

More Than 3,400 Bicyclists Participate in Bike to Work/School Day

Overnight rain and early morning mist couldn't dampen the spirits of 3,400 bicyclists who participated in the eighth annual Fall 2006 Bike to Work/School event Oct. 5th. Free breakfast was offered at 40 sites from Santa Cruz to Watsonville, with 120 volunteers making sure that juice, coffee, bagels and pastries were in good supply.. About 2,700 cyclists were school children, who received breakfast at 26 schools, with Watsonville High, Scotts Valley High and Orchard School in Aptos being first-time participants. The remaining cyclists attended one (sometimes more) of the 16 public breakfast sites. Largest was the downtown Jamba Juice, with 320 participants

and food provided by Noah's, Trader Joe's, Jamba Juice, Peet's, and Beckmann's. Free massages by Cypress Health Institute and free bike maintenance from local shops added to the day's comfort level.

First-time Bike to Work/School Day coordinator Liana Harp said the day "went well" although she admitted the food delivery on Oct. 4 was stressful. Piet Canin, director of the Transportation Management Assn., said, "It's always great to see the enthusiasm of school kids on Bike to School Day, no matter what the weather forecast." And John Romero, parts manager at Santa Cruz Subaru car dealership, admitted he became a regular bicycle commuter as a result



Liana Harp of Bike to Work/School Day of last spring's Bike to Work/School Day. Stopping for a free breakfast at Java Junction on Oct. 5, Romero said of his 6.5-mile commute, "I can get to work on a bike just as quickly as in a car." Romero added that he's also in better physical shape as a result of his daily bicycle commute.

According to Harp, "The event would not be possible without all the volunteers who enthusiastically give their time! We had about 42 volunteer site coordinators, 120 breakfast site people and about 15 dedicated Distribution Day volunteers. (In a mere nine hours the day before, volunteers and PedX helped pick up donated breakfast food for 3,500 people by bike, pack and sort the food and distribute!!) Thanks to Piet and Linda Puzziferro in the office!"

Bike to Work started in 1987 as a UCSC Community Studies project by KT Canin, who now bike rides and works in Moab, Utah. Spring Bike Week will be May 12-19 with Bike to Work/School Day on May 17. More info at www.bike2work.com



Checking out Boulder Creek pumpkins are, l to r: Howard Swann, Bart Coddington, Leo Moll, Linda Brodman, Janie Tibbals, Ric Eiserling, Jack Thorworth and Charley Fisher.

Club Shorts: Keenan Race Results, Amgen Tour, More!

SCCCC member Jim Keenan, 65, has scored a first, two seconds and a third in bicycle racing at the World Senior Games in St. George, Utah. Competing in Division 3, Keenan was first in the time trial (33:04) and second in the hill climb (18.41). Jim's two other results were not listed at presstime. Congratulations Jim!

Speaking of racing, 25 members of **Team Santa Cruz** competed in the Surf City X/C race Oct. 15 at Soquel High School. (Results page 4; photo page 9).

Amgen's **Tour of California 2007** version will, alas, bypass Santa Cruz once again. Despite lobbying by civic leaders and prominent cyclists, the closest the Feb. 17-25 world class cycling event comes to this area is the Stockton to San Jose leg on Day Two and the Seascape to San Luis Obispo leg on Day Three. Last year's tour was won by Floyd Landis, currently the disputed winner of the 2006 Tour de France.

January's general membership meeting for SCCC has a new location, the same site as Oct. 14's Progressive Lunch Ride. The meeting will take place at 7 p.m. Wednesday, Jan. 31 at 800 Brommer St. (just off 7th Avenue) at Sorrento Oaks Mobile Home Park. Parking is on the street, alongside and in front of the clubhouse or to the immediate right as you enter the park.

Interested in swapping bike parts? The fourth annual **Veloswap** takes place from 9 a.m. to 4 p.m. on Saturday, Nov. 18 at the San Francisco Concourse Exhibition Center, 620 7th St. at Brannon East Hall.

New bike lanes are in order for Soquel Avenue between Seabright Ave. and Park Way. PG & E has started removing power poles, and road work will last about three months.

The **BE-Pro Conference** for bicycle event managers takes place Jan. 12-13, 2007 at the Holiday Inn, 1740 N. First

St., San Jose. For info, go to www.CycleCalifornia.com.

The Telluride **Mountain Film Festival** is coming to the Rio Theater at 7 p.m. Saturday, Nov. 11. Cost is \$10 students, \$12 general for films about different cultures and high adventure. The film fest benefits UCSC Recreation, and tickets are available at 459-2159.

Welcome new club members! **Dan Henderson, Brad & Linda Wiles, Lisa Ferguson, Margaret Pitpit, David Scholar, Lindsey Collins, Gary Harold, Kathleen London, Rita Leon, Shelly Monroe, David Allen, Dave & Joanne Huemoeller and Daryl Ellis. Welcome back: Barbara Craig, Jon Cole and Mike Brandy.**

Mike Andolora Trims a Tree

Yes, that's me trimming the tree in July. I trimmed the tree for **Frank and Vita Pritchard**. It was my first ride to the tree farm, kind of a fall day for July, too chilly for swimming... always a special time when we are invited to share someone's place I remember the beautiful grounds and the warm hospitality; I remember Pam (Slocum) coming down the hill saying it's not that way (as we were going up the hill)...there's always a laugh with this group. I remember Mrs. Andreason showing me her lovely garden, and, the smiles from all my dear friends...a nice visit.



Mike Andolora participates in Christmas Tree Trim event last July off Summit Road.



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	
Richard Bedal	460-1818
Vice President	
Ric Eiserling.....	475-5397
Secretary	
Stevie Westman.....	476-7715
Treasurer	
Tina Ensign.....	476-1043
Membership	
Leo Jed	425-2650
Social Directors	
Jeannine Peerless.....	426-7239
Sally Salmon.....	372-4383
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
webmaster@santacruzcycling.org	

From My Handlebars to Yours: Can't We All Share the Road?

By Richard Bedal, Club President

If all you read were recent headlines and letters to the editor in the local media, you would think a war was going on between bicyclists and motorists. It is true that, according to the League of American Bicyclists, about 750 bicyclists are killed each year in the US, and that 96% of these deaths result from crashes with motor vehicles. It is also true some drivers out there believe bicyclists should not be anywhere near roadways, just like some bicyclists inappropriately take the lane and consistently breeze through stop signs.

However, it is clear to me the vast majority of bicyclists and drivers obey the laws and are courteous to all others on the road. It is also clear that the majority of accidents are just that, accidents caused by an inattentive driver or bicyclist. And, in my opinion, the increase in accidents and anger are caused by the increase in cars and bikes on the road as well as the poor condition of the roads. But the accidents are avoidable! Here are my suggestions for bicyclists to help prevent accidents:

- Be predictable and let the drivers know what you are going to do; i.e. stopping, turning.
- Obey the rules of the road.
- Be aware of where you are.
- Don't listen to music on your earphones—your ears are great tools for warning of hazards.

For motorists, here are some suggestions provided by the League of American Bicyclists:

- Leave at least three feet of passing space between the right side of your vehicle and a bicyclist.
- After passing a cyclist on your right, check over your shoulder to make sure you have allowed adequate distance before merging.
- Learn to recognize situations and obstacles that may be hazardous to cyclists, such as potholes, debris, and glass, and then give cyclists adequate space to maneuver.
- Look for bicyclists before opening your car door.
- Watch out for the common cycling errors: wrong way riding and mid-block cyclists entering the road from driveways and alleys.

In an ideal world, we wouldn't need to print these common-sense suggestions since all drivers and cyclists would follow the rules of the road and government would improve the roads and make more bike paths so that we are protected from our own foolishness. But the reality for some time to come is, cars and bikes will need to share the road, and we cyclists need to take responsibility for our own actions—we need to be aware of where we are when we ride and be courteous to others on the road. Being aware of the hazards around you will reduce accidents. Being courteous will reduce angry letters to the editor.

Follow the French System to Decide Your Bicycle Points Future

By Glide A. Long

The French have a point system for anyone with a French driver's license. You start out with 12 points, but those 12 points are yours to lose. Run a stop sign or signal light, lose four points. Be found guilty of a DUI, lose 3-6 points. Speed and you lose 1-4 points, depending upon how much over the speed limit you are driving. If you lose all 12 points, you lose your driver's license and must re-take the driver's test from scratch. (This system has resulted in lower traffic accidents/fatalities in France for the fourth straight year.)

With the French system in mind, I was thinking that someone should devise a point system for bicyclists, based on how poorly they bike. Maybe I'll do it myself! Like the French drivers, you start off with 12 points. Run a stop sign, you lose one point. Run a

signal light, you lose two points. Ride without a helmet, lose one point. Ride on the wrong side of the street without a helmet, lose two points. Ride with your child sitting on your handlebars while you are riding on the wrong side of the street with neither of you wearing a helmet, lose four points. Ride with a head set on but no helmet on the wrong side of the street, lose three points. As you can see, the possibilities are endless! (Please send additional point loss suggestions to the Roadrunner for future grist for this mill!)

What if a biker loses all 12 points? He can't lose his license as biking requires no license. Hmmm, a dilemma. How about a free headstone for his gravesite, or, better yet, a slab at the city morgue? He (or she) probably could use it.

Bicycling in Europe is Refreshingly Old-Fashioned

By Saskia Lucas

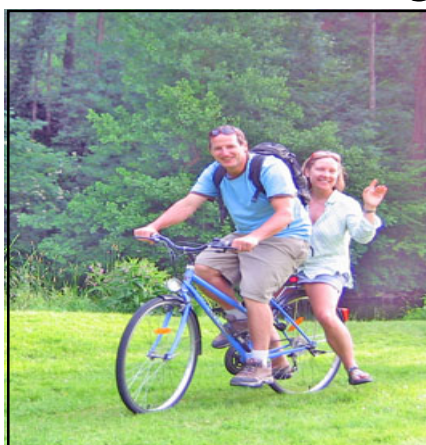
On a trip to Europe this past May with my boyfriend Jeffrey Caspary, I experienced a homecoming with a family I didn't know I had—my international bike family. Europe is legendary for bike culture but I had to experience it to *feel* it.

Bike-Chic-Paris

Paris has done a lot in recent years to promote bicycling, especially through the installation of new bike lanes and infrastructure. More impressive was the number of people actually using bikes—and not a one of them in spandex! Rather, women in skirts and scarves pedaled elegantly, contradicting the *biking=must shower* attitude so entrenched here.

Germany—Bicycling Mecca

I'd long heard that Germany was excellent for bicycling. Indeed, our guest house in the foothills of the Black Forest came with bicycles to use. We mainly rode in town and to the farmers' market, however extensive networks of signed bike routes crisscross this verdant tourist destination. On our outings, we saw so many people riding bikes—young and old—in that typically European way in which generations blend more than in our age-segregated society. It tickled and impressed me to see hardy German grandmas ambling down the road on bikes, baskets brimming with groceries. Germany is an inspiration for what U.S. towns could be—human-scaled and healthful—where bicycling is like



Jeffrey Caspary and Saskia Lucas
breathing.

Velorutionary Belgian Touring Routes

Upon arriving in Belgium, Jeffrey and I were greeted by hundreds of bicycles locked to racks outside the train station. During our visit, we were delighted to discover new networks of excellently-signed bicycle touring routes. Maps for different regions, available at bookstores and stationery shops, help you decide your destination and route. Once you've identified the number of the route you will take, all you do is follow the signs. With signs at every turn, the onerous task of constantly referring to the map to make sure you're on track is removed, leaving you free to concentrate on what's important—the sights.

Belgian Rite of Passage

One uncharacteristically balmy Belgian evening we spent on the outdoor terrace of an Antwerp pub with my cousin Bart, who had invited us for a taste tour of Belgian beers. Sipping a cool, crisp white beer (best with slice of lemon), I recounted my visit earlier that day to a neighborhood bike shop. I expressed my surprise

at how few sport bikes there were. Instead the shop was jam-packed with sensible, utilitarian bikes. All had fenders, racks and generator powered lights—even the kids' bikes! Bart described how in Belgium, every kid gets a new bike when he enters middle school. The new bike symbolizes maturity and increased responsibility and will enable him to get to school on his own. Sadly, to American ears, this tradition seems almost unbelievably antiquated. Wouldn't it be nice to be that old-fashioned?

Surf City Race Results

The Junior Men's B team had the best team result Oct. 15 at the Surf City Cyclocross race at Soquel High School. Oliver Nickell was 1st, Carl Dawson 2nd, Raymond Mendoza 5th, Thomas Mendoza 7th and Darik Thunstrom 9th. Keith Henderson was 6th in Men's 45+, Jesse Nickell placed 5th in Junior Men's A, Julianna Perry was 2nd in Women's 35+, and Michael Martin and Erik Thunstrom were 5th and 8th respectively in Single Speed. Harriet Riley's complete set of photos of the race may be found at www.kodakgallery.com. All results are online at www.velobella.org/results_surf_city_1_2006.htm.

Leo Moll's Safety Tip

Keep body parts away from moving portions of your bicycle!!!

Do not brush sand, glass shards or thorns from tires while moving. Do not straighten fenders or sagging kickstands or front derailleur or anything else with hands or feet while moving. Crashing is bad enough but the amputation of digits is really bad form!!.

Oregon Backroads Provide Change of Pace for Ric and Janie

(Editor's Note: This is Part I of a two-part series.)

By Janie Tibbals

Our adventure began in McMinnville, just south of Portland and one of the loveliest small cities I've ever seen. (It must be a law for every town in Oregon to have lush hanging flower baskets of petunias, marigolds and impatiens at street corners, so voluminous that two people's arms could barely encircle them!)

Our goal the first day was Yamhill, only about 15 miles away, and a center of the wine growing region of Oregon. On well-chosen back roads, 26 miles later, we were still three miles away!! but we'd had beautiful vistas with a few gravel roads to add to the fun. (That's what comes from ignoring directions from the locals). A fantastic farmer's market completed our pleasurable experiences in and around McMinnville.

The next day's short car ride brought us to Waterloo and Lane County Campground, about 20 miles east of Corvallis. A ride to Sweet Home skirted the Santiam River, quiet meandering roads through small farms, a pretty good climb and a final zoom into town with a picnic at the covered bridge park. The route back took us along the historic Applegate Wagon Trail with a final stop at the Waterloo store (half groceries and half geegaws from the 60s) It was a day of smooth surfaced roads with wide shoulders, fantastic scenery, and infrequent cars.



Ric Eiserling and Janie Tibbals

A second ride out of Waterloo was through hectic Lebanon but then countryside prevailed to Lacombe for lunch. Surprise, surprise, no restaurant, no commercial enterprises whatsoever except a "down-home" market which served as grocery outlet cum community center. However, the ride back to Waterloo was one of the most enchanting yet, passing more small farms, one even offering free veggies with a small cash box for donations.

So it was on to Corvallis for a late lunch and a look around town. Corvallis is a super bike friendly place with a great coffee house and plenty of bike shops, all of which Ric explored. The next day we were back to do the bike path from Corvallis to Philomath., a more or less rural suburbia.

It was time to try the coast and some rides out there to avoid the heat of the valley, now getting up into the 90s. We arrived at Newport, which made valley heat look really desirable. The congestion and strip malls were an urban nightmare. Back in the car, we headed south and savored the coastline by car until Florence.

That night we found a beautiful campground at Fern Ridge Reservoir outside Eugene. Quiet, each site surrounded by dense curtains of trees, it was a haven after the crowded coast. (End of Part I; Part II in January/February Roadrunner)

Commute: Hour of Sour

By Gary Harold

The enormous infection called 'sparawl'

It's cancerous, bringing vehicles to a crawl.

Time now to change our thinking

to transportation that's not so damn stinking.

To be out of your car, walking and biking;

Not to Goodyear and Chevron's liking.

It's not about changing the lanes to six,

cutting trees, paving land, not the fix!

One plan folks simply adore: clean light rail in the UP corridor.

(UP=Union Pacific)



Howard Swann is teaming up with Saskia Lucas and Bike Smart! to repair bikes to give as loaners at local Bike Smart! events. The Bicycle Trip helps out by donating bike parts.

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

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, October 28

Hollister and Cienega Start from Tres Pinos School
(Below the intersection of AirlineHwy/Hwy 25) south of Hollister at 9 a.m. Carpool from CCC at 8 a.m. A=27mi/1500',B=36mi/2500',C=45mi/3900'
All do Cienega loop plus some extra credit for B's and C's. Bring your lunch or buy at the Paicines Store
Janie Tibbals.....336-1040

Saturday, November 4

Boulder Creek, Big Basin and Skyline
Start from behind Johnny's Market (don't park in their lot) at 9 a.m. Carpool from CCC at 8:15 a.m. A=21mi/1800',B=30mi/2400',C=46mi/4600'
Shalom Compost.....345-2017

Saturday, November 11

Calaveras
Start at Sunol railroad station at 9:30am. Carpool from CCC 8:00 a.m.
A=32mi/1600' B=45mi/2600' C=55mi/3400'
Ric Eiserling.....475-5397/336-1040

Saturday, November 18

Scott's San Francisco Birthday Ride
Meet at the Ferry Bldg on the Embarcadero at 9:00 a.m. Scott leads a 49 mile ride with a full tour of San Francisco. Visit China Town, Fishermans Wharf, Palace of Fine Arts, Twin Peaks, Mission Dolores and many more. Bring snacks,lunch will be found along the route.
Scott Campbell.....426-0989

Saturday, November 25

Palo Alto To The Sea and Back
A fine introduction to the San Mateo peninsula. Climb up Page Mill Road, ride through the redwoods along Tunitas Creek to the summit and descend King's Mountain Road 52mi/4300' Carpool from CCC at 8:00 a.m. or meet at Page Mill Park and Ride Lot in Palo Alto at 9:00 a.m. . Located at intersection of Page Mill Rd & Hwy 280
Alan Eklof.....427-9760

Saturday, December 2

Tour de Santa Cruz
Start at CCC 8:30 a.m. for a tour of the greater Santa Cruz area
A=14mi/500',B=31mi/1700',C=40mi/2500'
Gene Lytle.....338-4758

Saturday, December 9

Club Christmas Party Ride
We'll gather at Richard and Martha Bedal's house on National St. at 4:45 p.m., leave at 5:00 and go down to the Boardwalk and downtown for caroling. We'll ride until 6:00 or 6:30 Bike lights are required and season enthusiasts can raise spirits by adding Christmas lights to their bikes or outfits!! Rain cancels.
Janet Fogel.....438-0706

Tuesday Riders Enjoy October Outing and Lunch at Manresa Beach



Saturday, December 16

Davenport, Swanton, and Smith Grade

Start at CCC 8:30 a.m. A=28mi/600', B=42mi/1200', C=60mi/2000'

Charley Fisher.....425-3559

Saturday, December 23

Kirby Park to Monterey

Carpool from CCC at 8:30 a.m. for 9:30 start for C riders at Kirby Park on Elkhorn Rd. B riders meet at Pezzini's produce stand on Nashua Rd. off Hwy 1 at 10:15am. A riders meet at gas station/convenience store on Reservation Rd in Marina (park behind the store next to the old K-Mart at 10:45 a.m. A & B ride is all on bike trail. A=20mi/500', B=30mi/800', C=50mi/1500'

Bart Coddington.....475-5234

Saturday, December 30

Felton/Empire

Start at CCC at 8:30 a.m. Ride will go up Hwy 9 to Felton, up Felton/Empire Rd 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

Mike Andalora.....247-9722

Saturday, January 6

Eureka Canyon

Meet at CCC at 9 a.m. A=35mi/1000', B&C=60mi/2800'; Lunch at the Summit Store. Remember, it can be chilly on Highland, bring warm clothes

Chris Boman.....421-9030



Tennessee Bicycle Tour Offers Hilly Roads, Warm Hospitality

By Janet Fogel

You don't have to leave the country to have a mighty fine bicycle adventure. The great state of Tennessee offers wonderful fall weather, friendly natives and high-calorie, down-home cooking.

Our first day out of Nashville was hilly! But then the terrain changed. At a coffee shop in Sparta, we asked the waitress if the road to the next town was a roller coaster like our previous day.

"No Mam" she replied, "it's just straight up."

So, that might explain why cyclists were such an oddity in East Tennessee. We saw three other adult cyclists in 10 days. A desk clerk, on the phone to a friend, said, "You should'a seen 'em when they showed up on them bicycles with all that gear and them rubber suits they had on."

Even if they thought we were all crazy, folks were friendly and helpful. Some had fun joking with us – especially Janet and Lawrence on their "two-seater." Some guy would yell out from his truck, "She ain't peddlin!"

At the fuel stops, folks would jokingly ask, "You know what she's *doin'* back there?" Sometimes Lawrence would joke back, "Nothin. Sometimes she files her nails."

Once that reply got an enthusiastic reaction. "Well by golly you stay right there," I've got just the thing for her! And he ran out to his car and opened the trunk. "Emery boards, with my Insurance company's name and phone right there in case you have any need in that department. Here, take a dozen... give 'em to your friends!" And, as we pedaled away with pockets full of emery boards, Lawrence mumbled..."Next time I'm going to say, 'She's back there counting 100 dollar bills.'"

If the "country cookin on the back roads was any example, country folk in Tennessee have a serious suspicion of the vegetable kingdom, (except spuds,) and spuds don't get close to your mouth unless they've had a long bath in hot oil. All that good grease gave us reason to celebrate in Sparta when we saw the Panda, Chinese All-You-Can-Eat Buffet.

After that meal Lilly Ann exclaimed, "I've never been so thrilled to see broccoli that was not battered and fried!"

A highlight was our overnight stay at Watermelon Moon Farm. Miss Emily, a sweet Martha Stewart of the hills, had carefully arranged her craft displays with orange candles everywhere. Her four white Pyrenees greeted us, tails wagging and eager for attention. We hadn't found a restaurant, and it was after dark when we arrived. Miss Emily cooked us a delicious dinner, complete with banana pudding. We stayed in the summer kitchen off the house. She had painted the wall



Left to right are Lawrence and Janet Fogel, Marilyn Marsdell and Lilly Ann Popken resting from their tour in the hills of Tennessee.

behind one bed with the entire "Tis the Gift to be Simple" song. Two kitten litters snuggled up in tight circles on the back porch. Goats, guinea hens, roosters, hens and chicks all scratched, sniffed and explored the rambling backyard. The sky displayed a watermelon moon-- we were happy beyond belief.

If East Tennessee was challenging to cycle, we were rewarded with great hospitality. We also saw colorful fall displays, lakes, rivers, rolling hills, expansive green lawns, pumpkins, corn stalks and haybails.... Gee, East Tennessee, what were we thinking?

Friday Afternoons Mean a Bike Ride

While Friday afternoons are notorious for daydreaming about the coming weekend, students at Gateway School (K-8) in Santa Cruz spend every Friday afternoon discovering their school's neighborhood from the seat of a bicycle. An eight-week elective class taught by **Jeannine Peerless**, with help from 6th grade teacher **Bill Bryant** and volunteers from the Santa Cruz County Cycling Club, allows 6th and 7th graders to practice riding in traffic using proper hand signals for turning and stopping, first on the west side of town and eventually on a 12-mile round-trip ride to the Capitola Wharf. Other destinations have included a downtown ice cream parlor, a visit to a mountain bike course near Wilder Ranch along Highway One and a ride through Natural Bridges State Park. If a rainy Friday appears, Peerless is prepared to teach her students how to change a flat tire. She recently completed the LAB Bike Ed road course. SCCC volunteers include **Betsy Schwartz, Bart Coddington, Scott Campbell, Meredith Fuhrman and Grace Voss.**

Bike of the Month: Herb's Rambouillet is Sturdy

By Herb Greenfield

Over three years ago I started to seriously consider buying an additional road bike. I had been riding a Specialized Epic Allez (carbon fibre tubes with aluminium lugs) since 1990. I selected a 58cm Rambouillet frame from Rivendell in Walnut Creek. The owner, Grant Petersen, was formerly designing bikes for Bridgestone. His frame geometry tends towards touring, that is, somewhat relaxed and more upright geometry as compared to the "racing" geometry so prevalent in today's bicycles. It is suitable for light touring: it has rear rack bosses and can accommodate 3 water bottles.

The frame is double-buttressed (thicker walls at the ends of the tubing) chrome-molybdenum steel (S.A.E. 4130) with stylish curving investment cast lugs at the tube joints and is flame-brazed at a very small shop in Japan. The frame comes with a steel steering fork already installed. For the other components, I settled on Shimano nine-speed Ultegra STI combined shifters and brake levers. I purchased long-reach side pull brakes (Ultegra) so they would clear fenders and wider tires. I already had a TA Specialties (French) Zephyr triple crank on my Epic

Allez and wanted to do the same for the Rambouillet. A desirable feature, to me, of the TA Specialties crank is that they use 110/74 mm bolt-circle spacing which has been around forever and thereby gives me a large selection of chain rings to choose from. I use 46/36/24 chain rings, coupled with an 11-32 rear cassette. So I have a Deore LX mountain bike rear derailleur and an Ultegra triple front derailleur. Because of the less steep seat tube, the rear part of the cage on the front derailleur touches the chainstay when properly set up for the 46-tooth chainring I chose. So I figured out a way to shorten the cage on the derailleur (another story) to provide some clearance, and I've been happy with it since.

I also purchased drop handlebars, stem and the seat post from Rivendell. Phil Trissell at Sprockets built the wheels for me using Ultegra hubs, Mavic MA-3 rims, and 32 double-buttressed spokes per wheel. I use 700X28 tires that have plenty of clearance with the frame, even with fenders installed. Rivendell says their frame could handle 700X38 tires.

So, how does it ride? Just great! As compared to my carbon fibre Epic Allez,



Herb Greenfield

it is somewhat heavier and the general ride is comparable. Where the Rambouillet shines is that it is more stable on fast (for me) downhill runs and is not as "jittery" in fast turns on uneven road surfaces. It is hard to beat steel and the care used in building the frame.

Linda Brodman has been riding a Rambouillet built up by Rivendell since March of this year, but hers is blue. I got one of the last orange frames. One doesn't have a choice of color unless it is repainted after purchase.

Team Santa Cruz Schedules Muddy Series of Races



Grant Stoner, leading a dusty pack, placed 22nd in the Men's 35+ B race at Soquel High School on Oct. 15. (Photo by Harriet Riley.)

The Santa Cruz County Cycling Club is hosting its own series of cyclocross races timed just for the winter mud. Dubbed the "2007 Peak Season Cyclocross Series," the dates are all Sundays: 12/17, 1/14, and 1/28.

The second race is also the SC County Cross Championships, with the highest placed county resident in each category achieving the honor of Santa Cruz County Cyclocross Champion. Volunteers needed. Contact David Gill to help.



Santa Cruz Police Officer Alex Martin "cites" Holy Cross School students Marissa, center, and Gigi for wearing bicycle helmets. Citation is good for one free muffin at Emily's Bakery. Citing good behavior is a year-round program for the SCPD.

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 (Starting mid-May)
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
1203 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

November-December 2006

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

