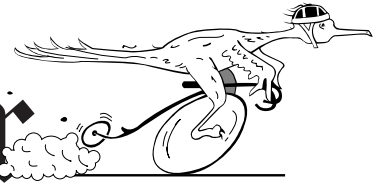




# The Roadrunner



A Bi-monthly Publication of the Santa Cruz County Cycling Club

March - April 2005

Volume 34, Issue 2

## President's Message

### From My Handlebars to Yours

By Richard Bedal, SCCCC  
President

No one has reported to me any accidents during March club rides, so there must not have been any, right? But the rides have not been incident-free.

Earlier in February, the Tuesday ride started from Kirby Park but was cut short for some riders because of a call we got from one of the riders who returned to the parking lot early. Three cars were broken into, with a radio, purses, a wallet, keys and a few other items stolen. The good news is that the checkbooks and credit cards were recovered. The thieves left them in a trash can several miles away and the homeowner turned them over to the Sheriff's Department.

My car was one of those broken into and the advice I would give everyone is: do NOT leave wallets, credit cards, check books, keys and purses in your car!

#### MARCH 5 PESCADERO RIDE

Shalom Compost led a challenging but beautiful ride in the mountains around Pescadero. Challenging because Tunitas Creek Road, which I did for the first time

that day, is a good candidate for a San Mateo County Mountains Challenge, if they choose to have one. [Just remember, pain is temporary, pride is forever.] Thank you Shalom!!!

#### BIKE ETIQUETTE

Yes, there are rude drivers who endanger bicyclists, but there are also rude and self-centered bicyclists who give the rest of us a bad reputation. The conflict between the two forms of transportation have caused some road rage, or at least the display of some impolite hand signals. Perhaps I am preaching to the choir, but I would like to make two suggestions:

1. At four-way stop intersections, I have often experienced the very generous drivers who wave and allow us to cross. Be sure to wave back and show your appreciation. And if they don't wave you across, let them go first. I believe that small gesture will do wonders.

2. When traveling in a group, ride single-file when cars are present. When someone yells "car back" please get in single-file as quickly as possible.

#### APRIL GENERAL MEETING

The next general meeting is

scheduled for April 27 at the Simpkins Swim Center. Everyone is welcome! The details have not been completed, but a Feldenkrais Therapist will be our guest speaker. Until recently, I had never heard of such a thing, but the more I read about it, the more excited I am to receive some instruction in this method "of working with the awareness of one's body to improve movement and enhance human functioning." In plain English, I believe we will learn some stretching exercises that will help us avoid those aches and pains we "occasionally" get when riding our bikes.

**Membership  
Meeting  
April 27  
7 p.m.  
Simpkins Swim  
Center  
Program:  
Stretching for  
Cyclists**

## Gene Lytle, Scott Campbell Are Up to the Challenge

Registration begins March 31 for the 7<sup>th</sup> annual Santa Cruz Mountains Challenge on Saturday, August 6, starting and ending at Scotts Valley High School. Gene Lytle and Scott Campbell are organizing the event, the main fund-raising activity for SCCCC, and they are planning for 500 riders, (Registration is \$35 until July 11th and \$45 after), with Lytle spearheading the effort to sign up volunteers. (Club members may contact him at 338-4758.)

This year's event will feature

two rides, a 100-miler and a 100K, with the routes similar to last year. (The shorter route has been discontinued.) Volunteers are needed for registration, route marking, coffee/breakfast for volunteers, t-shirt distribution, rest stops at Summit Road and Boulder Creek and post-race meal. Lytle says the big need is to secure sponsorships for the event, which means contacting interested businesses who may want to see their logo on the official t shirt.

### **Cycling Resources and Websites**

Cyclist for Cultural Exchange .... [www.strawberryfields.org/cceinfo.html](http://www.strawberryfields.org/cceinfo.html)  
Friends of the Rail Trail (F.O.R.T.) ..... [www.santacruztrail.com](http://www.santacruztrail.com)  
Mountain Bikers of Santa Cruz ..... [www.mbosc.org](http://www.mbosc.org)  
The Hub ..... [www.santacruzhub.org](http://www.santacruzhub.org)  
S. C. County Regional Transportation Commission ..... [www.sccrtc.org](http://www.sccrtc.org)  
Bike to Work (programs and events) ..... [www.bike2work.com](http://www.bike2work.com)  
League of American Bicyclists ..... [www.bikeleague.org](http://www.bikeleague.org)  
Adventure Cycling ..... [www.adventurecycling.org](http://www.adventurecycling.org)  
California Association of Bicycle Organizations ..... [www.cabobike.org](http://www.cabobike.org)  
Cycle California ..... [www.cyclecalifornia.com](http://www.cyclecalifornia.com)  
Almaden Cycle Touring Club ..... [www.actc.org](http://www.actc.org)  
Bay Area Roaming Tandems ..... [www.artcycles.com/tandems](http://www.artcycles.com/tandems)  
National Bicycle Greenway ..... [www.bikeroute.com](http://www.bikeroute.com)  
Northern California/Nevada Cycling Association ..... [www.ncnca.org](http://www.ncnca.org)  
Bay Area Women's Cycling ..... [www.bawcycling.com](http://www.bawcycling.com)  
Biking Gifts and Awards ..... [www.biking-gifts.com](http://www.biking-gifts.com)  
S.C. Randonneurs .... <http://pages.prodigy.net/srandonneurs/index.html>

**Deadline for the May/June Roadrunner is April 15, 2005**

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](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.

### **OFFICERS**

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Richard Bedal ..... 460-1818

#### **Vice President**

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Stevie Westman ..... 476-7715

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#### **Ride Director**

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#### **Education Director**

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#### **Race Team Director**

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#### **Century Directors**

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Brent Chapman ..... 335-8108  
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## Club Clothier Taking Orders

By Judy Isvan

Have you seen those snappy new blue and red club jerseys and wished you had gotten in on the first order? Well, if there are 25 of you, there could be a SECOND order! Voler, who manufactures our club clothing, has a minimum order of 25 pieces for either end of the body: 25 tops or 25 bottoms. Tops can include wind shells and sleeveless jerseys, but not longsleeved jerseys or jackets. Bottoms can include bib shorts, knickers and 3 different pads, so they get really complicated.

The short sleeve jersey will cost 68 dollars, and can be had in Race, Club or Women's cuts. We found the race cut to be only for the extremely slim and v-shaped people, and even they did better ordering a size up. The club cut is the normal jersey fit, maybe a little on the slim side. The women's cut was basically the race cut: more room in the chest, less in the waist/hip, and it also runs small. The wind shell is unisex, has a double zipper and is 61 dollars. Sizes for tops run from XS to 3XL.

If 25 people want bottoms, they come in XS to 2XL, have the aforementioned choice of style, plus a choice of Cantara, Azura or Ion pads. Prices for the shorts are 53 dollars for standard shorts, 57 dollars for bib shorts or 60 for knickers (below the knee length).

For more info, you can visit the website at [www.voler.com](http://www.voler.com). Please note that final pricing may include another dollar or so for shipping. Conversely, if we get 50 or more orders the price will fall several dollars per piece.

Socks are available from DeFeet through Voler, but the minimum order is 144 pairs, so if everyone in the club orders just 2 pairs...just kidding!

If you would like to order clothing, please contact Judy Isvan via e-mail at [clothier@santacruzcycling.org](mailto:clothier@santacruzcycling.org) or phone and leave a message at 831-689-9580.

## Wanted Roadrunner

### News Items, Lists

**The Roadrunner** is only as good as SCCCC members make it. Have you been on a club ride where something interesting (hopefully, not a police report type of event!) occurred? Do you know an upcoming bike tour that you'd like to publicize? Can you describe a favorite eating place for club rides? Do you have a personal list of Top 10 rides in the Santa Cruz County area you'd like to share? Any bike-related and/or member-related stories are welcome and may be submitted to [gracevoss@sbcglobal.net](mailto:gracevoss@sbcglobal.net) by April 15, 2005 for the May/June issue.

Also, my apologies for the late issue of the March/April **Roadrunner** as the transition process has been somewhat difficult. The editorial board does not anticipate future problems in issuing a timely publication. Thank you for your patience.

- - Grace Voss, Editor

### **Club Mailing List Problems?**

Have you subscribed to receive emails from the club mailing list and are not getting the news? Did you accept the invitation to join the list? Each person that subscribes to the list will receive an invitation to confirm that they do really want to subscribe to the club email list. A message that reads; Your address (your email address) has been invited to join the scccc mailing list at [santacruzcycling.org](http://santacruzcycling.org) by the scccc mailing list owner. You must accept the invitation by simply replying to this message, keeping the Subject: header intact.

You can help yourself by creating an entry in your address book.

Once you have added [scccc@employees.org](mailto:scccc@employees.org) to your address book your spam filter will stop filtering the news coming from the mailing list.

## Larry and Violet Puret看 are Experienced Bike Tourists...Now

By Glide A. Long

When Larry and Violet Puret看, a 60-something couple, started out on their first self-contained bike tour in 1980 from their home in Cedar Grove, N.J. to the Pocono Mountains in Pennsylvania, the July 4<sup>th</sup> weekend weather was hot and humid, with patches of rain. Ninety miles later, after a journey over uneven terrain and their panniers filled with canned food plus camping gear, they pulled into Mrs. Battaglia's Campground, grimy and exhausted, only to learn the campground had no showers. Disappointed but undaunted, they bathed from the hand pump at the campground well, after which they dutifully opened their



*Larry and Violet Puret看 traveling to Dubrovnik, Yugoslavia*

cans of salmon and chickpeas for supper. Violet says she then slept for 24 hours during the rainy weather while Larry watched the finals of the Wimbledon men's singles match between John McEnroe and Bjorn Borg on the campground's TV. Towards evening of their second day out, Larry encouraged his wife to go for a walk with him down by the Delaware River, only to have her return to their tent for another uninterrupted rest. Despite this uneven beginning to bicycle touring, the Puret看s have become consistent bicycle tourists, eventually discarding their children's "old" bikes for newer models and spending the early 1980's traveling, first to Montreal from their New Jersey home, then to Washington DC, where Larry joined a group of 30 riders on a Bike for Peace tour while Vi drove the sag wagon. In the mid to late 1980's they went farther afield, traveling in Europe

on their bikes three times. As recently as 2002 they were part of the Cyclists for Cultural Exchange trip to France. These days, this intrepid couple confines their bike travels to the US,

often meeting their older daughter Julie to help with babysitting her five-year-old in Florida, Massachusetts or Minnesota, while she attends conventions on acupuncture. They also use the travel opportunity to explore various Rails to Trails routes for bicycles.

For the last seven years, Larry and Violet have been residents of La Selva Beach, having learned of the beauty of the central coast area when their other daughter, Laurie, graduated in 1987 from UCSC. (Laurie has been teaching at Delavega Elementary School for 18 years.) Today, Larry is the SCCCC vice president while Violet's Italian/French salad dressing (basalmic vinegar is a critical ingredient) is in demand at the post-tour meal for participants in the Strawberry Fields Forever bike tour, as well as at a

recent meal for the United Nations Association, a human rights charity which the Puret看s support to help orphans in Africa whose parents have died from AIDS.

A friendly, outgoing couple, Larry and Violet are an integral part of most organized club bike rides. Now the owners of seven bikes ("We each need our own road bike, touring bike and mountain bike, plus a tandem," explains Larry), they have come a long way from that humid July 4<sup>th</sup> weekend in New Jersey when their bicycle touring career got off to a bumpy start.

### SCCCC Member Hit by Car; Her Pride Suffers the Most

Hanna Sharmer, 64, suffered bruises but no broken bones when she was hit by an 85-year-old driver while returning home from a bike ride March 21. Although minding her own business and riding in the bike lane, Hanna was hit and ended up on the hood of the driver's 2005 Toyota Prius when he turned left from Freedom Blvd. onto Valencia Rd. He said he never saw Hanna, whose bike and helmet have to be replaced. She was taken to Dominican Hospital for x-rays but is now resting at home. Injured most of all is Hanna's pride when the news account of her accident in The Sentinel listed her as 65. The club sends its best wishes to Hanna, a woman with a youthful outlook on life.



## Club Gives \$1,000 to Help Turkish Cyclists Come to US

By Osman Isvan

Cyclists for Cultural Exchange (CCE) is a Santa Cruz based non-profit organization promoting cultural diversity and person-to-person diplomacy among international bicyclists and peoples around the world. In September 2004, a group of nine cyclists from California were joined by five cyclists from Turkey for a cultural exchange program including a 10 day, 500 mile bicycle tour along the Mediterranean coast of Turkey. Five Turkish participants

not be able to come. In addition, CCE members organized a fundraising dinner in Scott's Valley at a member's house to supplement this financial assistance fund. Although the applicants are from 3 different cities, they organized themselves as a team and secured small sponsorships from local sources in Turkey. The combined fund was still not sufficient to cover the needs of all who wanted to participate in the program. As a result, two of the most deserving

donation and the expected revenues from upcoming CCE fundraising events, official invitations have been sent to all of the 14 Turkish cyclists who wanted to participate. They accepted the invitations and are now applying for visas to enter the United States. They are very excited to come to California and are grateful for the generosity of the Santa Cruz cycling community and SCCCC.

### **Turkish Cyclists** **Volunteer at Strawberry** **Fields Ride**

The Turkish cyclists, visiting the U.S. from May 14-28 will be helping out at the 16th annual Strawberry Fields Forever ride the day after their arrival stateside. According to Frank and Vita Pritchard, ride organizers, the 16th annual event will begin at 7 a.m. Sunday, May 16 at Aptos High School. (Complete information may be obtained at [www.strawberryfields.org](http://www.strawberryfields.org) as well as online registration, which is \$35 for any of the three featured rides—25 miles, 65 miles or 100 miles.

Deadline for registration is May 7<sup>th</sup>. Proceeds support the Iraq Junior National Cycling Team, and encourage bicycle safety for elementary school kids (CCE has purchased bike helmets for World of Better Cycling sponsored by SCCCC club member Saskia Lucas. Club members who want to help support the ride may call Vita Pritchard (477-1736) or Sharon Curtaz (588-3154). "We can always use more volunteers," say the Pritchards, longtime ride organizers.



*Turkish cyclists with American host Frank Pritchard*

of the 2004 program and their friends were invited to participate in a 2005 exchange program in California. A total of 14 Turkish cyclists wanted to participate in this exchange program. CCE created a fund to be used for airfare, passports and visas, to assist those who might otherwise

of the 14 cyclists withdrew their own applications so that the remaining 12 could come. CCE then asked SCCCC to donate \$1000 to the fund so that all 14 of the original applications could be accepted. The SCCCC Board of Directors approved this request by a unanimous vote. Relying on this

## 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—starting February 4. 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.

### Long Distance Training Rides

The Long Distance Training Support Group/Saturday Series is for riders from every ability level to achieve goals that they have set for the year. Whether you want to ride your first century or just lose a few extra pounds, this is the best way to accomplish your goal. Each ride will increase in mileage and/or intensity. Come out and challenge yourself!

**For ride updates, check the Club's "new web-based calendar"; click on the ride date listing.**

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!**

### Saturday, March 26, 2005

#### Patterson Pass and the Windmills

Start at Livermore Library, 4th and K Sts., 9:30 am, carpool from CCC at 7:45 am. A=33mi/1600', B=39mi/2100', C=50mi/2700'

**Leo Moll ..... 662-9413**

### Saturday April 2 2005

#### Eureka Canyon

Meet at CCC at 9 a.m. A=35mi/1000', B&C=60mi/2800'. Lunch at the Summit Store.

**Ed Kilduff ..... 724-2501**

### Saturday April 9 2005

#### Cienega Loop and Santa Anita

Start from Tres Pinos School (Airline Hwy/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 Bs and Cs. Bring your lunch.

**Chris Boman ..... 421-9030**

### Saturday April 16 2005

#### Scotts Valley to Los Gatos

Start at Scotts Valley Transit Center (King's Village Rd.) at 9 a.m. A=15mi/1500', B=51mi/2000', C= 65mi/3000' Janet Fogel/ Ric Eiserling.....475-5397

### Saturday April 23 2005

#### San Juan Bautista from Kirby Park

Start at Kirby Park, 9am. Carpool at CCC 8:30am.

A=22mi/800' B=40mi/1200' C=62mi/1800'

**Larry Puretz.....684-2758**

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

**Saturday April 30 2005**

**Pescadero**

Start at the church (don't park in their lot) on Stage Rd. in Pescadero @ 9a.m. Carpool 8a.m. at CCC  
Lunch at Alice's Restaurant in Sky Londa or bring your own. A=29mi 1800'B=39mi 2600'C=54mi 4400'.

**Scott Campbell.....479-3575**

**Saturday May 7 2005**

**Tres Pinos to Panoche**

Start at Tres Pinos school on hwy. 25, just north of Tres Pinos, 9am.Carpool at CCC 8am.

A=40mi/1700' B=54mi/2700' C=72mi/3200'

**Jim and Stephanie.....728-5951**

**Saturday May 14 2005**

**Gizditch for Pie! Start from CCC @ 8:30am A=39mi/450' B=40mi/750' C=50mi/1250'**

**Daphne Gullig.....438-4321**

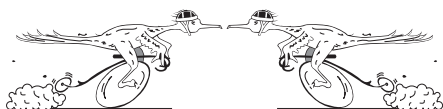
**Saturday May 21 2005**

**Boulder Creek, Big Basin and Skyline**

Start from behind Johnny's market (don't park in their lot) 9 a.m. Carpool from CCC at 8:15 a.m. A=21mi/1800', B=30mi/2400', C=46mi/4600'

**Ed Kilduff.....724-2501**

**EXTREME HEAT CANCELS RIDES**  
**Call ride leader for more information**



**All ride participants must wear helmets and obey traffic laws!**

**Other Rides**

**Sprocket's Sunday Ride**

1420 Mission St., Santa Cruz 8:00 A.M. 25-35 miles moderate pace. Questions? 426-7623 or check the web [www.sprocketsbikes.com](http://www.sprocketsbikes.com) for details. These rides may be suspended for any reason. Call to be sure.

**NEW SCCCC MEMBERS**

Please make these new members feel welcome. Check for new members on your rides and introduce them to the rest of the group.

Linda Brodman, Margaret Delaney, Bonna Kaufman and Joan McCluskey

**EXPIRING MEMBERSHIPS**

Members whose membership is due for renewal as of January 1, 2005 are: Bruce Dicks, Anita Dyer and Howard Swann, Linda Halloran and David Ford, Karla and Ed Knapp, Leo Moll, The Tom Peterson Family, Jim Schwartz, Stevie Westman, Peter Campbell, Paula Barsamian, Colin and Maryellen Boyle, Robert Branch, Steve Clifton, Bart and Joan Favero, Paul Graham, Rick Hyman, Patrick Rooney, Sally Salmon, Betsy Schwartz, Michele Thomas, Michael Wallis, Barbara Dahl, Nancy Drinkard, Roxanne Gould, Karen Kefauver, Tom and Nancy Larson, The Rob McEwen Family, Greg Novak, James Quinn and Charlie and MaryJane Roskosz. (Dues are \$20 for individual membership or \$30 for family membership, and may be mailed to SCCCC at PO Box 8342, Santa Cruz, CA 95061-8342.)

**See date on your mailing label for the month your membership will expire.**

## **2005 Sea Otter Classic Appeals to Bikers and Bargain Hunters**

The 2005 Sea Otter Classic makes its annual appearance April 14-17 at the Laguna Seca Recreation Area in Monterey. Races for mountain bikers, road bikers and dirt jumpers cover the four-day event, with bike vendors displaying their latest and best deals for bike enthusiasts and fashion-conscious cyclists.

The racing schedule is as follows:

8:00 a.m. Thursday-- Mountain Bike Epic Ride  
10:00 a.m. Thursday--Pro Women's MTB Stage Race  
11:30 a.m. Thursday--Pro Men's MTB Stage Race  
2:00 p.m. Thursday--Women's Pro Road Stage Race  
Prologue, followed by Men's Pro Road Stage Race  
Prologue

9:00 a.m. Friday--Pro Women's MTB Time Trial,  
followed by Men's MTB Time Trial

8:00 a.m. to 12:30p.m.--Amateur Road Race

1:15 p.m.--Pro Women's Road Stage 1

3:45 p.m. Pro Men's Road Stage 1

11:00 a.m. Saturday--Pro Men's and Women's Stage  
2 Road (Carmel-Salinas Road)

12:30 p.m. Saturday--Pro Men's MTB Stage 3 Short  
Track

1:15 p.m. Saturday--Pro Women's MTB Stage 3 Short  
Track

4:30 p.m. Saturday--Pro Dirt Jump Contest

Sea Otter Village will be open all four days for bike and fashion lovers. According to event organizers, "The Sea Otter Village becomes a honeycomb of vendors, team trucks, attractions, and entertainment. One almost needs a shopping cart to haul away all the signed posters and souvenirs offered by the pro teams. And there is no better place to find special deals offered by the manufacturers."

Go to **[www.seaotterclassic.com](http://www.seaotterclassic.com)** for more info.

## **East Bay Bike Club Offers Early Century**

The Fremont Freewheelers Bicycle Club (FFBC) will sponsor its 33rd annual Primavera Century Cycling Tour on Sunday April 17, 2005. Primavera means "First of Spring" as this is an early spring tour of the East Bay. The tour includes four routes: Tour de Fremont (25 miles), is perfect for families with children and newer riders, as it is mostly flat; the 70k (45.5 miles), 100k (65.0 miles), and Century (104.5 miles) travel together for the first 35 miles. These three routes warm up through suburban Fremont and Milpitas along the east foothills, and then climb the famous Calaveras "Wall" (only 0.3 mile). From the top of the hill, the route continues on a rolling hilly traverse along the winding Calaveras Reservoir road with scenic views. The routes cruise into the Sunol cookie stop for homemade cookies, muffins, and goodies. Visit the Fremont Freewheelers website at **[www.fremontfreewheelers.com](http://www.fremontfreewheelers.com)**.

## **San Jose Bike Club Offers 900 Rides Online**

A valuable resource for potential ride leaders appears online from the Almaden Cycling and Touring Club (ACTC) of San Jose's website (**[www.actc.org](http://www.actc.org)**), which lists more than 900 routes with downloadable route sheets. To locate the routes, go to the website and click on Other Links just below the club's name. Scroll down to Don Axtell's Bike Ride and you will see different routes. But that is just the beginning. Each route has at least 10 variations, starting small (under 10 miles in length) and going long (up to 90 miles in length). For example, under the Southwest of San Jose heading, you will see Lexington Reservoir. If you click on it, you will then find 10 different routes which vary from the 7.6 mile Lexington Reservoir loop to the 86.6 mile route which starts at Lexington Reservoir and goes out to the Swanton Loop, Bonny Doon and Bear Creek Road. Each route has specific turns as well as complete driving directions to the starting point.

### **Team Santa Cruz**

Race team meetings are held on the last Sunday of each month. For the two months the schedule is:

**6 p.m. Sunday, April 24 and 6 p.m. Sunday, May 29 at 414 1/2 Soquel Avenue. Call 471-0842 for more information.**



# Iraqi Cyclists Receive Help from SCCCC

SCCCC member Matt Werner is spearheading an effort to send bikes and jerseys to cyclists in Iraq. Here is his story.

**By Karen Kefauver** (Reprinted with her permission from *The Christian Science Monitor*)

Potholes and heavy traffic can make cycling in the United States seem like a war zone at times. But it sure beats biking in Baghdad, says Matthew Werner of Santa Cruz, Calif.

Last summer, Werner saw images in a popular biking magazine that astonished him. A pictorial essay depicted young men riding through the war-torn streets of the Iraqi capital. Amid a backdrop of barbed wire fences, a chaotic snarl of vehicles, and groups of US soldiers, the 10 members of the Iraqi Junior Cycling Team pursued their passion for road cycling.

"They are riding the city streets of a war zone because they are so dedicated to this sport," says Werner. "They were using ancient equipment - really old and decrepit bikes and clothing."

Werner, who bikes for fun and fitness, decided to help. He got in touch with the writer of the story, Max Whittaker, and eventually e-mailed the team. "I have been communicating with the coach, whose English is fairly limited," says Werner. "I have had a lot of help from a translator, a woman located in Jordan."

One e-mail reply contained a team photo and a statement from each rider.

"I chose this particular kind of sport after my father gave me a bicycle as a gift," wrote team member Ahmed Raed. "Then I participated with it in school races and I loved this sport more and more.... I am the youth champion in Iraq in 2000 and 2001. My dream is that I will be a special rider that everybody respects."

"My uncle was a world champion in boxing who encouraged me to be like him, but I don't like violence," wrote 18-year-old cyclist Moataz Sabah. "I hope to be a real good [cyclist] that achieves things at the international level."

In addition to the testimonies, the team sent an equipment wish list. Under the former Iraqi government, the group had not been allowed to race outside the country for fear they would seek asylum and never return, according to Mr. Whittaker, who spent three months in Baghdad.

"A year before the current war in Iraq, President Saddam Hussein had purchased 40 Bianchi racing bikes for the national team, but out of paranoia, the team was not allowed to use the bikes," Whittaker says. "Later, they were stolen when looters swept the city."

"They also need real cycling shoes, instead of sneakers, and helmets," adds Werner. "Our goal is to send 10 new bicycles, maybe print up some jerseys, and include the shoes and helmets."

Werner also serves on the board for Cyclists for Cultural Exchange, a nonprofit group founded in 1988 that promotes diplomacy among international bicyclists through exchange programs and cycling events ([www.strawberryfields.org](http://www.strawberryfields.org)). The group is now searching for a bike company that will either donate bikes or sell them at cost. They also are seeking cash donations.

"The ideal scenario is that we can send 10 bikes and gear and get it to them," Werner says. "Then, after a year or two, we will be able to invite those riders to come visit us. We will host them here and get them involved in local cycling events."

In addition to the junior team (an all-male group under age 23), Iraq also sports men's and women's cycling teams, which are also struggling to succeed despite the nation's current turmoil. Our next goal is to help the women's team," Werner says, "for now, we are helping build the young riders."

# 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*

**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**  
**2628 Soquel Dr., Santa Cruz**  
**477-0511**

*Open 7 days • Hours 9 — 5*

**Amsterdam Bicycles**  
**2-1231 East Cliff Drive**  
**475-1394**

*10 a.m. to 6 p.m. 7 days a week*

**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="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 "RELEASES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAB, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the Activity takes place (each considered one of the "RELEASES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature(s) of additional family members 18 years or older

\_\_\_\_\_  
Date

Please complete the following for any minor (<18 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 "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY INCUR AS THE RESULT OF ANY SUCH CLAIM

\_\_\_\_\_  
Printed Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Signature of Minor

**Please sign waiver — Incomplete Forms Will Be Returned**

Enclosed is \$\_\_\_\_\_ dues for membership in the Santa Cruz County Cycling Club which entitles me to all the rights and privileges of membership.  
Make check payable to SCCCC and mail to: Santa Cruz County Cycling Club, P.O. Box 8342, Santa Cruz, CA 95061-8342

# March - April 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Board Meeting 7:00	15	16	17	18	19
20	21	22	23	24	25	26
27 Race Team Meeting 6:00	28	29	30	31	1	2
3 Solvang Spring Tour	4	5	6	7	8	9 Tierra Bella
10	11 Board Meeting 7:00	12	13	14 Sea Otter	15 Classic in Monterey	16 Primavera
17	18	19	20	21	22	23 Pinnacles Brevet
24 Race Team Meeting 6:00	25	26	27 General Meeting	28	29	30 Wildflower Century (SLO)

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