



# ChainGuard

On guard for bicyclists throughout the San Diego region

Volume 24 No. 1

February–March 2010

## Our Mission

We make bicycling better in San Diego County through education, facilities and advocacy.

## Newsletters on the Web

Past issues of the *ChainGuard* are on the web at [www.sdcbc.org](http://www.sdcbc.org). Tired of paper? Switch your newsletters to email only by contacting us at [execdir@sdcbc.org](mailto:execdir@sdcbc.org). You'll be notified by email when a new issue is posted on the web. Your email address will be used exclusively for this purpose.

## SDCBC Google Group

We now communicate cycling issues of general interest on <http://groups.google.com/group/sdcbc/>. Visit this group web page and click on "Join this group" to sign up.

## Advertisements

The *ChainGuard* accepts advertisements. Circulation is over 1000. Business card size ads cost \$250 per year. For forms and rates send an email to [execdir@sdcbc.org](mailto:execdir@sdcbc.org).

## Free County Bike Map

Order a free copy of the San Diego County Bike Map at our website, [www.sdcbc.org](http://www.sdcbc.org), or [www.511sd.com](http://www.511sd.com).

## Change of Address

Mail change of address notices to SDCBC at P.O. Box 34544, San Diego, CA 92163

## Bike lanes and roundabouts coming to Leucadia's Highway 101

Bicyclists who ride the 101, or Coast Highway in North County (and there are lots of us), will be pleased to know that bike lanes are eventually coming to the 2 and 1/2 mile stretch through Leucadia.

In January, the Encinitas City Council adopted a streetscape design for the 101 in Leucadia after two years of planning and public meetings. The city is making room for wide bike lanes in both directions, along with wider sidewalks and more parking and landscaping, by removing one of the two northbound car lanes.



Roundabouts are planned at five intersections. Leucadia already has roundabouts near the west end of Leucadia Blvd (see photo), as does Encinitas and Carlsbad. They are used to keep traffic flowing and slow motorists down as they maneuver around the circular island, which many feel improves safety for bicyclists, who can travel with the flow of traffic.

Plans call for adding 38 new parking spaces in a combination of parallel and back-in reverse-angle parking. These are diagonal parking spaces the driver backs into. When exiting the

space, the vehicle proceeds forward, angled to flow with, not against, traffic, which makes bicyclists easier to see. Studies show such designs cause fewer accidents than with traditional diagonal parking where the driver is blinded by adjacent parked vehicles. The initial problem is educating drivers, but most will find that reverse-angle parking is easier than parallel. Both require the driver to stop then back-up. With parallel parking it's harder to reach the curb and avoid hitting the car in front, than to back in at an angle.

The improvements will be made in phases over the next 10 years. City staff will look for the parts of the project that can be done first. The city has \$2.7 million set aside and anticipates adding \$500,000 per year in the next five years. More federal and state grants will be needed.

At their meeting, City Council-member Teresa Barth said, "This is a vision change for Highway 101, from auto-focused to people-focused." Barth suggested that the city do as much as possible in the first phase. The council wants initial improvements made along the entire length of the highway rather than implementing changes block by block.

The Bicycle Coalition applauds the Encinitas city council's hard work and courage to create a friendly, more walkable, more beautiful community for everyone.

For more information, visit the City's website: [www.ci.encinitas.ca.us](http://www.ci.encinitas.ca.us).

## A CALTRANS success story for bicyclists

About a dozen Bicycle Coalition board officers and members showed up on Jan. 21<sup>st</sup> at a special CALTRANS committee meeting in Old Town to gain some ground in the fight for bicyclists' rights. For the dozen bicyclists present during the 9-hour meeting, that totals 108 hours devoted to speaking out for bicycling.

The California Traffic Control Devices Committee (CTCDC) advises CALTRANS on traffic control devices, meaning traffic lights, intersection markings, signs and the like. Four bicyclists' issues were on the agenda.

On item one, the CTCDC voted to improve the guidance CALTRANS gives to contractors for accommodating bicycling through roadway work zones. The new drawings and guidance to preserve bicycle access through construction zones will be in the revised version of their Manual for Uniform Traffic Control Devices. This is a significant improvement for cyclists, since many times contractors neglect to preserve good bicycle access through work zones.

The next item, an experiment in San Luis Obispo to mark a "bike zone" at intersections, was not approved for legal reasons, although Jim Baross suggested other federally-approved measures like using sharrows and "Bikes May Use Full Lane" signs as alternatives.

The third item, and perhaps most controversial, was an attempt to water down new traffic signal standards adopted two months ago, measures that require on-demand traffic signals

to work for bicyclists and allow enough time for safe passage. In the end the CTCDC sided with the bicyclists and acknowledged that the state legislature gave direction to accommodate bicyclists even if it meant a small inconvenience to motorists.

The last item, to have a bicyclist appointed to the CTCDC, failed. Of note, the representative from the American Automobile Association made the claim that they represent all road users. We believe it's time for bicyclists to have specific representation on the CTCDC, and as Baross said, "this issue isn't dead yet."

So, now you know why it's so important to pay your membership dues and support the work of the Coalition. You can help by sharing this story with your friends, along with that member application on page 5.



## Traffic signals need to work for bikes

Bob Shanteau, a consultant with the California Association of Bicycling Organizations (CABO), wants help getting the new CALTRANS rules in place for making traffic signals work for bikes.

"What needs to happen now is for local bicycling advocates to pressure the local agencies to develop plans for implementing the new standards and guidelines," said Shanteau. So far these are only rules on paper. They need to be included in the bicycle master plans that cities

## Coalition Board

### San Diego County Bicycle Coalition's Officers

*Chair:* Brian Parent  
*Vice Chair:* Serge Issakov  
*Treasurer:* Julie Hocking  
*Secretary:* Philip Erdelsky  
*Membership Monitor:* (vacant)

### SDCBC Board Members

Carol Carr – N. County Cycle Club  
Philip Erdelsky – Rainbow Cyclists  
Julie Hamilton – SD Cyclo-Vets  
Robert Leone – Knickerbikers  
Andrew Lee – GS Adams Ave. Bike Club  
(vacant) – SD Tandem Club  
Myles Pomeroy – Sierra Club Bike Sectn  
Serge Issakov – SD Bicycle Club  
Greg Zackowski – Triathlon Club of SD  
Suzanne Behrendt – SD Wheelmen  
Paul Mitchell – Major Taylor Cyc. Cl.  
Michael Hodges – Descenders Cyc. Cl.  
Terrance Relles – La Mesa Bicy. Rac. Cl.  
Jim Baross (Spokesperson)  
Kerry Kunsman  
Bill Matella  
Judith Talner  
Tom Lettington (Webmaster)  
Stephan Vance  
Dave White

Executive Director – Kathy Keehan  
Board meetings are held on Wednesdays once a month at 7:00 PM. Dates and locations noted in Calendar Section.

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and the county must prepare in order to receive state and federal funding.

Shanteau served on the CTCDC sub-committee that developed the traffic signal standards and guidelines that are now CALTRANS policy (see the previous article).

Are you technically inclined? Or just motivated to make this happen? Shanteau has been contacting local agencies, but the job is overwhelming and he needs a helper. Contact him at 831-394-9420.

## Volunteer position open at Coalition

We have an important volunteer position open for a Membership Monitor.

This volunteer tracks the Bicycle Coalition's membership, making sure our database is up to date, and creates mailing lists for the newsletter and renewal mailings. The job usually takes less than an hour a week, although there are some times in the year when the workload is high due to club memberships coming in all at once. We're looking for someone detail-oriented with good computer skills. If you would like to volunteer, please call 858-487-6063.

The Coalition runs on volunteer power. You can help us in our mission to make bicycling better for everyone. No weekend work, and the hours are up to you, so it won't interfere with your biking either. You can feel good about your contribution and have fun too.

## Traffic tickets for cheaters



The Oceanside police are stepping up enforcement with bicyclists who break the law, like

blowing through the stops on Pacific Street, a popular route through Oceanside.

Did you know that a traffic ticket for running a stop light can cost as much as \$500?

"We support the Oceanside police; cyclists need to ride lawfully," says Kathy Keehan, Coalition Executive Director.

"Would you cheat in a race? Have you cheated in traffic?" asks Jim Baross, Coalition Spokesperson. "To the extent that rules apply to traffic as well as to sport, illegal behavior in traffic is cheating. For cycling in traffic the rules are essentially the same as the rules for driving a motor vehicle; 'Same Roads, Same Rules, Same Rights' (you can read some California Vehicle Codes at [www.sdcbc.org](http://www.sdcbc.org)). When we all set good examples others will change too. **Stop** cheating! Let's show that we accept our 'traffic race' rule responsibilities, whether bicycling or driving."

## Bike detailing workshops

*Harold Clayton*

Why separate from your bike for 2 days and spend \$85 having it professionally cleaned? Instead, learn how to detail your entire bike in 20 minutes or less without taking it apart at a "hands-on" workshop held at 10:00 AM the last Saturday and Sunday of each month in the Gaslamp District. The cost is only \$25.

Sign up at [www.bicycledetailing.com](http://www.bicycledetailing.com), and click on "Workshop."

## Blind Stokers Club needs your help

*Dave White*

Since 2007, the Blind Stokers Club (BSC) of San Diego has shared recreational cycling with those who cannot see well enough to pilot a bicycle, sharing over 20,000 member miles of tandem cycling and many life experiences and friendships along the way. Each team includes a visually impaired person (stoker), a sighted

*next page*

## Accident ?

I've been helping *San Diego* athletes since 1983!



As an experienced cyclist,\* I understand how an injury affects *your* active lifestyle.



What will I do for you?

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- Hospital-Home visits
- Deal with the Insurance Company
- Help you find the best Medical Care
- Photograph the Scene, Injuries and Property damage
- Prepare a Professional Settlement Package
- Take your case to Trial if required

\*Two time Iron Man finisher, Mountain Bike & Road Racing, & two times to the tip of Baja

See [911law.com](http://911law.com) for *FREE* information on how to *protect* your case, Results & what Past Clients have to say!

## Coalition Calendar

Our web-based Events Calendar lists not only directly-related Coalition events, but many cycling activities in the area. Go to our website and click on Events. You can send comments to [calendar@sdcbc.org](mailto:calendar@sdcbc.org). See [www.sdcbc.org](http://www.sdcbc.org) for more information, or contact [execdir@sdcbc.org](mailto:execdir@sdcbc.org), or call 858-487-6063.

**Feb. 24<sup>th</sup>—Coalition Board Meeting**, 7:00–8:30 PM, Coalition offices at 710 13<sup>th</sup> Street, Suite 220, at F St. downtown S.D. Open to everyone.

**Feb. 26<sup>th</sup>—Traffic Skills 101 class in Oceanside.** Register early to save your spot; see article on this page.

**Feb. 27<sup>th</sup>—Ride and Learn.** Meet at Cactus County Park, 10610 Ashwood St., Lakeside at 9:00 AM for a 9:15 AM start. Free instruction!

**Feb. 27<sup>th</sup>—Bike Detailing Workshop.** See article on page 3 for information and more dates.

**Mar. 9<sup>th</sup>—Traffic Skills 101 class in San Diego.** Register early to save your spot; see article on this page.

**Mar. 10<sup>th</sup>—Volunteer night downtown.** 6:30 to 8:30 PM, at the Coalition offices (see above). Envelope stuffing, free munchies,

drinks and story sharing. Please join us.

**Mar. 24<sup>th</sup>—Coalition Board meeting**, 7:00–8:30 PM, Coalition offices (see above). Open to everyone.

**Mar. 26<sup>th</sup>—Traffic Skills 101 class in Oceanside.** Register early to save your spot. Click on Events on our website to sign up.

**Mar. 28<sup>th</sup>—Ride and Learn in Coronado.** Contact us for meeting place. Meet at 9:00 AM for a 9:15 AM start. Free instruction!

**Apr. 13<sup>th</sup>—Traffic Skills 101 class in San Diego.** Register early to save your spot; see article on this page.

**Apr. 14<sup>th</sup>—Volunteer night at Standley Park**, 6:00–8:00 PM, call for directions. Newsletter folding, free munchies, drinks and story sharing. Please come help!

and experienced cyclist (captain), and a tandem bike.



To our delight, the club is experiencing modest growth from candidate stokers who want to get involved. If you or someone you know is interested in

being a cycling teammate for a new-found friend, then this call is for you. Rewards will go far beyond the sharing of training miles.

Or, if you have a high quality, underutilized road tandem in good shape and ready for up to 80 touring miles per day,

please consider loaning or donating it to the BSC.

You can learn more at <http://blindstokersclub.org>. Be sure to enter your profile in the BSC tandem partner finder utility on the homepage.

## Traffic Skills 101 classes

Graduates of this class say they had fun learning techniques they actually **use**. Riding the sidewalk is slow; instead, learning to ride with traffic will let you ride where **you** want to go. Learn from the experts! Upcoming classes are in the Calendar on this page. To sign up, use our website and click on “Events” to reach the [www.Active.com](http://www.Active.com) sign-up form.

## Jamacha Blvd construction begins in March

In a significant step forward, the County of San Diego put the Jamacha Boulevard widening project out to bid, and County staff expects construction to begin in March, with completion in March 2011. The road widening and water pipeline project is between Omega and Pointe Parkway and has a budget of approximately \$4.5 million.

We applaud the County for finally getting this project underway. For over eight years, cyclists have had to deal with fast, heavy



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traffic on northbound Jamacha Blvd, with barricades for a stalled construction project blocking the bike lane. And we thank Thomas Reynolds and William Karstens for their hard work and dedication getting this project moving forward. Mark your calendars for a bike lane celebration in March of 2011!

## Donations to the Coalition

The Bicycle Coalition would like to thank the San Diego Cyclo-Vets bicycle club for their generous \$2000 donation to further our advocacy work. This 300-member racing club offers amateur racing at the masters-age; check out their website at [www.cyclo-vets.org](http://www.cyclo-vets.org).

Also, we want to thank Mary Ann Barbot who donated a bike in memory of her father Larry Mahr. It's a 1985 custom Dave Moulton bike that VeloCult bike shop ([www.velocult.com](http://www.velocult.com)) bought from the Coalition for \$450.

Finally, we thank an anonymous donor for a generous \$1000 donation given to further

our work for the bicycling community.

Donors are our heroes! Remember all Bicycle Coalition donations are tax-deductible and earn the eternal gratitude of the board and members.

## Bike Shorts!

### Watch out for construction on Oceanside's Route 76

CALTRANS is adding more lanes to traffic-choked Route 76 from Melrose Dr. in Oceanside to So. Mission in Bonsall in a \$182 million, multi-year project. Be careful riding through the construction zones, which will continue through 2012. Wider paved shoulders are planned, although the Bicycle Coalition hopes to get CALTRANS to stripe bike lanes on the shoulders instead.

### Still more construction in North County

Bicyclists who ride the freeway shoulder between Oceanside's Harbor Drive and Las Pulgas Rd. must exit the freeway at the offramp for the Aliso Creek rest

stop, and soon will have to dodge construction crews renovating the facilities. Construction will continue through 2011. Riding the freeway shoulder is legal through here, as an alternate route when bicycle access is denied through Camp Pendleton due to military requirements.

### AAA encourages respect for bicyclists' rights

The American Automobile Association (AAA) magazine, *Westways*, is promoting sharing the road with bicyclists in their January 2010 issue. Check it out. Their recommended reading includes *Bicycling Street Smarts*, the how-to book we recently updated; see the Dec. 09-Jan. 10 *ChainGuard* for more on this great resource for safe riding practices. Thank you, AAA!

### Save the date for Bike the Bay, August 29<sup>th</sup>

Planning is underway for the 3<sup>rd</sup> annual Bike the Bay ride across the Coronado Bridge and around the San Diego bay on August 29<sup>th</sup> 2010. Watch our website for details on this premier summer cycling event!

## Membership / Donation Form

- YES! I support the work of the SDCBC. Enclosed is my check, payable to SDCBC, for:  
 \$25 individual dues, or  \$10 student or cycling club dues (ask SDCBC if you qualify), or  
 \$52 "Buck-a-Week" Hero—gets you our bumper sticker and *Street Smarts*, the guide to riding confidently  
 \$100 Velorevolutionary—gets you all of the above plus SDCBC totebag, or  decline  
 Additional donation in the amount of: \$\_\_\_\_\_ because \_\_\_\_\_

TOTAL ENCLOSED (all dues over \$5 are 501(c)3 tax-deductible): \$\_\_\_\_\_

Mail this form and your check to SDCBC, P.O. Box 34544, San Diego, CA 92163

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add my e-mail address to the SDCBC email list-server for the latest news on cycling in San Diego.

I want to save trees; send my *ChainGuard* newsletters by email notification only.

please do not share my name with other organizations.

All memberships include subscription to the *ChainGuard*. Back issues are available on-line at [www.sdcbc.org](http://www.sdcbc.org).

# Smart Cycling: What's that sound?

Jim Baross

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So, you hear a strange sound or click; ignore it or investigate? It may be your bike hinting that something is failing. Best to find out before it leads to a fall or a worn out or broken part. A strange sound deserves attention!

Do you hear a noise with each wheel revolution? Does it continue while you coast? If so, the cause is likely related to a wheel, something rubbing or a damaged rim, a loose or broken spoke, something stuck in a tire, or maybe a wheel bearing issue. It's probably time to scan, signal and safely pull over to look for the cause. Remove what's rubbing, fix the spoke, clean the tire, etc. If the source is hidden inside a wheel hub, see "Bearings" below.

If the sound repeats with each pedaling rotation and stops while

you coast, the problem is likely from your drive-train systems—pedals, crank arms, chainrings, bottom bracket bearing, or rear wheel cassette/free-wheel. Yes, it's a good idea to stop and find the source. Look for and tighten any loosening parts—pedals, chainrings, crank arms, etc., but if the source is hidden inside a bearing, see below.

Is the sound constant while you are pedaling but stops when you coast? Is it a grinding sound as the chain moves, but it's silent while you coast? That's either your teeth clenching during hard pedaling or your chain rubbing against something. Look for and remove the rubbing source—maybe switch to friction/analog shifting mode to clear a derailleur rubbing.

If you cannot see an obvious cause, the sound may be from

inside one of the major bearing systems—wheel hubs, pedal spindles, bottom bracket axle, or freewheel/cassette. These bearing sites provide a point of contact between a turning part and non-turning part. They should provide frictionless, silky smooth, quiet movement without side to side wiggling or grinding sounds—yikes! Even slight roughness or binding slows you down some and can wear out an expensive part sooner than normal. Excessively loose or wiggling bearings can fail even faster. Bearings require lubrication with grease as well as occasional adjustment, usually requiring special tools. Visit your local bike shop for bearing maintenance or to acquire the tools. Learn these and other skills at a Street Skills 201 class (blatant plug).

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