



Bikesonoma



Newsletter of the Sonoma County Bicycle Coalition

Issue 8

Spring 2003

promoting bicycling for transportation and recreation

BICYCLES CAN BE THE BEST SUV'S



The cycling Stufflebeam Family: Left to right Nathan (18), Sarah (10), Anna (13), Julie (47) and Kim (49), at Sebastopol Downtown Plaza. (not pictured) Katie (20)

In honor of National Bike Month and Bike to Work Day we feature a profile of a Sonoma County family who has made bicycling a big part of their life. For many people, the demands and complications of family life keep them from riding more. It's easy to make excuses for not biking and it can be challenging to overcome them, but for Kim and Julie Stufflebeam and their kids, the term SUV's has come to mean something more than just big, gas guzzling motor vehicles. SCBC Director Ted White interviews them in Sebastopol.

How long have you lived in Sonoma County?

10 years in Sebastopol, 15 in the area.

What are your occupations?

We run a toy manufacturing business that makes one toy, the BeamO Flying Hoop (*sort of like a really big soft Frisbee, really cool—editor*) We work out

of our home, managing the production in Mexico and sales all across the US. You can see what the BeamO is all about at www.BeamO.com.

What gave you the inspiration to get these bikes?

Kim: Back in the mid-west, we had always tried to bike as much as we could during the summer. After we moved to California and as we got older, most of the biking we would try to do was running errands around town. Our old 10 speeds were getting pretty uncomfortable and were very limited as to how much we could carry. For several years we gave up on bikes, a combination of living in the hills of Forestville, having small kids, and what we saw as the limitations of our old 10 speed bikes. Then I saw the BikeE in the window. Coming from my graphic

design and inventor background, I liked what I saw - simple design, good construction, and a big soft seat. The comfort and ease of use of the BikeE recumbent got us hooked.

What errands do you run or places do you go on the bikes?

Julie: We get groceries, go to the Sunday Farmers Market, take the kids to the library, to swimming at Ives Park, and to classes in town and at the community center.

Kim: We take family rides once in a while. We like the bike paths, the Rodota Trail and the West County Trail. We go out to Kozłowski's Farm for cider and pie. We've



Friendly biker gang cruises Sonoma County

had picnics after riding out to Forestville or sometimes we stop in Graton for a treat. We picked up blueberries from the berry farm that's right on the West County Trail. We ride the trails to Railroad Square and back to Screamin' Mimi's Ice Cream Parlor.

Continued on inside back cover

SCBC MEETINGS

SCBC Board Meetings

Last Wednesday of each month at 6:00 pm at the Environmental Center, 404 Mendocino Avenue in downtown Santa Rosa. (open to the public)



ALSO IN THIS ISSUE:

- Two Rock and Roll Ride will bring funding to the SCBC
- Local Bike Path and Bike Lane updates
- Product Review—Wool Bike Clothes and Saddlebags from Rivendell and more...



For the second year in a row, GreenGear/ BikeFriday has donated a Metro model folding bike as our Grand Prize at the Wine Country Century Raffle.

All proceeds will benefit the SCBC. For more on these beautiful folding bikes go to www.bikefriday.com

Bikesonoma

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BIKE NOW AND FOR THE FUTURE

May is here and that means National Bike Month. The Sonoma County Bicycle Coalition (SCBC) is among the ranks of a large and exciting movement to promote bicycling that is happening across the country. In fact, The SCBC is one of over 100 similar organizations throughout the nation. So, welcome to the 8th issue of BikeSonoma, since we publish quarterly this issue marks our 2 year anniversary and a great opportunity to celebrate bikes.

With May highlighted by Bike to Work Day—this is the time we can feel most openly proud of being bicyclists. In the future, hopefully we won't even need a Bike to Work Day because biking to work will have become so commonplace. For now though, we are setting an example for the future. And speaking of the future, I've been reading a new book by Santa Rosa author and professor Richard Heinberg called *The Party's Over: Oil, War and the Fate of Industrial Societies*. In it, Heinberg warns of the approaching peak of world oil production likely within 10 -15 years. After the peak, we'll have less and less oil available each year—So, then we will *have* to change our transportation habits—and hey, bikes are still the most fuel-efficient vehicle ever invented. Other recent news points to cycling too. Current health reports show that obesity, and particularly childhood obesity is one of the nations greatest health threats; links between obesity and cancer and diabetes are very alarming. So again, why not bike to stay in shape and keep healthy and encourage our kids to bike too? And then there are also those pesky gas prices—once again, the operative word is *bikes*.

Locally, we're doing a lot to promote cycling. In May, we offer several free classes on bike repair and commuting, and host cycling events which appeal to riders of all ages and abilities (see article on the Two Rock and Roll Ride). Also, our summer season of Free Valet Bicycle Parking starts, so look for us at the Santa Rosa Downtown Market Wednesday nights starting May 21st; at the Rose Parade May 17th, Gay Pride Fest June 8th, Health and Harmony Festival June 14 and 15th, and at Art in the Park concerts in July.

Though we're making great strides here, there are still big challenges to improving biking conditions. At a recent Earth Day event, I talked to many cyclists and would-be cyclists who all said they wished it were safer to ride a bike. I can relate, and I'm sure you can too. The SCBC is doing everything we can to address the safety issue by promoting our own Share the Road campaign and the County's new Bicycle Awareness Campaign (have you seen the banners on SCT buses yet, or heard the radio and TV PSA's?—They're great). We're also working with local governments to add more bike lanes and extend existing bike paths like the Rodota Trail and Prince Greenway. Getting better bicycle infrastructure won't happen overnight though, so in the meantime we need persevere and bike anyway—ride safe, ride predictably and ride confidently (see Martin Clinton's new series in this issue Bicycle with Confidence). The Sonoma County Bicycle Coalition is all about making change and building camaraderie amongst local bicyclists—we're having some big successes and there's plenty of room on the bicycle bandwagon, so join us, (see SCBC membership form on the back page).

Best,

Ted White

Executive Director

Coming July 12th SCBC's First Big Summer Party and Auction

Food, Drink, Great Auction Items, Music, and of course, free Valet Bicycle Parking. What is it? The SCBC is going to have a big fun party right in the heart of Summertime and it's going to be a blast—kinda like New Year's Eve, Bike to Work Day and E-bay all rolled into one. So, mark those calendars!

We are already building a good cache of nice auctions

items but hey, the more the merrier. Do you have an item, service, or experience you'd like to offer as an auction item? Gift-certificates to restaurants, B&Bs, vacation cottages, massages, yoga classes, concert or sports tickets hair-cuts, artwork... These are a few of the kinds of things we'd like to add to our auction. All proceeds will go to the SCBC and it'll be good promo for you

too. If you have something you'd like to put in the auction let us know e-mail ted@igc.org or dhbetty@att.net or call 707 484-2740 Also, might you want to join our impressive line-up of volunteers and help put this event on? Yes, we can certainly use you. E-mail Chris Culver at dhbetty@att.net or call her at 484-2740. 🚲

Letters to the Editor

We welcome your comments.

Send letters to:

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Coalition

P.O.Box 3088

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e-mail comments via our
website:

www.bikesonoma.org

Best SUV's *Continued from front cover*

Are there any particular strategies you use for carrying things?

Kim: I think it's important to get the load off of the rider. I see people and kids wearing their backpacks riding and adding that weight to sitting on that

have a large woven basket for the other. For big jobs, I built a flatbed hauling platform for the tandem BikeE. We take off the stoker seat and handle bar and turn the BikeE tandem into a flatbed truck. The

especially when we're on the tandem recumbents. We like to talk bikes. At one of the Thursday Night events at the plaza, we were even giving rides on the tandem.

made it fun for me again. I wish it were safer to go farther and to more places.

This is what the SCBC is all about: making better, safer conditions for bikes—so become a member today!—editor

What do you kids think about these bikes?

Sarah (age 10): I like that you lean back and they're comfortable. I don't like going up hills and that you can't stand up and peddle.

Anna (age 13): I like them because they're more comfortable and I can ride a lot longer, but you can't stand up going up hill.

Any thing else you want to mention/ share with people who read this?

Julie: Recumbents can feel more like transportation. You can wear regular clothes and it doesn't have to be a workout.

Kim: The recumbents are comfortable and can easily carry a grocery bag's worth of stuff and they're fun. I think that makes all the dif-



Who says parking lots are just for cars?

post of a seat on regular bikes. Or they've wrapped their plastic bag full of stuff around the handlebar and are trying to ride, swerving and bumping the bag with their knees. Not fun. Our recumbents have tall backrests that will easily hold a

I like the satisfaction of not using the car and teaching that to our kids

backpack. You just throw it on looping the shoulder straps over the back of the seat. The back packs we have will hold more than a paper grocery bag. I added a rack to one bike and we

biggest load I've hauled were several bags of mulch and potting soil from the hardware store.

How far do you go (miles) on a typical outing?

Kim: Most of our rides are just around town and there could be several a day, but it's probably not a lot of miles per day. It adds up over the months though. I ride into Santa Rosa on the Rodota Trail a few times a week, that's about 15 to 20 miles round trip. That BikeE has over 5000 miles on it.

When you're out on these bikes you must attract a lot of attention, what's that like?

Julie: It's fun...like carrying around a puppy.

Kim: We do get questions,

Have you inspired any personal friends to start biking more?

Julie: We'd like to think so, but we probably just make our friends feel guilty for driving on short errands.

What are the best and worst things about riding?

Julie: I like the closer connection to the surroundings, people and nature. I like that it slows life down. And I like the satisfaction of not using the car and teaching that to our kids. We walk or bike, the car is last choice. Cars are what I don't like about biking, breathing exhaust and the danger.

Kim: I really like riding and these recumbents have



ference. I really wish more people would choose biking or walking for short errands. Getting in a car is so automatic for most people. Maybe recumbents could change some of that thinking. 🚲

JANUARY SCBC MEETING

highlighted by cyclist's incredible journey and election of new Board

A large crowd gathered at our January meeting to celebrate the accomplishments of the Coalition, vote in new board members and hear the bicycling tales of Henry Kingman, the guest speaker who rode his bike 300 miles from Winnemucca, Nevada to speak at our event. (No kidding!)

bicycling to our event a real adventure. Of the 300 miles he rode, 200 of it were through the rugged emigrant trails of early settler days, passing dusty desert chaparral, ghost towns and big skies. He rode out on a mountain bike with a Softride suspension saddle and Xtracycle cargo attach-

potatoes. "Raised in the big green valley where I grew up" says Kingman, "and dehydrated right here in Winnemucca too.")

Alien Visitation Potatoes

You'll sleep through anything, even AVs, after ingesting all the sleep-hormone-producing carbs in this campstove comfort food.

potatoes costs \$5 and \$5 to ship to Calif. THE BEST for potato pancakes, too. People can write to me, iffy@best.com, and I'll send 'em. Or, write: Paradise Valley Farms 1 Potato Place Winnemucca, CA 89445

Besides seeing Henry's slides and having pizza and beer, we elected a new board of directors. Besides the incumbents, new board members elected are: Barbara Denlis member of the Rohnert Park Bike and Pedestrian Committee and past organizer of Bike to Work Day in Stanislaus County. Jim Keene, co-owner of NorCal Bikes and The Bike Peddler. Sean Walling, co-owner of SoulCraft handbuilt bicycles of Petaluma. Welcome new board members — you've already done some really great work for the Coalition!



Author and Long Distance Cyclist, Henry Kingman rode 300 miles from Nevada to speak at the SCBC January meeting

Kingman, former editor of California Bicyclist, author of Short Bike Rides in and around San Francisco is a veteran long-distance rider/racer (IditaBike, Paris-Brest-Paris and others)

When I first contacted Kingman via e-mail to ask him to speak at our event, I assumed he still lived in San Francisco, were we had first met. So, when he replied saying "I'll come, of course" I didn't think it was a big deal.

However, he had moved back to his hometown of Winnemucca, NV. making

ment and when he finally arrived in Santa Rosa he presented slides and anecdotes from the trip as a treat for SCBC members.

Kingman also divulged one of his culinary secrets to long distance bike survival, and was almost persuaded by audience member Cathy Kellison to prepare the dish in front of us on his tiny campstove. So here it is, for your carbo-loading pleasure the first recipe to ever appear in BikeSonoma

(Note: First start with "Paradise Valley" brand

Boil ~1 quart water; then turn off stove.

Add two cups cold milk (dry mix or evap.)

Add 1 pkg. Paradise Valley Brand potatoes

Stir 10 times only

Add 2Tbsp olive oil or butter

(opt) Add foil packet of tuna fish (6oz?)

(opt) Add cheese

Add slices of fresh garlic

Vege-sal to taste

Stir once more

Sleep immediately afterwards for best results.

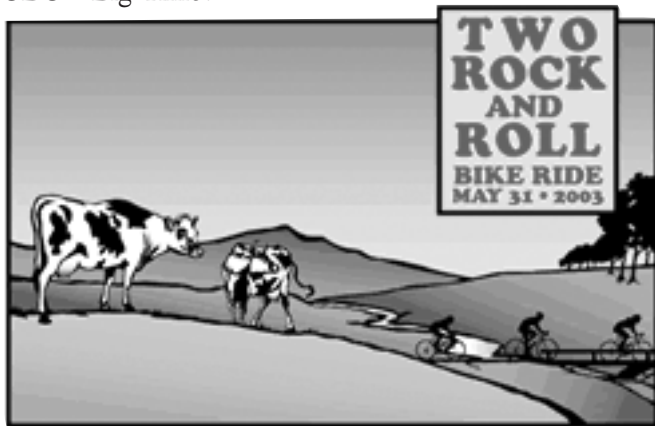
One 72-serving box of Paradise Valley instant

Thanks to outgoing Board members Doug Cutting who helped get our Safe Routes to Schools program off the ground. Oren Noah, a lawyer who helped us get our non-profit status, and Chris Culver who advanced from being on the board to a paid position as SCBC Program Director.

Lastly, thanks to our re-elected board members for their many valuable efforts. 🍌

YIPPEEE! COME RIDE WITH US!

6th Annual Two Rock and Roll Ride Will Benefit the SCBC—Big Time!



On May 31st, hundreds of cyclists of all sorts will be sweeping through the local countryside and we hope you will be among them. The popular Two Rock and Roll ride will again be presented by The American Lung Association and the Sonoma County Bicycle Coalition with proceeds going to both organizations. The ride offers three routes: 10, 35, and 65 miles so whatever your ability or energy level there is a route for you. All routes feature the beautiful backroads of west Sonoma County. So come enjoy riding through Penngrrove, Cotati, West Petaluma, and the ride's namesake Two Rock. The ride is fully supported with rest stops/snacks, and a great BBQ lunch at the finish. We've even reduced the entry fee to make the ride that much more irresistible.

This year we hope those of you who ride will find friends, co-workers, and family to sponsor you on the ride. By getting these people to give you pledges, you could earn great incentive prizes including a brand new bike. Plus, the funds will directly benefit two of the area's best organizations. In fact, **proceeds from last year's ride were the Bike Coalition's single biggest source of income for the year and made a lot of our important bike advocacy work possible.** So come on and treat yourself to a great ride, get some pledges and you'll be making all of Sonoma County a better place to bike.

Note: This year's event will be dedicated to the beloved Dr Paul Lao, a cyclist and Pulmonologist (lung specialist) who passed away last Fall.

Also, we need additional volunteers for the event. There are a variety of volunteer opportunities available, including ride promotion, rider recruitment, and advance and day-of logistics. Most volunteer assignments only require 3-8 hours of your time. For more information and to volunteer please contact Doug Simon at 577-0113 or e-mail him at DSimon@santa-rosa.ca.us. You can also contact Jenny Bard at 527-5864 or email jbard@alac.org. For more details about the ride, visit www.lungusa.org/redwoodempire. ☻

Bicycle with Confidence

First of a new series by Martin Clinton

DON'T LOOK FOR POTHOLE

Think of a sport or recreational activity and I'm certain that there are lessons, instructors, and practice sessions involved if you want to get started and then to improve. What about bicycle riding? Too often it seems that as soon as the training wheels come off, and your Dad stops running alongside to keep you straight, you "Know How to Ride a Bike!" And you never forget, right? Maybe, maybe not.

For this series, I just want to suggest a few things for you to try, to see if the ideas work for you and if you feel more confident on your bike.

The first thing I want you to practice is to pay attention to the task of riding your bike! You have all read articles, seen cartoons and bumper stickers critical of automobile drivers who talk on the phone, drink coffee, or any number of distracting activities. Just like driving, bicycle riding needs concentration.

The second point may seem more difficult, or even run counter to how you feel: I want you to concentrate on what YOU are going to do, not on what OTHERS are doing or might do. A lot of bicycle riders use almost all their energy and concentration worrying about traffic and the

possibility of being hit by a car or truck. In fact, there are a lot more bicycle crashes caused by the rider losing control due to a bad road surface, debris in the street, or colliding with an object, a pedestrian, or another bicycle.

You can't avoid traffic problems if you are losing your balance, so you MUST avoid hazards in your path. Suppose there is a hole, or glass, or a big rock? The important thing is NOT TO LOOK AT IT! Sounds crazy, but if you look at the hole there is a good chance you'll ride into it. What do you look at? Look at where you WANT to ride: look at the space BESIDE the rock; look at the place with NO broken glass.

So if you want to ride with more confidence, remember: Don't look for potholes, look for smooth pavement!

Martin Clinton is certified by the League of American Bicyclists as a Bicycle Education Instructor.

Any comments or questions can be sent to mclinton@in-gate.com.

Product Review...

Rivendell Bicycle Works *Wool Undershirts, Jerseys* *and Classic Saddle Bags*

This is a bike company that is hard not to love. Everything they sell is superb quality, super functional and beautiful. For such nice stuff the prices are also very fair.

Generally, their stuff is made by small high-quality manufacturers in the U.S., Britain, Canada, Australia and Japan, not cranked out in Bangladesh or China. Some things they sell, like their bike frames, cost a lot, but they are worth it. You get what you pay for right? We'll tell you about two things that make them stand out from the crowd.

1) Is their beautiful wool biking clothes. Yes, wool! The original "high-tech" fabric, worn by every great bike racer until maybe the mid seventies. They sell two models of super soft wool undershirts (\$28-48) and they are not one bit scratchy. In fact, you just never want to take them off (I must confess I've been wearing mine for a few days in a row now). I can't emphasize enough how comfortable these wool undershirts are. They also wick moisture away very well and dry fast (machine washing them is ok). Their Woolly Warm tweed jersey (pictured) is really beautiful and has three pockets in back. You could go out to a really nice restaurant wearing it and fit right in. Could you do that in a garish nylon jersey with

Volvo or US Post Office written all over it? The tweed jersey is slightly scratchy and would be best worn over one of the aforementioned merino wool undershirts. Wool is so cool, try it--after all 10,000,000 sheep can't be wrong.

2) Then there's their saddle bags and handlebar bags.

Made of waxed cotton and leather—these are classy looking items, and really well-built. The "Adam" model saddlebag (pictured here) is the one I've tested and it holds a ton of stuff—I could fit three huge phone books in there and there was still some

room left. You don't need a rear rack to use this bag but it also works great with one. It holds as much as a mid-sized rear pannier but doesn't have that irritating heel-clearance thing. These saddlebags look fantastic on touring or commuter bikes but even a road bike could wear it well. As I said, Rivendell is such a cool company and they're just over in Walnut Creek. They also sell lots of stuff besides wool clothes and bags, their hand-built bikes are absolutely gorgeous. check them out
www.rivbike.com or call
(925) 933-7304



and pockets on the back too!



Wool cycling jerseys from Rivendell feature classy styling



Rivendell's handsome line of saddle bags are beautifully made and hold a lot of stuff

THE LOCAL SCENE

New Bike Lanes and Bike Paths Are Here, More Are On The Way!

What's new on the bike horizon? Locally, a settlement has been reached from a suit by the Sierra Club against the Santa Rosa MarketPlace mall. The Sierra Club charged that the MarketPlace has created significant traffic congestion by luring people farther from the city center. So, the money from this settlement will help mitigate that problem by funding several great alternative transport projects. Some of the money will help fund **a link between the Santa Rosa Creek Bike Path and the Prince Greenway** (this new section will be called the **Pierson Reach** since it starts at Pierson St.) This new link will enable you to ride all the way from Fulton St. in West Santa Rosa to downtown at Santa Rosa Ave. just down from the transit center with no cars! Also, the Rodota Trail is on the agenda for improvements, and will be extended from

Stony Point down to Dutton Ave. and eventually from Dutton to Railroad Square.

New bike lanes in Healdsburg are complete on Healdsburg Ave. between Memorial Beach Bridge and HWY 101 towards the southern city limits, the lanes run about 1 mile.

Also...helping create safer routes to school for bikers and walkers is the **newly completed Colgan Creek Bike Path** in southwest Santa Rosa. The Class 1 bike path (a paved path with no cars) starts at Bellevue Ave and Stony Point and extends to Todd Rd.—1.2 miles long, this path serves nearby Bellevue Elementary School. Phase 2 of this project will extend the path north to Hearn Ave.

Bike lanes on southern sections of Santa Rosa Ave. south of downtown are complete and make for a better cycling experience

out there in that weird land of malls.

SCBC members are helping develop plans for a new Bike Path parallel to the SMART Train corridor from Marin to Cloverdale. In addition to the passenger rail service, Sonoma County will get a major new bike path along many sections of the tracks. This project sometimes referred to as the **North-South Greenway**, will be an amazing new bike corridor. Currently, SCBC members Steve Schmitz, Ted White, and Patricia Tuttle Brown have been appointed to the newly formed **SMART Bike Path Task Force** and some other SCBC members have also gotten a chance to provide feedback on the project through the Sonoma County BPAC (Bike and Ped Advisory Committee). After SCBC's Ted White

and Christine Culver met with **Congresswoman Lynn Woolsey** in January, Woolsey agreed to ask that up to \$8,000,000 be allocated from the new Federal Transportation budget (through TEA-21) to fund the first stage of the North-South Greenway. Now *that's* a good way to spend our tax-dollars! We'll keep you posted.



MORE DONATIONS TO SCBC IN MEMORY OF DR. PAUL LAO

The SCBC expresses great thanks to the following people who made generous contributions to the SCBC in honor of Dr Paul Lao, the respected Santa Rosa Pulmonologist (Lung specialist) and cyclist who died last Fall. Many others also gave to the SCBC in honor of Lao between Dec and Jan and were listed in last issue. This

year's Two Rock and Roll Ride will also honor the memory of Lao.

Elaine Lee

Susan S. Morohashi

Laurie M Lapio

Redwood Urology Medical Group, Inc.

Jok & Sharon S Wong

Jesse & Stacy Baldwin

Andrew J & Nicola Dempsey

William G & Lynn Dorsey

Gail E Gillespie

Michael E & Victoria F Hopkins

Robert J & Pamela A Murnane

Sonoma County Bicycle Coalition
 P. O. Box 3088
 Santa Rosa, CA 95402-3088



www.bikesonoma.org

promoting the bicycle for transportation and recreation

e-mail address: info@bikesonoma.org



These bumper stickers can be yours for \$1.00 each + 50 cents shipping or free with membership. Additional bumper stickers can be purchased from the coalition for \$1.00 each. Send payment to our P.O.Box listed above.

"Share the Road" t-shirts are now available. Black art on Yellow. Sizes S-XL - \$10 for SCBC members, \$15 for non members. Mail a check payable to the SCBC for the t-shirt amount + \$4.00 for shipping to: Christine Culver, 1489 Wright Street, Santa Rosa, CA 95404. Include shipping address and phone # - Sorry, no PO Boxes.

SCBC MEMBERSHIP FORM

Name: _____
 LAST FIRST

Address: _____
 STREET/BOX#

_____ CITY/TOWN STATE ZIP CODE

Phone: _____
 DAY EVENING

e-mail: _____

Area of Expertise/Knowledge _____

- Fund-Raising Special Projects: _____
- Marketing Specialist _____
- Organizational Structure Other: _____
- Educational Workshops _____

Membership Level _____

- \$15 STUDENT \$50 CONTRIBUTING \$500 CHAMPION
- \$30 REGULAR \$100 SUPPORTING \$1,000 MILLENNIUM
- \$40 FAMILY \$250 SUSTAINING \$_____ SPONSOR

**Make checks payable to
 Sonoma County Bicycle Coalition
 P. O. Box 3088
 Santa Rosa, CA 95402-3088**

SCBC membership contributions are tax-deductible

www.bikesonoma.org