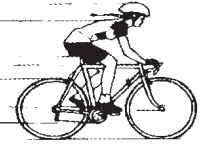

ChainGuard



Volume 19 No. 2

San Diego County Bicycle Coalition

March–April–May 2005

On guard for bicyclists throughout the San Diego region.

Bike-for-Life Program Gears Up, More Free Classes Coming

Free classes designed to make your bicycling less work and more fun are available all over San Diego County as the Coalition's Bike-for-Life Program expands.

Every month a new "Road I" *Effective Cycling* class starts (see Calendar in this issue). Check out the quotes on this page for feedback from past participants.

With Bike-to-Work Day just around the corner, now is a great time to sign up.

The Coalition won a City of San Diego contract to provide bicycle safety and effective cycling training classes free for participants. The program runs through August and offers all levels of riders an opportunity to learn from League of American Bicyclists Certified Instructors (LCI's). Find out all about the classes by contacting <bikeforlife@sdcbc.org>, or check the website at <www.sdcbc.org> for a calendar of classes for the next few months. (Hey, did we mention they're **free**?!?)

Brochures describing the program, including five tips to make you a smarter, safer cyclist, are now available at bike shops or through our website.

Here's what past "Road I" Cycling Class participants said:

"TEACHES SKILLS MOST CYCLISTS DON'T HAVE"

"GIVES CONFIDENCE AND ENCOURAGES A GREATER RANGE OF RIDING POSSIBILITIES"

Sierra Club Holds Bike-For-Life Class

By Myles Pomeroy

In March, the Sierra Club Bicycle Section invited LCI Jim Baross to teach a 15-minute class preceding a Sunday morning ride. Joining the ride, Jim continued to offer observations during the re-groups. For example, Jim noted that riders tend to keep to the right hand side of a lane when approaching an intersection, blocking or being blocked by right-turning vehicles. The correct position is to the left of the right-turning lane.

Many riders had positive comments about the class. The club plans to schedule more Bike-for-Life classes soon.

"EVERY CYCLIST SHOULD TAKE THIS COURSE"

"IF ADULTS KNOW THE RULES THEN THEY CAN TEACH THEIR KIDS"

"WOULD BE NICE TO GET AS MANY CYCLISTS AS POSSIBLE EDUCATED"

"HELPS UNLEARN BAD HABITS"

"ALTHOUGH LAST WEEK WAS WET, I HAD A LOT OF FUN!"

"I COMPLETED THE 'ROAD I' CLASS WITH KERRY KUNSMAN BACK IN JANUARY AND WOULD HIGHLY RECOMMEND THIS CLASS TO ANYONE. I THINK EVERYONE CAN LEARN A LOT FROM THIS CLASS REGARDLESS OF HOW MUCH ROAD RIDING EXPERIENCE YOU HAVE. THE MORE EDUCATED RIDERS WE HAVE OUT ON THE STREETS THE BETTER FOR ALL OF US, CYCLISTS AND MOTORISTS."

Sorrento Valley Road Closed to Bikes and Pedestrians

Bad news for bicyclists and pedestrians: Sorrento Valley Rd. north of Carmel Mountain Rd. is expected to be closed for at least six weeks.

Representatives from the Coalition have been working with the City Council offices and the construction team to find a way to accommodate bicyclists and pedestrians during construction, but it may not be possible at this time.

The construction project closing the roadway is a sewer replacement that will remove the sewer line from the lagoon and run it along the road. In this section of the road, the construction crews are digging 50 foot pits which will contain tunneling equipment. Other heavy equipment will be on site removing the dirt and water excavated from the tunnels. In the current construction zone there is not enough room to accommodate bicyclists and pedestrians without disrupting the work. The crews are authorized to work 24/7 on this portion of the project, so even weekend, morning and evening access is unlikely.

As you can tell, bicyclists and pedestrians weren't considered in the traffic control plans for this project. A major oversight by the City, which they now realize is a big problem.

Unfortunately, it may be too late and too costly to fix.



The good news is that the construction team will try to minimize the length of time the project will disrupt bike and pedestrian traffic. Originally estimated to be closed for four months, the area may have at least limited access in as soon as six weeks.

In the meantime, a detour has been signed. Please be careful on the detour: although the City says it is safe, there are some tricky areas (especially up Carmel Mountain Road and along Carmel Valley Road under SR56, where they are doing construction.) If you are in a crash on the detour, and you were riding the detour because you couldn't access Sorrento Valley Road, please let the Coalition know.

It's not an ideal situation by any means, but it is marginally better than the original abrupt closure of the road with no notice and no detour.

We expect the site will be open for Bike to Work Day—check the Coalition website <www.sdcbc.org> for more details as we get closer to the day.

SDCBC Board

San Diego County Bicycle Coalition's Officers

Chair: Brian Parent
Vice Chair: Stephan Vance
Treasurer: Kerry Kunsman
Secretary: Jim Baross

SDCBC Board Members

Suzanne Behrendt – SD Wheelmen
Carol Carr – N. County Cycle Club
Philip Erdelsky – Rainbow Cyclists
Chuck Gilbert – SD Cyclovets
Ken King – Knickerbikers
Tony Pietsch – SD Tandem Club
Myles Pomeroy – Sierra Club Bike Section
Serge Issakov – SD Bicycle Club
Greg Zackowski – Triathlon Club of SD
Jim Baross
Roman Beck
Kerry Kunsman
Andrew Lee
Bill Matella
Brian Parent
Judith Talner
Stephan Vance

Executive Director – Kathy Keehan
Board meetings are held on Wednesdays once a month at 6:30 PM. Dates and locations noted in Calendar Section.

ChainGuard editor is Carol Carr; layout by Fulton Martin

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San Diego, CA 92163
(858) 487-6063
www.sdcbc.org

Thank You, Camp Pendleton Marines!

No, this is not about the war in Iraq, it's about the re-opening of Camp Pendleton to bicyclists.

We want to thank the Marines at Camp Pendleton for once again allowing bicyclists to use the north-south route through their base in lieu of having

bicyclists ride the shoulder of the busy I-5 freeway between Oceanside and Las Pulgas Road.

The website for Camp Pendleton says:

“Limited civilian bicycle traffic has resumed through Camp Pendleton, providing access to bicyclists through the Main Gate to points north. Bicyclists seeking access must wear helmets and carry a valid driver’s license or state-issued I.D. Access will be permitted on weekdays from 9 AM to 3 PM and weekends from 7 AM to 5 PM. Cyclists must ride single file.”

It appears this went into effect February 3, 2005. Occasional daily closures can still occur without notice. A few bicyclists have been turned away since this date, for various reasons known only to the military, but most have been admitted.

Don’t forget your I.D. and *please* stay single file until you exit the base. And smile and say thank you to the sentry at the gate!

Bike Path Added to Federal Transportation Bill

The proposed federal transportation bill contains \$500,000 for the San Diego River Bike Path under Freeway 163 along the north side of the river, connecting Fashion Valley to Mission Center.

The funds were added through the efforts of the Coalition’s Executive Director Kathy Keehan, who has long watched for an opportunity like this. When Keehan heard the bill was

once again before Congress she contacted U.S. Congresswoman Susan Davis (who represents La Jolla and parts of San Diego) asking her how to get this project included. Keehan obtained and completed the application with the help of others including Stephan Vance, the Coalition’s Vice Chair, who arranged for the necessary letter of recommendation from SANDAG to accompany the application. Thanks to the hard work of Susan Davis’ staff, especially Carla Myers, the project was included in the version of the transportation bill that passed the House of Representatives on March 10th.

Keehan was excited when the project made it into the bill. “It’s a real tribute to the Coalition that our requests are being taken seriously both at the local and national level,” she said. Other items for bicyclists and pedestrians in the bill include funding for a pedestrian bridge across Ted Williams Parkway for Shoal Creek Elementary School and bike and pedestrian improvements along 3rd Avenue in Chula Vista. The bill is expected to pass once it makes its way through the federal process.

Board Elections June 29th

Got a yearning to make a difference for bicycling?

Come to our general membership meeting in June to learn more. See the Calendar section for date, time and location.

For a small commitment of just one evening a month, you can be a squeaky wheel for bicycling. Be the first to see plans for new bicycle facilities. Find out what laws affect bicyclists. Give something back to the bicycling community. Do all this by becoming a Coalition board member.

Each of our member clubs can pick a board representative and an at-large member. There are several club positions vacant,

next page



As an experienced cyclist and triathlon competitor, including two Ironman triathlons and former sponsor of the
ATTORNEY FOR ATHLETES
Triathlon and Mountain Bike Team
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ACCIDENT TIPS

- Request a Police Report
- Seek **Immediate** Medical Attention
- Document All Witnesses
- Take Photographs: (Car, Bike, Clothes, Signage & Injuries)
- Lost Wages: *Have your doctor verify your non-ability to work in the form of a temporary disability slip which acts as proof.*
- Lifestyle Change: *Document how the injury has affected life, family, and recreation and how it will do so in the future. Photos, training logs etc.*
- Insurance Adjusters: *When an insurance adjuster calls you, tell him/her to contact your lawyer. Do not give a statement or sign records releases.*

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also we are accepting additional nominations for Chair, Vice Chair, Secretary and Treasurer.

Nominations will be taken from the floor for all these positions at the June membership meeting, where members in attendance will elect the board. For questions beforehand on any of these positions, call Jim Baross at (619) 280-6908.

Volunteers Needed for EarthFair, May 1st

Sunday, May 1st is the date of the 16th annual EarthFair in Balboa Park. The Coalition needs volunteers to help with its valet bike parking service at two different locations: in front of the Museum of Man just off the Laurel Street Bridge, and near the west side of the Natural History Museum. The free bike parking service will be operated from 10 AM to 5 PM during the fair. With up to 60,000 visitors, the fair is considered the largest free annual environmental fair in the world. We need 16 volunteers to help throughout the day with bike parking and to answer questions about bicycling and the Coalition. Come (on a bike?) and spend some time parking bikes for folks who were smart enough not to drive to the EarthFair. For more information, contact Jim Baross at (619) 280-6908 or by email to <jimbaross@cox.net>. EarthFair information is available at <<http://www.earthdayweb.org/>>.

Coalition Board Member Roman Beck Studies Bicycle Collisions, Publishes Book

Coalition board member Roman Beck has been analyzing police reports on bicycle crash statistics in an attempt to understand better why, where and how such crashes happen in San Diego County. His statistics have proved valuable on many occasions for the public awareness and advocacy work done by the Coalition.

Now Mr. Beck has published a book geared specifically to law enforcement officers, risk managers, attorneys and collision reconstructionists on bicycle collision investigation. "If the investigator has the right tools, the process of investigating a bicycle collision can be simplified and the results can be more thorough," writes Mr. Beck. His book lays out a carefully constructed and meticulous method, complete with full-color illustrations and samples, to guide the investigator in determining bicycle speed and understanding forensic evidence.

"Many organizations are involved in making the roadway safer for bicycle use," writes Mr. Beck. "The collision investigator can contribute to this collective goal by improving the quality of his or her reports."

Copies of the hardcover book can be obtained from the author's website at <<http://www.beckforensics.com/>>.

Bike Shorts!

Jim Baross



Penasquitos Canyon Praised

Bicyclist Dennis A. passes along a commendation to the City of San Diego, Parks and Recreation Department. The Penasquitos Reserve rangers have been working on the trail through the southern branch of Penasquitos Canyon which connects with Lopez Canyon and Sorrento Mesa. Bicycle commuters on mountain bikes who use this trail to get to the mesa really appreciate the upgrades to the trail. The latest work is moving the trail out of the streambed and up on the side of the hill. This should allow for more winter biking and less damage to the riparian area. Thank you Rangers!

Coalition Represented at Washington DC Bike Summit

Board member Stephan Vance traveled to the League of American Bicyclists 5th National Bike Summit, March 16–18 in Washington, D.C. as a representative for both SDCBC and the California Bicycle Coalition. The event was a resounding success with more than 325 registrants from 47 states. Together, they visited the offices of 310 U.S. Representatives and 90 U.S. Senators on Capitol Hill day,

March 17, informing our legislators about bicycling. Thanks, Stephan!

Mission Trails Repair Progress Report

We've heard nearly all the fire and flood damage at Mission Trails Regional Park has been repaired, and all mountain biking trails are open. Also, the new East Fortuna Staging Area has been opened. Enjoy it while it's new. The drinking fountains work well and the porta-potty doesn't stink yet. It's at the west end of Mast Blvd., just west of the interchange with Hwy. 52. Notice that bicycles are permitted on Hwy. 52 between Santo Road and Mast Blvd. You could park at Mast Blvd., make your way over the Fortuna Mountains to Tierrasanta, and then return on Hwy 52.

San Luis Rey River Bike Path adds Spur

In case you haven't ridden the SLR bike path lately, the new "spur" is finished (it formerly was a rock-strewn path that branched from near the western end of the SLR bicycle path and

SDCBC Calendar

Wednesday, April 27th – SDCBC Board Meeting. 7:00–8:30 PM, Standley Recreation Center, 3585 Governor Drive, San Diego. Open to everyone.

Sunday, May 1st – EarthFair. See article on page 4 for more.

Wednesday, May 11th – Volunteer night. 6:30–8:30 PM, Location TBD. Envelope stuffing, pizza eating and story sharing. Please join us!

May 7th, 14th, 21st – Bike for Life "Road I" Class, 9:00 AM –noon. Contact Kathy Keehan <execdir@sdcbc.org>.

Friday, May 20th – Bike to Work Day! Get on your bike and ride! See article on page 6 for more.

Saturday, May 21st – 2nd Annual "Ride the River" with the San Diego River Coalition. Meet at Mission Bay Visitor's Center at 8:00 AM to ride the San Diego River and see the sights.

Wednesday, May 25th – SDCBC Board Meeting. 7:00–8:30 PM, Standley Recreation Center, 3585 Governor Drive, San Diego. Open to everyone.

June 3rd–5th – League Cycling Instructor seminar. Learn to be a League of American Bicyclists certified cycling instructor. Must pass "Road I" course first, so plan ahead. Contact Jim Baross <jimbaross@cox.net>.

Wednesday, June 15th – Volunteer night. 6:30–8:30 PM, Location TBD. Newsletter folding, pizza eating and story sharing. Everyone welcome!

Wednesday, June 29th – SDCBC General Membership Meeting and Board elections. 7:00–8:30 PM, Standley Recreation Center, 3585 Governor Drive, San Diego. All Coalition members are encouraged to attend.

angled under the train trestle to Pacific Street). We expect that stop signs will be installed at the point where the new "spur" exits on Pacific St. just beyond the northbound left turn—where Pacific parallels the SLR River. "Cool" said Kathy Keehan, Coalition Executive Director, "now you can get across the tracks to the west side. Hooray!" We are wondering, though, if that means they will be closing down the section on the east



side of the tracks that North County Transit District has signed as a "temporary" path. If so, people will have to ride under the tracks, then south to Surfriider Way to cross back to the east.

Renew!

Regular individual annual membership is only \$25.00 to help support SDCBC and to bring you the *ChainGuard* for a year. Or join for "A Buck A Week" (\$52 per year) and receive a SDCBC bumper sticker and a copy of "Street Smarts". Join for \$100 a year and get a special SDCBC T-shirt to show your "Velorevolutionary" spirit!

Other levels of membership, tax-deductible donations, and bicycle club member discounted memberships are available. Call (858) 487-6063, email to <execdir@sdcbc.org>, or visit our web site at <www.sdcbc.org> for more information and registration.

Or just send your (large) check and this registration form to: SDCBC, P.O. Box 34544, San Diego CA 92163

Membership Registration Form

Name _____

Address _____

City, State, Zip _____

Phone () _____ Email _____

[] add my e-mail address to the SDCBC email list-server.

[] please do not share my name with other organizations.

Membership Level/Donation \$ _____

California Bike Commute Week is Coming May 16th–20th

San Diego Regional Bike-to-Work Day 2005 is Friday, May 20th, but you can start your new bike commute habit any day that week as part of the California bike commute celebration, May 16th–20th.

Win some great prizes just for registering!

Two round trip tickets on Southwest Airlines, a touring bike from REI, and lots more.

How about a free breakfast? Employers and volunteers will have plenty of freebies at their Pit Stops all over the San Diego region during the morning commute on Bike to Work Day, May 20th. Everyone who visits a Pit

Stop will receive a coupon for a “**Big Eats**” deli-style made-fresh-daily sandwich from 7-Eleven. For a list of Pit Stops and a registration form visit any San Diego County Credit Union branch, or go on line to <www.Ridelink.org>.

We need volunteers!

The Coalition will sponsor its own Pit Stop at the Old Town Transit Center at Taylor Street and Pacific Highway. Call the Coalition if you can help at the Transit Center stop on May 20th: (858) 487-6063.

Nervous about riding in traffic?

Sign up for one of the Coalition’s Bike-for-Life Program classes. See elsewhere in this newsletter for more details.



*Has your SDCBC membership expired?
Check your address label!*

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