_\_ dues for membership in the Santa Cruz County Cycling Club which entitles me to all the rights and privileges of membership.

Make check payable to SCCCC and mail to: Santa Cruz County Cycling Club, P.O. Box 8342, Santa Cruz, CA 95061-8342

# July-August 2006

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

						1
2	3	4	Board Meeting 5 7 p.m.	Swanton Time 6 Trial 6 p.m.	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Tour 23 d"Organics	24	25	7 p.m. General 26 Membership Meeting	Race Team 27 Meeting 7 p.m	28	29
30	31	1	2	Swanton Time 3 Trial 6 p.m.	4	SC Mountains 5 Challenge
6	Board Meeting 7 7 p.m.	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	Race Team 24 Meeting 7 p.m.	25	26
Volunteers 27 Party (SCMC)	28	29	30	31		



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

