

The Roadrunner

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

Skippy Givens is SCCC's club member of the year

Santa Cruz Mountains Challenge Director Skippy Givens is SCCC's Member of the Year. The award presentation took place Jan. 23 at the general membership meeting by last year's recipients, Petronella van Dam and Debby Joyce.

Givens has directed the SCMC, the club's main fundraising event, for the past four years, overseeing 30+ captains and 120+ volunteers. Under his guidance rider enrollment topped 560 last year, a 20% uptick from 2017, resulting in an all-time high profit of about \$19,000.

Organizing this complex event is no easy feat. The SCMC offers riders lunch and dinner, three rest stops and several water stops. In addition, SAG drivers, ride ambassadors and safety marshalls assist the riders as they trek up and down thousands of feet of mountain terrain. Skippy takes it all in stride, saying he happens to enjoy his ability to deal with complex operations.

Skippy's Skill Set

"I guess it's because I have such a unique skill set," Skippy says. "When I was working at UCSC running the sports programs, I had 49 clubs, a full intramural program, and I was also running summer camps. For a few years, I was also executive director of the World Flying Disc Federation. So, when I retired, I still had this creative energy. I enjoy most the collaboration with the captains, sponsors



left to right: Petronella van Dam, Skippy Givens and Debby Joyce

and supporters. I also enjoy when the event is live and I'm sitting in the control HAM Radio RV and I feel the entire event moving, all 500+ riders on the courses. I can feel all the rest and water stops functioning, the SAG vehicles, the ride ambassadors and neutral support vehicles. The phone calls and HAM radio communications elevate what's happening. If a rider should go down, things shift and safety protocol kicks in. Sometimes a water stop needs more hydration or a directional arrow is missing. Those things can make the event surreal.

"All that being said, the true success of the event is due to the commitment, dedication and efforts of the bike club volunteers," says Skippy.

To volunteer for the 21st annual SCMC on Saturday, July 18, contact Skippy at kdgivens54@gmail.com.

Japan is the inspiration for Emilie Holder's annual New Year's Day Brunch

The New Year's Day Bike Ride and Brunch is a perfect way to start out a new year! This tradition is due to the Japanese celebrations on New Year's Day. (Every year the matriarch of a Japanese family or community opens her home to family and friends to wish them happiness and good luck in the new year.)

In 1986 I decided to adopt this lovely custom and add a bicycle ride with a small group of friends. We started in Corralitos and rode the Hazel Dell Loop. Upon

returning, we enjoyed hot drinks, bagels with fresh jam and good conversation. The following year we had the ride again with a few more friends. Each year the ride grew, and soon I started asking for help in the kitchen, resulting in interesting menu items, depending on who was helping! One year Dan Johnson, a salmon fisherman, graced us with smoked salmon. Another friend, Otto Wenzel, brought wild boar sausage. Other treats were European pastries, and African chocolates.

On a few occasions, the weather was



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SCCCC MEETING
THURSDAY, APRIL 23RD
SIMPKINS SWIM CENTER

Bike Trip clinic is Feb. 28th

Do you want to learn basic on-the-road bike repair techniques? Sign up for the SCCC Bike Maintenance Clinic from 6 to 8 p.m. Friday, Feb. 28 at The Bicycle Trip, 1001 Soquel Avenue. Cost is \$20. The clinic will cover adjustments for shifting, fixing a broken chain, fixing/adjusting brakes, including disc brakes, fixing tubeless tire flats, dealing with a broken spoke and repairing a broken shift cable while on a ride.

Bring your recently-cleaned bike and bike stand. To register, go to the **club events calendar** and click on Feb 28.

cold and rainy but we welcomed people to brunch anyway. One year a few 'diehards' chose to ride over from West Santa Cruz in the bad weather! When they arrived, we had sweats for them to change into and draped their wet bike clothes in front of the fire to dry. One year Violet Puretz lead us in air pedaling on our backs! Now it is a SCCC ride, with two routes, two route sheets and the social directors assisting. What a change!

I look forward to seeing all of you next year!

—EMILIE HOLDER

Club shorts: Good advice when changing a flat tire

Shahe Moutafian wants to warn everyone about using plastic tire irons when fixing a flat tire. He was doing that recently when a bit of the tire iron became caught, remaining inside the rim of the wheel, even after he put on a new tire. This tire then blew on a sharp downhill turn on Mt. Madonna Road, causing Shahe to land hard, fracturing his right femur! He is resting comfortably at home, and his suggestion to members is to use metal tire irons that won't break, and take the time to insure that your rim is free of debris when changing a tire! Shahe wants to thank fellow riders **Chris Boman and Chris Peterson** for their timely help, along with the paramedics and the surgeon at St. Louise Hospital in Gilroy.

What is the best way to celebrate your 70th and/or 80th birthday? How about tackling the hills in Fort Ord one day and then cruising around the 17-Mile Drive the next day? Oh, and don't forget to let some of your best biking buddies wine and dine you in Pacific Grove in between those rides! Just ask **Ginger Anderson and Mary Maier** (photo). A



grand time was had by all!

Fair warning to anyone wanting to ride a bike on Upper Glenwood Road, as PG & E will be upgrading utility poles in that area until May 8, delaying all traffic. **Tony Rall** reports that riders wanting to climb Mt. Charlie Road should not be affected.

Last January, **Janet and Jim Starr, Judy and Osman Isvan, Daniel Spero, and Sharon Caredio** took camping gear and headed south to the Anza-Borrego Desert and Joshua Tree National Park. They enjoyed quality outdoor time, including bicycling around the amazing steel sculptures of the Borrego Springs area and rock formations of Joshua Tree, hiking and off-road jeep exploring to interesting geology, slot canyon, and wind erosion caves. Osman rode his bike all the way to the Salton Sea and back, climbing the passes around Borrego Springs on a fixie! Great place to go when it's too cold in Santa Cruz!

Wanted: One bike club secretary! The SCCCC board has a need for someone to record minutes of its monthly meetings and handle any correspondence as directed by either the president or vice president. Interested persons please contact club president **David Giannini**.

—Rhoda Bike



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.santacruzcycling.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.

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Members ride in memory of Tina Armer on January 4, 2020

CCE breakfast kicks off Strawberry Fields ride and more

Cyclists for Cultural Exchange held its popular brunch for volunteers and friends of Strawberry Fields Forever on Feb. 8 at Severino's in Aptos. SFF is a fundraising bike ride, featuring distances of 30 miles, 100 kilometers and 100 miles. It takes place on Sunday, May 17th for the 31st time, starting and ending at Pajaro Valley High School in Watsonville. Cost is \$65 or \$75 after March 15 and \$100 on day of the event. Former SCCCC president Robert Leibold is the event's new director, taking over from Frank Pritchard.

Proceeds help support international travel as well as a domestic bike tour for international and local riders who help with the event. CCE also funds Trips for Kids and awards new bikes, helmets, locks and one year of maintenance to deserving youth with the help of Pacific Avenue Bicycles and Caroline's Thrift Shop.

For 2020, CCE is sponsoring at least two upcoming international bike tours to Cuba (mid-March), and Crimea (Sept. 9 to 19). A China tour in Yunnan was cancelled due to the Coronavirus. The Spring International Tour takes place from May 15–30. It will start in Watsonville and tour the area around Sacramento. It is free for all participants. For more information, go to cyclistsforculturalexchange.org.

Are you looking for a spring century to ride?

Registration is open for the annual **Tierra Bella Century** on **April 25th** starting at Gavilan College in Morgan Hill. Routes include distances of 33 miles and three types of 100K distances (flat, hilly, very hilly) as well as a longer route of 100 miles. Fees vary from \$65 to \$90 depending on distance. A post-ride meal is included, with non-participant family members invited to it for \$15 each. Go to Tierrabella.org to register.

Also on **April 25th** is the popular **Wildflower Century** in San Luis Obispo which starts in Creston.. A new 75-mile route will go with other distances of 50 miles and 100 miles. Limited to 1,200 riders. To register, go to: <http://www.slobc.org/wildflower/registration.html>. Also on **May**



Left photo: Kathy Ferraro and Scott Wilson promote their bike rides: the Santa Cruz Mountains Challenge on July 18th and the upcoming Strawberry Fields Ride on May 17th. Center photo: Peggy Seltz, left, and Leslie Smith are past and present volunteer coordinators for Strawberry Fields. Right photo: Hasmik and Tim Thomas are CCE's Volunteers of the Year.

Albert Saporta advises how to ride on mountain trails

SCCCC's Director of Safety and Education, **Albert Saporta**, (right photo) gives the following tips for bicycling the mountain roads of Santa Cruz County:



1) Current Highland Way conditions from Buzzard Lagoon to the Demo Forest consist of damp, rough road surfaces. I marked with yellow paint the worst of the potholes and hazards I could find. 2) I advise against wearing dark lens sunglasses during the descents into Demo Forest. 3) Reduce speed when on rough roads; be

especially vigilant of rough patches in the pavement. 4) Maximize bike control by keeping your hands in the drops, not on the brake hoods. 4) Do your best to avoid areas of standing water.

"I also marked a few potholes on Summit Road from the Highland Way/Mt Bache Road stop sign to the fire station. The pavement looks good after the fire station and all the way down Old San Jose Road. I did not check Mt Bache Rd, Laurel Glen or Rodeo Gulch. Be safe!

Saporta will teach a six-week Cycling for Starters class beginning at 9 a.m Saturday, March 14th, and ending April 18th. Meet at the intersection of Clubhouse and Sumner Drive in Seascape. Course content includes stopping and starting safely, riding in traffic, how and when to shift gears, emergency stopping, group ride etiquette and how to avoid collisions. Class completion will allow participants to feel safer and more confident on the bike. Extra benefits include better knowledge of local bicycle routes, increased endurance and enjoyment.

A Graduation Ride and Awards Lunch takes place on the last day at Beer Mule at the Watsonville Airport. Each class lasts two hours. You must be an SCCCC member; go to www.santacruzcycling.org (events calendar) to join). All participants must wear a bike helmet. Bring ID and insurance card, extra tube and tools for changing a flat tire, sunglasses, sunscreen, cycling gloves and shorts and a water bottle. Riding distance begins with nine miles and extends to 20–25 miles.

Longtime SCCCC member John O'Hara passes at 89

Longtime SCCCC member John L. O'Hara 89, who loved riding to Gizdich Ranch for pie and driving SAG for the Santa Cruz Mountains Challenge, passed away peacefully, surrounded by his loving family on Jan. 4th. A native New Yorker, John grew up in Chester Heights and graduated from Blessed Sacrament High School, in New Rochelle. After enlisting in the US Navy, John achieved the rank of First Class Petty Officer while on two aircraft carriers, the USS Oriskany and the USS Kearsarge during the Korean Conflict. On April 20, 1953, the day after he returned to civilian life, his best friend introduced him to Gerry Fragola, who became the love of his life. A year later, on Mother's Day, they were married at Our Lady of Perpetual Help Chapel in Pelham Manor, before starting a new life in the San Fernando Valley.

Engineer at Douglas Aircraft

After working as a tool designer, John became an engineer for Douglas Aircraft, specializing in the "new field" of computer-aided design at Litton Industries and GTE. He received an Associates Degree from Valley Junior College and a BS from California State University, Northridge.

John and Gerry and their five children lead active lives, camping at both redwood and beach locations, including Yosemite and Lake Tahoe. During an era that had not yet discovered the value of physical fitness, John introduced his family to running. His children remember the infamous O'Hara Running Team, with John's after-work jogs from their house to the nearby high school track. (One evening his daughters decided to cut out early, and sprinted home. A frantic John returned to the house with a shout to Gerry to "call the police; the girls were kidnapped." The following day they switched to morning runs.) John also coached youth football, baseball and

track in Southern California.

John was a 20-year member of the Santa Cruz County Cycling Club. Although he participated in many long-distance rides, including Cycle Oregon and the San Luis Obispo Century, his favorite ride was the Thursday Pie Ride.



Marathon Runner

In 1974, John completed the Paul Masson Marathon in Saratoga, and in the 1980's he teamed up with daughters, Christie and Kathy to compete in the Seacliff Beach Sandman and the Santa Cruz Sentinel triathlons. Fall would find him warming up for the Big Sur River Run, while his favorite race was the 10K Wharf to Wharf, for which he accumulated 20 racing bibs! (He was 86 years old on his final run with family and friends, and while his pace was slow, his smile was big.)

John was a "Lifetime Member" of the Knights of Columbus and a regular participant at Resurrection Church's 10:15 a.m. mass, where he unfailingly offered prayers for the men and women of the armed forces. He leaves behind his wife Gerry, five children, their spouses and numerous grandchildren. Donations are kindly accepted in John's memory to Hospice of Santa Cruz County or to the Alzheimer's Society.

Tributes from SCCCC members

"One morning in July of 1996, John joined three other bicyclists from SCCCC on the first-ever Tuesday club ride. He continued for 20 years as an enthusiastic participant in both the local Tuesday rides and the Saturday long distance training rides in the greater Bay Area. John was an active athlete, but to his friends his greatest gifts

in the cycling community were his unfailing good spirits and camaraderie. He will be remembered." —Leo Mall

"In the late 1990's, when traffic wasn't a problem, our Saturday club rides could start farther afield such as Mt. Diablo in Danville. One Saturday John rode with us up the route over Diablo and around the Morgan Territory, returning to Danville from the south. This was a long hilly ride! When the week-long Tour North Cycling Tour was going on, John was there too. He was not an early riser, so he started the day's route later and so finished later. Many times Ed Kilduff would set up John's tent for him. What a friend!"

—Herb Greenfield

"Years ago, I was with the Tuesday riders at La Selva Beach. After leaving El Patio, I descended Estrella Drive, hitting a dangerous bump in the road. When I reached San Andreas, I realized I was holding onto my broken handlebars with detached brake! John, who was riding behind me, said "Well, your ride is done! I'll ride back to Aptos to get my truck." John returned in no time, loaded up my bike and gave me a ride back to the start.

John O'Hara was a no-nonsense kind of man who looked at a problem and took care of it. I will never forget his kindness and generosity. How grateful I am to this day for taking care of me and my bike. Thank you John!"

—Helga Wench

My dad was a regular on the Tuesday ride, Thursday Pie Ride to Gizdich and the Saturday rides. He loved riding with the club and the people he met. He volunteered as a sag driver and route marker for both Strawberry Fields and the Santa Cruz Mountains Challenge for many years. He was an inspiration to new riders in the club as he mentored them as they honed their cycling skills and riding distances. He had the luck of the Irish and the gift of gab. He will be deeply missed by all.

—Kathy Ferraro

Monterey Bay Sanctuary Scenic Trail opens on January 25th

Under sunny skies the Westside section of the Monterey Bay Sanctuary Scenic Trail held its official opening ceremony on Saturday, Jan. 25th, complete with endorsements from SCCCC members! The event celebrated the long-awaited construction of 1.3 miles of an off-road bicycle/pedestrian pathway from Natural Bridges Road to the intersection of Bay and California streets. Trail construction is expected to be completed by the end of the year. The complete trail will connect Davenport to Watsonville over 32 miles along the “spine” of Monterey Bay.



Left to right: Susan Rosenthal, Jackie Rall, Grace Voss and Jo Stephenson at official opening of rail trail. It was an opportunity to promote the club's event, the July 18th Santa Cruz Mountains Challenge.

Praise from Sam Farr

Former US Representative Sam Farr, whose fundraising efforts lead to purchasing the rights to the rail line that parallels the trail, praised the project, urging residents to “adopt future trail segments”, while Santa Cruz Mayor Justin Cummings thanked the many local officials involved in the project’s planning. Ecology Action’s

Piet Canin help present a check for \$14,818 to tally daily use of the trail by bikers, pedestrians and handicapped people.

More than 150 people attended the event, including SCCCC members. Their comments reflected the crowd’s enthusiasm for the long-awaited opening. Here is what they said.

■ Alan Eklof: “This is the beginning of something that’s going to be quite lovely.”

■ Jackie Rall: This trail is the culmination of a lot of hard work over a long time. I am so glad to see it come to fruition!”

■ Steve Svete: “I’m excited to see that we’re finally getting an urban, protected bikeway! This is a mode shift that will get more people on bikes, resulting in fewer cars on the road.”

■ Mike Andalora: “This means progress in the huge deal to get more people onto bike trails. I wish the process would go faster!”

■ Leo Jed: “It’s about time!”

■ Heidi Fraser: “Now more bicyclists can ride safely anywhere they want to go because it’s easier and more fun!”

■ Karen Kefauver, bicycle journalist: “It’s a triumph for the community to have an amazing off-road trail representing years of effort. I’m proud of Santa Cruz!”

Downtown Dollars saves the city from carbon emissions

Using alternative transportation to commute to a job downtown has never been more attractive. The City of Santa Cruz is offering 4,000 workers, who commute from home to the immediate downtown area, a series of incentives to avoid being a single car driver. As of last October, almost 900 of these employees from 150 businesses have taken the city up on its offer, according to Joanna Edmonds, city transportation coordinator. She reports these employees have saved the city from 11.8 tons of carbon dioxide emissions and themselves \$13,000 in commuter costs!

How does the program work? Employees who bike, walk, carpool, or bus and bike to work are eligible for rewards such as free METRO transit passes, free \$20 bike locker cards,

discounted JUMP BIKE memberships, bike safety trainings, carpool incentives, carpool ride matching and commute information.

Go Santa Cruz

Known as Go Santa Cruz, the program is part of the city’s ongoing effort to reduce greenhouse gas emissions and play an active role in addressing climate change. (Santa Cruz is a national leader in reducing single-occupancy car trips, and it has the second highest rate of bike commuting in the US.) So far almost 400 employees in the downtown area have signed up to participate.

“With the free transit pass, I’ll take public transit instead of paying for parking,” said one Cruzio employee recently. “The Cedar Street Parking Garage has a two-year waiting list for

monthly parking permits, so this is a great way to save money commuting!”

To get started with Go Santa Cruz, sign up with the online platform Cruz511, which offers transit options, trip logging, carpool matching and bike and walk routing. Incentive prizes may be chosen in the “My Rewards” section.

The program has had far-reaching effects. “We’ve seen people traveling to Downtown Santa Cruz from all over the county, from Davenport and Bonny Doon to Watsonville and Corralitos, even as far away as the Bay Area,” says Edmonds.

More information is available at cityofsantacruz.com/GoSantaCruz.



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, March 7th A/B Ride
Gazos Creek Giddyup
 9 a.m. start, Gazos Creek Day Use Area; A=61 mi/6,000'; B=42 mi/3,000'
 Chris Boman.....831-475-5902

Saturday, March 7th C Ride
Meat Locker Ramble
 10 a.m. start at Ann Soldo School in Watsonville; 27.1 mi/1041'
 Bill McBride.....831-239-6081

Saturday, March 14th A/B Ride
Monterey Peninsula Explorer
 9 a.m. start, Sand City Starbucks| Route TBD
 Phillip Lee.....831-234-7837

Saturday, March 14th C Ride
Pezzini's to Monterey Foothills
 10 a.m. start from Pezzini's off Highway I; 35.4 mi/1,663'
 Paula Bradley.....831-345-5482

Saturday, March 21st A/B Ride
Eureka Canyon Toodle
 9 a.m. start, Capitola Community Center; Route TBD
 Isabelle Magnin.....831-325-2712

Saturday, March 21st C Ride
Gazos Creek to San Gregorio
 10 a.m. start from Gazos Creek parking lot off Highway I; 29 mi/1,757'
 Marilyn Marzell.....831-345-0567

Saturday, March 28th A/B Ride
Setting the Pace to Panoche
 9 a.m. start from Paicines General Store; A=71.4 mi/4,000'; B=52 mi/3,200'
 Richard Burton.....408-540-4695

Saturday, March 28th C Ride
Monterey Ramble
 More information TBA
 Teri Ruegg.....831-426-1450 or 831-334-7097

Saturday, April 4th A/B Ride
Over the Top to Lexington
 9 a.m. start at Gateway Plaza; A=50.9 mi/4,531'; Also A++ and B versions
 Chris Pearson.....831-239-8517

Saturday, April 4th C Ride
Cienega Wine Loop/Hollister
 10 a.m. start from Target Parking Lot; clockwise loop to Hollister and return to Hilcock Dr.; 31.8 mi/1,551'
 David and Jeanni Kadotani.....831-588-3561

Saturday, April 11th A/B Ride
Rolling through the Hollister Hills
 9 a.m. start in Hollister; Route TBD
 Bruce Dau.....831-234-5177

Saturday, April 11th C Ride
South County Ramble
 10 a.m. start from West Marine in Watsonville; Beach Street, Lewis Highway 129, Carlton; 29.5 mi/739'
 Helga Wiench.....831-588-9792 or 831-840-9513

Cuban people offer a friendly welcome to CCE mountain bikers

Mention the word Cuba to the average American and images of Godfather II chicanery or a violent revolution may come to mind. However, the group of 14 bicyclists representing Cyclists for Cultural Exchange that visited the country from Feb. 8–20 experienced only warm hospitality and thoughtful kindness from the Cuban people, both in the sleepy town of Gibara and amid the hectic streets and loud traffic of busy Havana.

The trip was tough! It included five strenuous days of pedaling mostly bamboo bicycles up and down Gibara's challenging dirt roads filled with ruts, rocks and rambling grooves! In fact, the first day of bicycling, which took the group out beyond Gibara's wind turbines, lasted so long (due to a leisurely seafood lunch) that darkness caught the group, making the final 90 minutes of biking a scary game of pothole avoidance!

Gibara's rough roads were a sharp contrast to the town's warm hospitality from citizens like CCE hostess Ana Beatriz Hernandez Obreu, owner of a large, comfortable 'casa particular' or lodging for the group. Ana's Luz del Norte (most homes have a name) also accommodated the bikes, which her brother Cesar, an ace mechanic, worked

tirelessly to assemble and adjust prior to the first day's ride.

(Caesar and his family also hosted the group at a memorable pig barbecue at his farm.) Ana's mother was chief cook while Ana herself was a problem solver extraordinaire, both during the countryside treks and for several days of sightseeing in busy Havana.

Excellent Leadership

Matt Farrell, a tall man with a deep voice, calm demeanor and excellent diplomatic skills, lead the group, serving as "sweep" during the bike rides and trouble shooter otherwise. (An unexpected 12-hour bus ride took the place of a quick flight from Holquin to Havana due to an unexpected shortage of jet fuel.) Matt could not, however, prevent an attempted theft of Ana's cell phone from a nightspot in the city of Holquin. It was up to Ana, an experienced runner, to chase the thief down, administer her own brand of



justice and retrieve her phone! Despite this incident, the CCE group found all of Cuba to be a safe place to walk, dine and enjoy excellent music during the day and especially in the evenings.

2020 marks the fourth consecutive year of CCE's visits to Cuba, a country trying to recover from two years of a downturn in US tourism, (US arrivals must come from either Panama or Mexico.) For a warm reception (weather-wise and people-wise) this trip is a must do! Cubans are friendly, tolerant of any brand of attempted Spanish from Americans and kind. Here's what the CCE folks had to say of their visit

Shoshanna Coplan: "The trip gave me more of a "feeling" of Cuba; an understanding of the culture and the political and personal struggle of the people that you don't get just by reading."

Matt Farrell: This trip was most folks' first visit to Cuba and it was eye-opening, joyful, and heartwarming! It was well-timed because the people in Cuba are struggling from a two-year downturn in international visitors. Everywhere we went, people thanked us for coming, telling us to inform our friends that Cuba is safe (which it is), and to come back!

—Glide A. Long



SCCCC members on CCE trip to Cuba are Paula Bradley, far left, Rich Larson, second from right, Joe Kelly, fourth from right and (not pictured) Grace Voss. Far right is trip leader Matt Farrell. Ana's brother Cesar is second row, sixth from the right. (His look-alike son is fifth from the right.)

How do you celebrate David Lawrence's birthday? With socks!



A



B



C



D



E F



G



H



I

Who is wearing which socks? David Lawrence, right, likes socks, so what better way to celebrate his birthday than with a colorful assortment of them? Can you match the letters to these names? (see bottom for key) Names: Judy Isvan, Joe Kelly, Daniel Spero, Osman Isvan, Helga Wench, Harriet Brown and Kathy Ferraro, Jane Ferguson, David Lawrence, Janet Starr and Lilly Ann Popken.



Museum of Art and History features mountain bike exhibit

How popular is mountain biking in Santa Cruz? On any given weekend, count the number of cars and people with mountain bikes parked near Wilder Ranch, UCSC's upper property, the Soquel Demonstration Forest, Nisene Marks and Henry Cowell state parks and De La Vega city park, to name a few start locations in this area. And more mountain bike venues are coming. Further afield are Ft. Ord National Monument, Toro Park (Salinas) and Henry Coe State Park (Gilroy.)

World Class Mecca

Santa Cruz has become a world-class mecca for mountain biking. Because of this, an exhibit highlighting the evolution of mountain biking in Santa Cruz has opened at the Museum of Art and History; it started Feb. 7th and ended Sep. 20th. Sponsored by Mountain Bikers of Santa Cruz, the exhibit is called "Trailblazers: The Creative Story Behind Mountain Biking in Santa Cruz." It explains local history and analyzes the cultural impact of off-road cycling within the community. It also explores the importance of public lands, showing how sustainable trails are built and maintained. Three contestant's photos from the Trail Visions newsletter will be on display.

The impact of this sport has been huge. Bike manufacturers and parts companies like Santa Cruz, Rock Lobster, Ibis, Caletti, Praxis Works and Fox Shox have blossomed. Specialized has its headquarters in nearby Morgan Hill. Scotsman Danny Macaskill, one of the world's best mountain bikers, considers Santa Cruz one of his favorite places to ride in the world. Community

involvement with organizations like Mountain Bikers of Santa Cruz build and maintain trails to keep the area best-in-class.

A little history lesson: Mountain biking started its run to popularity in the 1970's in Marin County, when Joe Breeze, Charlie Kelly, Gary Fischer, Tom Ritchey and John Frey experimented with bikes built to bomb down dirt tracks. These bikes boasted balloon tires and steel frames built with one-inch diameter tubing and no suspension!

Mountain Biking Popularity

Today, mountain biking has surpassed road cycling in popularity. Many of the top mountain bike pros, like Peter Sagan, are European. The biking industry is investing heavily in technologies to engineer an entirely different bike from bikes of the 80's and 90's. Changes have occurred in geometry and materials, plus innovations in suspension systems, drivetrains, braking systems, wheels and tires. E-mountain bikes also have expanded the sport's appeal. And don't forget to give credit to

Answers to socks quiz!

- A—Daniel Spero
- B—David Lawrence
- C—Harriet Brown/Kathy Ferraro
- D—Helga Wench
- E—Jane Ferguson
- F—Janet Starr/Lilly Ann Popken
- G—Joe Kelly
- H—Judy Isvan
- I—Osman Isvan

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.

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 CycloSPORT
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	<input type="checkbox"/> New Member <input type="checkbox"/> Renewal Member <input type="checkbox"/> Include on Printed Roster <input type="checkbox"/> Add to SCCCC Email list
2nd Member First Name	2nd Member Family Name and Email	One Year Memberships <input type="checkbox"/> Individual \$25 <input type="checkbox"/> \$30 for RR Mail* <input type="checkbox"/> Family \$35 <input type="checkbox"/> \$40 for RR Mail* <input type="checkbox"/> Junior \$10 <input type="checkbox"/> \$15 for RR Mail*
2nd Member Contact Telephone	2nd Member Cell Phone	Three-Year Memberships <input type="checkbox"/> Individual \$60 <input type="checkbox"/> \$75 for RR Mail* <input type="checkbox"/> Family \$90 <input type="checkbox"/> \$105 for RR Mail*

*Street Address	*City	*State	*Zip	*Roadrunner Newsletter delivered by US Mail
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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

March—April, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 C ride	3 Club Ride GP	4	5 Gizdich ride	6	7 Club Ride
8	9 C ride	10 Club Ride Aptos	11 SCCCC board SCMC captains	12 Gizdich ride 10 a.m. Corralitos	13	14 Club Ride
15 Go for a bike ride!	16 C ride	17 Club Ride GP	18	19 Gizdich ride 10 a.m. Corralitos	20	21 Club Ride Lead a ride!
22	23 C ride	24 Club Ride Aptos	25	26 Gizdich ride 10 a.m. Corralitos	27 Take a nap	28 Club Ride
29 Clean you bike	30 C ride	31 Club Ride Leader's choice	1	2 Gizdich ride 10 a.m. Corralitos	3	4 Club Ride
5	6 C ride	7 Club Ride GP	8 SCCCC board SCMC captains	9 Gizdich ride 10 a.m. Corralitos	10 Be a ride leader	11 Club Ride
12	13 C ride	14 Club Ride Aptos	15	16 Gizdich ride 10 a.m. Corralitos	17	18 Club Ride Be a ride leader
19	20 C ride	21 Club Ride GP	22 Clean your bike	23 Gizdich ride SCCCC Genera Meeting 7 p.m./Simpkins	24 Take another nap	25 Club Ride
26	27 C ride	28 Club Ride Aptos	29	30 Gizdich ride 10 a.m. Corralitos		
				GO GREEN!	GP is Gateway Plaza	Aptos is Rancho del Mar Shopping Center



 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