

The Roadrunner

A BI-MONTHLY PUBLICATION OF THE SANTA CRUZ COUNTY CYCLING CLUB

Rail trail ribbon cutting, Westside trail approvals



Left photo: Mayor Martine Watkins applauds ribbon cutting for Trestle Trail on May 22; center photo, first participants celebrate trestle trail; right photo, City Engineer Chris Schneider and RTC executive director Guy Preston.

The Monterey Bay Sanctuary Scenic Trail is becoming real. One rail trail segment, the San Lorenzo River Trestle Trail, is up and running, having celebrated its opening with a ribbon cutting ceremony and lots of fanfare on May 22. Construction of the Westside rail trail segment from Natural Bridges to Bay Street will begin this fall. Last March the Regional Transportation Commission (RTC) approved the Environmental Impact Report (EIR) for the 7.5-mile North Coast trail from Wilder Ranch to Davenport.

Most recently, on June 11th the Santa Cruz City Council unanimously upheld the city's Planning Commission's acceptance of a "mitigated negative declaration", clearing the way for future funding and construction of the Westside Rail Trail from Bay Street to the Boardwalk. Chris Schneider, city engineer for the trail, applauded the decision, saying, "With approval of

the permits and environmental review, the City's ability to apply for construction grants this year is significantly improved."

NORTH COAST TRAIL

For SCCCC members who enjoy riding their bikes to Davenport, the North Coast segment will offer a safe, off-road alternative to Highway 1. Certification of the EIR for this segment, clears the way for construction of a 12-foot-wide paved path with a six-foot-wide unpaved shoulder, both on the coastal side of the railroad tracks. A two-foot unpaved path will be constructed on the inland side of the tracks.

Certification of the North Coast trail's EIR was required before other steps like federal requirements, funding for Panther/Yellowbank beaches, design completion and property owner agreements are completed. The RTC will award a construction contract for this project next year. —Grace Voss



Tuesday C riders gather on a cool Tuesday morning at West Marine Parking Lot in Watsonville for weekly ride.



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Skippy's notes from the field

The 21st Annual Santa Cruz Mountains Challenge on Saturday, July 20, is shaping up nicely. Signups are about 13% above last year. A recent development is our promotion of eBikes for our 45-mile course. By offering a discount to do this ride, we hope that we will enhance a growing demographic and continue to boost our registration numbers.

Other features are the return of the Neutral Support Vehicles on the four courses, which will have extra bikes, wheels and mechanics to assist riders in need.

We still need help from club members to volunteer as captains for Load Out (post ride work putting away tables and chairs), Empire Grade/Felton Empire Water Stop and UCSC Parking.

The annual Workers Ride starts and ends at Gateway Plaza at 9 a.m. on Saturday, July 13th. Free Taqueria Vallarta Burritos are offered for everyone who does the ride.

The Santa Cruz Mountains Challenge, the main source of income for SCCCC, finances social events and makes it possible to award grants to groups that promote bicycle education in Santa Cruz County! Thanks to all for helping make SCMC one of the best rides in California! —Skippy Givens

**21ST ANNUAL
SANTA CRUZ MOUNTAINS
CHALLENGE
SATURDAY, JULY 20TH, UCSC**

Club shorts: Locker organizers are super heroes!

A big thank you to **Barb Meyer** for organizing the latest clean-up of the club's storage locker, which it shares with Cyclists for Cultural Exchange. It was a herculean task! Barb was assisted by the following wonderful volunteers: **Tim and Hasmik Thomas, Frank and Vita Pritchard, Leo Jed, Daniel Spero and Matt Farrell**. Kudos to all!

On a recent bicycle tour of The Netherlands, **Janene and Greg Rauch** visited the Rijksmuseum in Amsterdam. In photo at right is Janene viewing Rembrandt's famous painting "The Night Watchmen."

SCCCC member **Isabelle Magnin** will be leading and adding a French accent to the Saturday A/B Ride on July 6th starting from The Bicycle Trip in Capitola. The ride coincides with Stage One of the Tour de France, a famous three-week bicycle race. While her ride is NOT a race, Isabelle will offer prizes based on both physical skill and knowledge of the history of the Tour de France. Riders need to be prepared to use their legs on some sprints or climbs, and their minds for the 'race trivial pursuit' questions. So, study your French bicycle history, and don't worry about being the final finisher as there is a prize for that category also! (See pp. 6-7 for Saturday Ride Schedule.)

Doug Engfer, likes to ride in dirt! He placed second in the 60+ age group category at the recent Truckee Dirt Fondo (long course). Doug raced 67 miles over 5,150 feet of elevation in 4 hours and 43 minutes! He is spending July and August in Spain, riding his bike on the Spanish roads from Bilbao to San Sebastian. Then he will climb the Vuelta in The Pyrenees, along

with a riding group.

Education Director **Albert Saporta** reports that 10 people have a better understanding of how to ride in full control of their bicycles. Why? They completed the



club-sponsored Bicycle Safety Class on May 25 at the West Marine Parking Lot in Watsonville. Cycling coach **Lorri Lee Lown** put her students through four hours of bicycle drills, emphasizing emergency stops, cornering with obstacles and riding hands free! The class was so successful, according to Saporta, that it will be repeated later this year. Lown's discount fee for the class is \$60, with SCCC paying \$10 per member.

Transalt Bike Tours, organizer of several annual century bike rides in the New York City area, is offering rain insurance! A fee of \$15 allows for a refund of the rider's \$100 registration fee if the city experiences at least .75 inches of rain on the day of the event. If you're planning to visit The Big Apple, the final 100-miler for 2019 starts at 6 a.m. on Sunday, Sept. 8th.

—Rhoda Bike



Left photo: Craig, Mateo and Maya Calfee on Bike to Work/School Day. Above, Ed Kilduff and Meredith Fuhrman on a recent Thursday ride in Corralitos.



THE ROADRUNNER is the official newsletter of THE **SANTA CRUZ COUNTY CYCLING CLUB**. It is published bimonthly, sent out via email to members and is available at local bicycle shops, the Santa Cruz Visitors Bureau and local libraries and chambers of commerce. Submissions (articles, photos, and letters) are gladly accepted. Email is 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.santacruzcycl.org**

THE **SANTA CRUZ COUNTY CYCLING CLUB** is a nonprofit organization pursuant to Section 501(c)3 of the Internal Revenue Service code. The club's mission is to bring cycling to all levels of riders and encourage healthy lifestyles through education, friendship, teamwork and fun. The club is known for its annual **Santa Cruz Mountains Challenge** held the last Saturday in July. Proceeds from this event go to the club's educational activities.

SCCCC OFFICERS

President.....David Giannini
pres@santacruzcycl.org
Vice President.....Isabelle Magnin
vp@santacruzcycl.org
Secretary.....Ron Olson
secretary@santacruzcycl.org
Treasurer.....Tina Ensign
treasurer@santacruzcycl.org
Membership.....Maura Noel
membership@santacruzcycl.org
Santa Cruz Mtns Challenge.....Skippy Givens
century@santacruzcycl.org
Ride Coordinator.....Chris Boman
rides@santacruzcycl.org
Award-Winning Newsletter.....Grace Voss
rr@santacruzcycl.org
Social.....Jennifer Bylsocial@
santacruzcycl.org
Education..... Albert Saporta
ed@santacruzcycl.org
pubsantacruzcycl.org
Webmaster.....Lisa Beaudreau
web@santacruzcycl.org

FROM MY HANDLEBARS TO YOURS

Parking lot safety message from SCCCC vice president

Hello fellow club members. When we meet at the start of a ride, it is often in a parking lot, and most of the time the parking lot is in a shopping center. For example, Gateway Shopping Center or Rancho Del Mar Shopping Center are good examples, and these parking lots are private real estate property.

We need to be thankful to be given the right to stay parked there for hours at a time. We need to be mindful of the fact that these parking lots are also used by other people, usually motorists and pedestrians who are trying to get in and out of the lot as they do their errands.



The June 18th Tuesday Ride from Gateway shows some riders remaining out of the lane for cars, while other riders socialized in an area dangerously close to passing vehicles.

So, let's try to be more cognizant of how we behave in those parking lots, and let's be more aware of and allow space for motorists trying to drive by us or park their cars.

Please be considerate of motorists when gathering in a parking lot at the ride's start. Do not block the road.

Thank you for your cooperation. Your occasional ride leader and concerned vice-president, *Isabelle Magnin*

Sierra Club member says City Council approval of rail trail is sound

(Editor's note: SCCCC member Keresha Durham rides a bicycle for all her transportation needs. She is a member of the Santa Cruz Group of the Ventana Chapter of the Sierra Club.)

The recent unanimous vote by the Santa Cruz City Council to deny an appeal for rail trail delay means that construction of the Monterey Bay Sanctuary Scenic Trail on the Westside may begin sooner rather than later! Many environmentalists and community members, who have been pushing to complete this bike-ped trail network for over 26 years, celebrate this decision. This action also promotes a future connection from Davenport to the Eastside of Santa Cruz, providing a countywide, off-road safety network for bikes, pedestrians and the handicapped.

Insignificant Environmental Impact

The appeal demanded an expensive and time-consuming Environmental Impact Report (EIR) on a small section of Segment 7. However, city staff and biologists presented evidence that the environmental impact was "not



Rail with trail in Sonoma County

significant". These findings reiterated the same conclusion reached by The Regional Transportation Commission's EIR for the entire trail project—no significant environmental impact.

The rail trail in question is a small (less than a mile), narrow strip behind the Neary Lagoon Sewage Treatment Plant. If you walk this area, you will find its vegetation

littered with garbage from homeless campers and others. Rail trail proponents state that this area is not as environmentally sensitive as trail opponents claimed. It also has been plagued with vegetation growing on the rail line.

Responding to opponents' plea to preserve trees in the area, it was argued by city staff that it is a worthy sacrifice to cut down some trees, replacing them at a three to one ratio.

Transportation and Greenhouse Gases

In Santa Cruz County, transportation is the largest contributor to greenhouse gas emissions. Therefore, we rejoice in the fact that this bike-ped trail is part of the solution to climate change, providing a safe, off-road option to all bicyclists and pedestrians. The Westside segment, located close to numerous schools, parks and beaches, is especially important in encouraging beginner bicyclists to ride safely, as well as attracting experienced bicyclists who want to avoid distracted drivers and other automobile-related hazards.

—Keresha Durham

San Lorenzo Bridge Trestle Trail opens on sunny May day

It's official! Starting shortly after 12:30 p.m. on Wednesday, May 22nd with the cutting of a bright yellow ribbon, the Monterey Bay Sanctuary Scenic Trail (aka rail trail) officially opened with a ceremony celebrating completion of the San Lorenzo River Trestle Trail Project. This 10-foot-wide multi-use path, financed by city, county and state funds, allows bicyclists and pedestrians to travel safely over the river. It connects the east and west sides of Santa Cruz, and it is the first completed trail segment between Davenport to Watsonville, a distance of 32 miles.

250 Spectators and Officials

The ceremony was attended by 250 spectators/supporters and by city, county and state officials. Mayor Martine Watkins, serving as mistress of ceremonies, said the project conveniently coincided with National Public Works Week. Supervisor Ryan



Coonerty, whose district includes the trail, praised the "community-wide team effort" which resulted in the project's completion ahead of schedule.

Stephen Slade, president of the Land Trust of Santa Cruz County, said, "Every single trail segment will need community support to get it done. Let's have no more delays; let's build the trail!" Regional Transportation Commission Chair Ed Bottorff reminded the audience that the RTC is not just a planning agency; it's a delivery agency.

Bruce Sawhill, one of the founding members of Friends of the Rail Trail and UCSC professor, reminded the audience that May is historically an important month for successful

transportation projects (i.e. the Golden Spike that created this country's first intercontinental railroad was hammered into place in May of 1869, and the opening of the Golden Gate Bridge was celebrated in May of 1937). Citing the need for completing more trail segments as a way to combat climate change, Sawhill said, "We stand here at the bridge to the future."

A Well-Designed Project

Chris Schneider, head city engineer, credited Cushman Construction Company of Goleta for executing a well-designed project in a timely manner. Using locally-designed plans, the company finished almost 10 days ahead of schedule.

The San Lorenzo River Trestle Bridge Project stands ready for visitors and locals, both during the busy summer months and well into the future!

—Grace Voss



Photos, left to right: A father bikes with his child over Trestle Bridge Trail, Mark Leitch and Jan West rode bikes to ribbon cutting, Matt Miller of Ecology Action and his new cargo bike, and Phil Gomez of KSBW Action News 8 interviews Piet Canin, Ecology Action vice president of transportation.

Regional Transportation Commission begins installation of new Wayfinding signs

In an effort to increase county-wide bicycle ridership and safety, the Santa Cruz County Regional Transportation Commission (RTC) has started installing bicycle wayfinding signage at 300 locations throughout the county. The signs, part of the new Santa Cruz County Bicycle Route Signage Program, will assist all types of bicycle riders—commuters, families, recreational riders and visitors in finding and accessing major destinations throughout the county.

Currently, there are few and inconsistent bicycle wayfinding signs in Santa Cruz County, so the RTC worked with community partners to identify and sign preferred routes that have connectivity to bicycle lanes or paths. The new signage will improve traffic safety by leading cyclists to better routes.

"The bike signage program will help cyclists stay safe and improve visibility, while also providing critical information for all transportation users," said Santa Cruz County

Supervisor John Leopold. "As we see more people on their bikes, this signage is a welcome addition."

Construction by San Jose's Linear Tech Striping, will start locally, with most of the work completed by the end of 2019. Some gaps may appear along the preferred routes, due to traffic flow until the full installation is completed.

Bicycle and pedestrian count data will be collected before and after signage installation, and a public outreach campaign to promote awareness of the routes will take place.

Pajaro Valley High School's Bike Tech classes teach bikes, life



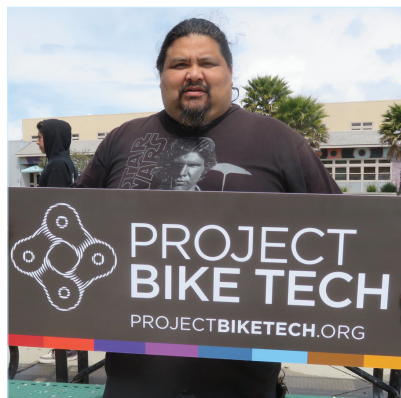
Beri Michel, owner of The Bike Trip, started Project Bike Tech classes in all county high schools. PVHS is the only school to have five sections of this daily class.

Any 11th or 12th grade student seeking an “easy elective” should bypass the rigorous Project Bike Tech class at Pajaro Valley High School! For starters, students must learn everything about the bicycle, as well as the colorful history of the sport from a 163-page manual!

This comprehensive syllabus also boasts chapters on careers in the bicycle industry, the ins and outs of bike maintenance procedures, bicycle assembly lessons, which tool to use for which repair and details on how to maintain a safe and clean bike repair shop. By the end of the semester, students must complete a Portfolio, a collection of helpful items for future job hunting, like a resume, two letters of recommendation, three references and three work examples.

Community Volunteers

Outside the classroom, students are encouraged to volunteer as bike repair techs at community events like Open Streets, the Watsonville Friday Farmers' Market and The Bike Shack, a co-op bike repair service located at 555 Main Street (behind Ramos Furniture) which is open from 2 to 4 p.m. every Tuesday and Thursday.



Lorenzo Holquin photo above, teaches Project Bike Trip while Tawn Kennedy, right photo, assists.

In short, while Project Bike Tech demands that students learn bike repair skills, its students find it rewarding, thanks to a world-view approach from its teacher, the extraordinary and knowledgeable “Mr. H” or Lorenzo Holquin, who instructs five sections daily—four beginning and one advanced.

CSUMB Graduate

Mr. H earned his college degree from California State University Monterey Bay (CSUMB), completing his service learning requirement by advising at risk youth at Rancho Cielo. Outside the classroom, he is one of two managers of the Farmers' Market, a job he loves as much as teaching, and he supervises the Bike Shack. His classes at the high school are as much about life skills and how to get along with others as they are repairing bikes.

Class Teaches Life Skills

“Bike Tech is amazing!” says Uriel Navarro, an 11th grader. “You may talk about life as well as the bike. If you go too quickly repairing the bike, you can mess up another part.”

“Now I have the feeling I can fix a repair if I am out riding a bike. I don't have to

wait for someone to help me!” adds Juan Sifuentes.

“This class is awesome!” says Cindy Amante, one of four girls enrolled in the Project Bike Tech. “When I first got there I didn't know what to expect. But your classmates boost your confidence.”

“This whole year has been good!” adds Angel Aquado, a 12th grader. I started liking bikes more and I want to build a bike from the frame up. I'm thinking about college and, after that, working in the bike industry. I volunteered to fix bikes at Open Streets last October and it was a taste of what working is. Mr. H. helped me and that was nice.”

Social Skills

Mr. H. also promotes social skills. A bike club, appropriately called Bike Tech Life Tech, meets every Friday at lunch. On Thursdays, students from nearby middle schools (Caesar Chavez and Rolling Hills) attend class to learn how to work on bikes from the high schoolers. When their bike is fully repaired, the younger students, thanks to the Earn a Bike program, may keep the bike they have worked on, along with a lock and a helmet.

Further afield, Mr. H. has recommended his four female students for scholarships to attend a week-long summer bike workshop in Ashland, OR. Called the United Bike Institute, students who complete all its requirements earn a certificate as a licensed bike mechanic.

Project Bike Tech, with its patented curriculum, involves students in all local high schools and has expanded state-wide to schools in Colorado, Utah, Minnesota and Vermont. It is the brainchild of Beri Michel of The Bicycle Trip.

—Glide A. Long



Weekly Rides *Rider Levels*

C Rides are between 25-35 miles, at 10-14 mph, with up to 2,000 feet of elevation. B Rides are for intermediate riders and are between 25-50 miles, at 12-16 mph pace, with up to 3,000 feet of elevation; A Rides are for experienced riders looking for a challenge. These rides are from 40 - 80 miles, at a 15-20 mph pace, with over 3,000 feet of elevation.

Bicycle club members lead social group rides for the enjoyment and pleasure of the bicycling community. While riders regroup along the way, we recommend riding with a buddy. If you don't come with someone, feel free to ask one of the other riders if you can ride along with them. Come prepared with extra tubes and know how to change a flat tire. Bring water, a snack and ID. Before the ride starts, every participant must sign a League of American Bicyclist (LAB) approved waiver stating that the Santa Cruz County Cycling Club is not responsible for any incident occurring during the ride. Saturday bicycle rides (or carpools) may start from the Capitola Community Center (Jade St/45th Ave) in Capitola. Route sheets will be emailed to the club mailing list about two days before each ride. Rain cancels rides.

Tuesday ride: Meet at 9:45 a.m. for a 10 a.m. start for this social/leisurely paced road ride. 1st and 3rd Tuesdays of month, start at Gateway Plaza (the shopping center on River St. near Hwy 1). No public water or restrooms available. On the 2nd and 4th Tuesdays, meet at parking lot of Rancho del Mar Shopping Center, Aptos. The fifth Tuesday of the month is a leader's choice for start location. Distance will vary from 20-40 miles. Destinations include a lunch stop. Bring water and snacks. Questions? Contact: Larry Tierney at ltierney2854@gmail.com. "Lite" rides are offered in conjunction with the regular Tuesday rides for a less strenuous, generally shorter ride. C/D rides on Mondays and Thursdays are listed on club calendar at www.santacruzcycling.org.

Saturday, July 6th A/B Ride
Vive le Tour de France!
 A little ride/race and game to celebrate the start of the Tour de France; 9:30 a.m. start at The Bicycle Trip in Browns Valley Ranch/Capitola; A=50 mi/5,000'; B=42 mi/3,500';
 Isabelle Magnin.....831-325-2712

Saturday, July 6th C Ride
Scotts Valley to Glenwood
 10 a.m. start at Gateway Shopping Center; 24mi/1,1747'
 Joe Kelly.....831 234-1977

Saturday, July 13th A, B and C Ride
Santa Cruz Mountains Challenge Workers' Ride

9 a.m start at Gateway; ride is open to all members and ends with FREE burritos at Taqueria Vallarta on Mission. (Pick up ticket at ride start from Grace Voss); Workers Plus=50 mi/3,700'; Workers=43 mi/2,300' C ride goes to Davenport and return.
 Tom Pennello.....831-818-6186;
 C ride.....Grace Voss...831-247-8878

Saturday, July 20

Santa Cruz Mountains Challenge

SCCCC's main fundraiser. This event is staffed by bike club volunteers;

Skippy Givens.....kdgivens54@gmail.com

Saturday, July 27th A/B Ride
 9 a.m. start, route TBD
 Chris Boman.....831-475-5902

Saturday, July 27th C Ride
Pescadero Area
 10 a.m. start at Gazos Creek State Park (Highway 1 and Gazos Creek Road); rest stop in San Gregario, lunch in Pescadero; 25.0 mi/500'
 Grace Voss.....831-247-8878

Saturday, August 3rd A/B Ride
 9 a.m. start, route TBD
 Kathleen Bortolussi.....831-566-5934

Saturday, August 3rd C Ride
Pajaro Valley Tour
 10 a.m. Start at Anne Soldo School, Watsonville; 29.8 mi/1,128'
 Bill McBride.....831 239-5081

Saturday, August 10th A/B Ride
Eureka Canyon and Beyond
 9 a.m. start at Rancho Del Mar Shopping Center; A+=57 mi/6,014'; other A and B options available;
 Ron Oson.....408-218-3189

Saturday, August 10th C Ride
Scotts Valley Roundabout
 10 a.m. start at Capitola Community Center on Jade Street; 23.4 mi/1187'
 Paula Bradley.....831 345-5482

Saturday, August 17 A/B Ride
Mountain Charlie to Lexington Reservoir
 9 a.m. start from Capitola Community Center on Jade St., A+=61 mi/6,900'; A=56 mi/4,600'; B=36 mi/2,900'
 Brett Hennie.....513-746-1632

Saturday, August 17th A, B and C Ride
Pizza & Pie Party
 10 a.m. start at Forty Thieves Picnic Area, Delaveaga Park; various distances;
 Ric Eiserling.....831 234-7725
 RSVP..... byl.jennifer@yahoo.com

Saturday, August 24th A/B Ride
UCSC Connection
 9 a.m. start at Capitola Community Center; Harbor to Scotts Valley to UCSC;
 Emily Buchbinder.....831-426-8484



Photos left to right: Climbing to the sunny summit of Mt. Hamilton on May 9th are A/B riders, l to r, Lisa Beaudreau, Ron Olson, Peter Jones, Greg Rauch and John Marshall. Center photo is The Jumper from The Bike Trip's annual Bike Fest in May. At right are David Giannini and Isabelle Magnin promoting registration for the club's Santa Cruz Mountains Challenge at Bike Fest.

Saturday, August 24th

C Ride

Seascape Ramble

10 a.m. start at Seascape in Aptos; 26.7 mi/1000'

Petronella van Dam ...831 454-6010

Saturday, August 31st

A/B Ride

Tour of Boulder Creek Suburbs

9 a.m. start at Boulder Creek (park behind Johnnie's Market);

A=43.5 mi/4,591'; B=25.4 mi/2,567'

Dan Hughes.....925-640-5797

Saturday, August 31st

C Ride

17mile Drive

10 a.m. Start at Starbucks in Sand City; 23.1 mi, 1242'

How and why you should report county-wide road hazards

The bike club's Saturday, June 15th C ride included a return trip via Highway 129 to Carlton Road, where riders had to swerve to avoid a pothole large enough to swallow a bicycle's front wheel!

Fortunately, it's possible and also quite easy to rectify road hazards by notifying **Santa Cruz County's Public Works Department** of such dangers, and this department is good about responding.

To report a public works road hazard, go to **scrtc.org** and click on **Hazard Report**. Fill out the information boxes, including your own contact information.

If possible, take a photo of the hazard since the website allows you to post that with your description of the hazard. —Bea Biker

Suzan Farrens offers recipe for morning snacks on the bike

Here is a recipe for Paleo Breakfast Egg Muffins from the Social Committee's Suzan Farrens, who reports that she and her husband Gary enjoy snacking on them during bike rides. It's a versatile recipe, making use of onions, leftover meat and cheese and fresh broccoli or other greens. The recipe makes 12 muffins and keeps for a few days in the 'frig. "It's easy and travels well," Suzan says. Cooling is important before storing. Prep time is five minutes; cooking time is 30 minutes. Servings: 6; Calories: 124 per muffin. More details at:

<https://www.galonamission.com/paleo-breakfast-muffins-whole-30-approved/>

Ingredients

- 9 large eggs
- 8 ounces ground breakfast sausage
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 cup frozen chopped kale
- 1/4 tsp freshly ground pepper

Instructions

1. Preheat oven to 350 degrees; spray a muffin tin with non-stick cooking spray or place silicone baking cups in muffin tin.
2. Brown the sausage in a skillet over medium heat. Discard the grease.
3. In a large mixing bowl whisk together eggs, sausage, red and yellow bell pepper and kale until combined.
4. Pour the mixture into the muffin tin and only fill 3/4 of the way; bake for 20-25 minutes. Allow the muffins to cool, then remove from muffin tin.

Recipe Notes

For the nutrition information, I calculated half of the ground breakfast sausage into the breakfast muffins. If you use different breakfast sausage, please re-calculate the nutrition information.

—Suzan Farrens

Gina Cole brings energy, experience to Bike Santa Cruz County

Gina Cole, 52, believes so strongly in promoting bicycling that she commutes to work by riding her bike 14 miles each way from her Watsonville home to her new job in Santa Cruz as director of Bike Santa Cruz County! Starting around 7 a.m., Cole (right photo) reaches her office at 333 Soquel Avenue by 8:40 a.m., about 20 minutes later than if she drove her car to work. She arrives home, after biking another 14 miles, around 7:30 p.m.

"I figure if I am going to talk the talk, I need to bike the bike!" says this outgoing and energetic divorced mother of three. "One of my goals in accepting this job was for my kids to become self sufficient, and they help with the cooking."

Like Father, Like Daughter

Cole has been involving others in activities her whole life, just like her dad, the late Ronald Galino, football and girls' track coach as well as athletic director for 27 years at Watsonville High School. Cole's organizing has been local, a neighborhood bike club that turned part of an orchard near Salinas Road into a BMX track for her and her childhood friends to practice on after school and on weekends. As an adult, Cole has started both a local women's bicycling group that meets for



weekend rides and a women's running group that practices three times a week in the Pinto Lake area.

"My dad instilled in us a 'work hard, play hard' philosophy," she explains. He grew up on a

dairy farm where milking the cows began at 4 a.m. As a kid, I enjoyed a lot of camping, hiking and traveling in my family's motorhome."

As an adult, Cole has practiced the family work ethic as a senior policy analyst for a Watsonville non-profit. The Pajaro Valley Prevention and Students Assistance has worked to create tobacco-free schools starting in the 1980's. Cole's most recent assignment as chair of the tobacco education coalition was to coordinate with public health officials to ban flavored tobacco products and curb tobacco waste. She has worked with a coalition of public officials and environmental agencies like Save Our Shores and O'Neill Sea Odyssey as well as state-level officials.

While becoming the director of Bike Santa Cruz County came about partly

through her avid interest in public health, Cole also realized the job would help in creating safer streets and sidewalks in the county. She says she dropped off and picked up her daughter by driving her in the family car to and from Lakeview Elementary School on East Lake Avenue every day due to the absence of sidewalks and bike lanes.

"I didn't feel safe with my kid," she says. (Santa Cruz County Public Works is adding sidewalks and re-establishing a bike lane on East Lake Ave.)

More Bicycling, More Green Lanes

As BSCC's director, Cole hopes to see an uptick in bicycling in the Watsonville area, and more green lanes. "There are amazing bicycling roads in this area!" she says.

"Hazel Dell, Green Valley Road, Casserly, Carlton and Eureka Canyon! The city's slough trail system is a good connector."

For bicycle advocates, the future looks bright with Gina Cole at the helm.

"BSCC's mission (promoting bicycling through advocacy, education and community building) is near and dear to my heart!" she says. "It embodies what I hope for everyone and it empowers all who don't have a car."

"I want this job to be a bridge between me and people I might not normally meet, a bridge between both geographical and ideological areas." —Glide A. Long

Demonstration Pop Up Lane on 17th Avenue separates bicyclists and cars

A temporary Pop Up Bicycle Lane will be installed on 17th Avenue between Brommer and Felt streets in the Live Oak neighborhood starting July 22nd and extending through Oct. 27th. Project cost is about \$40,000.

What is a pop up lane? It's a protected bike lane that offers physical separation from cars, either by using a median, on-street parking or bollards (vertical posts). Protected bike lanes increase safety due to the separation between the bike lane and the vehicle lane. It deters cars from swerving into the bike lane, striking a bicyclist.

Protected bike lanes also increase bike ridership significantly. After a protected bike lane was installed on Chicago's Kinzie Street, ridership increased 55%



Example of a Pop Up Lane in San Jose among morning rush hour commuters. Santa Cruz, in contrast, has one of the worst records for death and injury to bicyclists among cities its size.

17th Avenue was selected for this project because it is a major route

through Live Oak, connecting three elementary schools, two business districts, the beach, the Boys and Girls Club, Simpkins Swim Center and Schwan Lake Open Space.

While the pop up lane opens July 22nd, a demonstration kick off event will take place the next day, with Bike Santa Cruz County collecting traffic data at that time and throughout the trial period. The bike lane will be almost seven feet wide, with a two-foot buffer on each side. Vehicle lanes will be 10 feet wide, with a center lane for turning.

BSCC is raising money to cover the cost of construction materials, promotion and outreach. Donations may be made to www.bikesantacruzcounty.org/17thavenue.

Ninth annual Bike the Bay is August 13–15



Tawn Kennedy of Bike Santa Cruz County is leading the ninth annual Bike the Bay, a three-day, two-night bicycle tour to Monterey on Aug. 3–5 for bicyclists ages 14–20 who live in Santa Cruz County. This 100+ mile journey includes two nights at the Monterey Hostel, located on Hawthorne Street near Cannery Row and the Monterey Bay Aquarium. Trip highlights include picking strawberries at an organic farm, exploring Pacific Grove, a BBQ dinner and a stop to enjoy the epic sand dunes of Fort Ord. Cost for food and accommodations is \$75-150, on a sliding scale. Scholarships are available. Contact tawn@bikesantacruzcounty.org for more info and to sign up. (BSCC Photo)

Bicycle Safety with Pete: Tips for changing lanes and how to choose a safe helmet

Do you want to stay in the bike lane while looking back for your buddies? I'm sure we have all caught ourselves veering into the traffic lane while trying to look over our left shoulder to see who is catching up or getting lost in the dust. Well, some proven tricks may help. The idea is to keep your center of gravity centered!

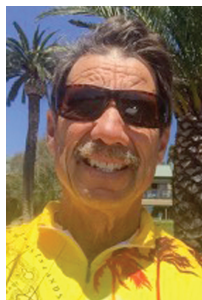
Favorite Technique

My favorite technique starts like this. My hands are equally spaced on the top bar. I'm sitting upright and thinking about my balance as I twist to the left. Then I move my left hand back to the rear portion of my saddle. This gives me a few extra inches for my stiff neck, and it keeps me centered. (It's easier than it sounds.)

Another method which is mentioned in Road Bike Rider is to push the bars towards the right just slightly as you turn your head to the left. Again, keep your center of gravity steady, and, no matter what, stay in a straight line of travel in the bike lane, whether the lane is marked or not.

More on Helmets

Quite a few improvements have been



made since my earlier article on helmets. Bike guru Eu-wen Ding, of Boston, said all he wanted to do was to get from point A to point B without dying. So he invented the Lumos Kickstart

Helmet (retail \$180). You may think that's a lot of money, but how much is your noggin worth? Mr. Ding raised \$800,000 to develop and market the helmet through Kickstarter.

LED Lights for Safety

What makes this helmet a standout? It has LED lights on the front, rear and to the sides. The front lights help you "be seen" by approaching vehicles; the side to rear lighting forms a large triangle on the helmet, substantially increasing visibility 190 degrees from sides to rear. And, a wireless handle mount remote allows the rider to signal right or left.

The helmet is also compatible with the Apple Watch when making a hand signal. You may not find this helmet in your local bike shop, but you will find it on line



Chris Zemny and friends enjoy some shelter from the rains that arrived on the morning of Strawberry Fields Forever last May. A downpour limited ridership of this popular event, although afternoon riders enjoyed fairly clear skies. Wait til next year!

Love to Ride \$7,500 Lottery results

Congratulations to Sam McHugh, winner of Love to Ride's \$7,500 lottery! The contest, sponsored by Ecology Action, encouraged 1,050 bicyclists to ride in May. Total miles were 119,000, preventing 35,000 pounds of CO2 emissions from entering the atmosphere.. Wow!

at the Apple Store! (Special thanks to Sean Gregory for his article titled "A helmet with built-in headlights," on best inventions for 2018, *Time Magazine*, November 2018.)

"Wave Cell" Technology

Trek and Bontrager have teamed up to use "Wave Cell" technology that incorporates collapsing cellular material made of overlapping thermal plastic. The material is similar to what you see in Smith helmets in that it lies under the shell and is visible. The company claims it made 4,999 variations to get it right. This helmet is 48 times better in reducing concussions than standard foam helmets. Four helmets will be offered with this advanced design that was tested with nine accelerometers to measure head movement. They then ran repeated crash tests reviewed by engineers and a doctor. (Info from *Popular Mechanics*, May 2019.)

Try to pick a helmet with MIPS technology, allowing it to rotate on impact and protect your head. They will be labeled MIPS, and most will have a visible inner plastic band that allows the helmet to move.

—Pete Pearson

Local bicycle shops

These shops are supporting our bicycle club with discounts on bicycling accessories. Discounts vary according to the shop. Ask sales clerk for club discount.

Another Bike Shop
2361 Mission Street
427-2232
Open daily–10AM–6PM

The Bicycle Trip
1001 Soquel Avenue
427-2580
Monday–Saturday–10AM–6PM
Sunday–10AM–5PM

Bill's Bike Repair
2826 Soquel Drive
477-0511
Open daily but call first!

Family Cycling Center
912 41st Avenue
475-3883
Monday–Saturday–10AM–6PM
Sunday–10am–5pm

The Spokesman Bicycles
231 Cathcart Street
429-6062
Monday–Saturday 10AM–6 P.M.
Sunday–Noon–5PM

Cycle Works
1420 Mission St.
316-7671
Monday–Friday 10AM–6PM
Saturday–Sunday 9AM–6PM

The Bicycle Trip/Capitola
3555 Clares St., Capitola 95010
831-226-5050
Monday–Friday–11AM–6PM
Saturday–10AM–5PM
Sunday–Appointment only

Scotts Valley Cycloport
245 Mount Hermon Road
Scotts Valley
440-9070
Tuesday–Thursday–10AM,–6PM; Friday 10AM–7PM
Saturday–10AM–6PM; Sunday–Noon–5PM

Watsonville Cyclery
25 East 5th Street
724-1646
Monday–Saturday–11AM–6PM;
Sunday–Noon– 5PM

Epicenter Cycling
Aptos Station, 8035 Soquel Dr. Suite 23
662-8100
Monday-Friday–11AM–7PM; Weekend–8AM–4PM
AND...

1730 Mission Street, Santa Cruz
423-9000
Monday-Friday 10AM–7PM; Weekend 9AM–6PM

Current eBikes
131 Front Street, Suite D
831-621-2309
831-588-0936 (cell)
www.currentebikes.com

The Roadrunner is printed by **Maverick Mailing**, which is owned by Peter Glynn, right photo,, who sometimes delivers by bicycle. Call him for your mailing/printing needs. Peter has been serving Santa Cruz for over 20 years; Maverick Mailing uses 100% PCW recycled paper created with wind power and is the only 100% solar powered printing and mailing service in the nation.

831-426-1111 www.maverickmailing.com



JOIN AND RENEW ONLINE at www.santa cruz cycling.org/club

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 award-winning, bimonthly newsletter, which publishes a schedule of rides and bicycling announcements. In addition, local bicycle shops offer a 10% discount for club members. The club's website, www.santacruz cycling.org provides a home base for your club activities. Annual membership dues must be paid to remain a member in good standing. **Dues become due on Jan. 1st of each year based upon the term of your membership.**

Member First Name	*Member Family Name	*Member Contact Email
*Member Contact Telephone	Member Ride Cell Phone	___New Member ___Renewal Member ___Include on Printed Roster ___Add to SCCCC Email list
2nd Member First Name	2nd Member Family Name and Email	One Year Memberships ___Individual \$25 ___\$30 for RR Mail* ___Family \$35 ___\$40 for RR Mail* ___Junior \$10 ___\$15 for RR Mail*
2nd Member Contact Telephone	2nd Member Cell Phone	Three-Year Memberships ___Individual \$60 ___\$75 for RR Mail* ___Family \$90 ___\$105 for RR Mail*

*Street Address

*City

*State

*Zip

*Roadrunner Newsletter delivered by US Mail

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-year-old) family members:

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

July—August, 2019

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4 <i>Gizdich ride</i>	Friday 5	Saturday 6 <i>Club Ride</i>
7	8 <i>C ride</i>	9 <i>Club Ride GP</i>	10 <i>SCCCC board SCMC captains</i>	11 <i>Gizdich ride 10 a.m. Corralitos</i>	12	13 <i>Workers' Ride 9 a.m. at Gateway</i>
14 <i>Go for a bike ride!</i>	15 <i>C ride</i>	16 <i>Club Ride Aptos</i>	17	18 <i>Gizdich ride 10 a.m. Corralitos</i>	19	20 <i>21st annual Mountains Challenge!</i>
21	22 <i>C ride</i>	23 <i>Club Ride GP</i>	24	25 <i>Gizdich ride 10 a.m. Corralitos</i>	26	27 <i>Club Ride</i>
28 <i>Clean you bike</i>	29 <i>C ride</i>	30 <i>Club Ride Aptos</i>	31	1 <i>Gizdich ride 10 a.m. Corralitos</i>	2	3 <i>Club Ride</i>
4	5 <i>C ride</i>	6 <i>Club Ride GP</i>	7 <i>Be a bicycling ambassador</i>	8 <i>Gizdich ride 10 a.m. Corralitos</i>	9	10 <i>Club Ride</i>
11 <i>Go for a bike ride!</i>	12 <i>C ride</i>	13 <i>Club Ride Aptos</i>	14 <i>SCCCC board</i>	15 <i>Gizdich ride 10 a.m. Corralitos</i>	16	17 <i>Club Ride Pizza/Pie Party, 10 a.m. 40 Thieves, Delaveaga</i>
18	19 <i>C ride</i>	20 <i>Club Ride GP</i>	21 <i>Clean your bike</i>	22 <i>Gizdich ride 10 a.m. Corralitos</i>	23	24 <i>Club Ride</i>
25 <i>Clean your bike!</i>	26 <i>C ride</i>	27 <i>Club Ride GP</i>	28	29 <i>Gizdich ride 10 a.m. Corralitos</i>	30	31 <i>Club Ride</i>
				GO GREEN!	GP is Gateway Plaza	Aptos is Rancho del Mar Shopping Ctr.

Santa Cruz County Cycling Club Membership Card
www.santacruzcountycycling.org (Valid only with member's mailing label.)



SCCCC
PO Box 8342
Santa Cruz, CA
95061-8342