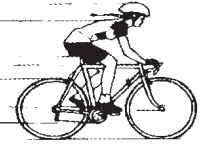

ChainGuard



Volume 18 No. 6

San Diego County Bicycle Coalition

November–December 2004

On guard for bicyclists throughout the San Diego region.

Coalition Wins Bicycle Safety Education Contract

The Coalition has won a \$30,000 contract with the City of San Diego to provide bicycle safety training to adults and seniors. The funds were provided through a SANDAG grant.

Set to run though April 2005, the program will greatly expand the availability of quality bicycling training in the San Diego area. The Coalition has instructors trained and certified by the League of American Bicyclists and plans to offer a variety of programs to meet the needs of most any group.

The classes will include both classroom time and riding, and will be offered through community recreation centers, senior centers, bike shops and employer-sponsored seminars. Offering options include video and Powerpoint presentations, hands-on workshops, and on-road guided trainings.



Contact the Coalition for information about getting your group, business, bike shop or club involved. For this as well as information on participating in the program check the Coalition's website, <www.sdcbc.org>, or call (858) 487-6063.

Proposition A Transnet Funds Extended

Proposition A on the November 2 ballot, the extension of the Transnet Tax, was passed by the voters. As of press time, the unofficial results show it received the required $\frac{2}{3}$ majority. The measure extends the existing $\frac{1}{2}\%$ sales tax for another 40 years, generating billions of dollars for transportation projects in San Diego County.

Among the wide variety of projects funded by Transnet,

there is a 2% portion for bicycling, pedestrian, and neighborhood safety programs, and another 2% portion for smart growth incentive programs that could also improve conditions for bicyclists, totaling 4%. Assuming San Diego County meets its tax revenue estimates for the next 40 years, 4% means an average of \$14 million per year in grants available to county agencies for design and construction of bicycle-friendly

facilities, such as new bike trails, bike lanes, bike parking, pedestrian improvements, neighborhood traffic calming improvements, bicycle safety and encouragement programs and other projects that promote cycling as a transportation option.

The 4% is a much-needed change for bicyclists. The current Transnet tax provides only \$1 million per year ear-

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marked for bicycle projects only. That amount represents a 0.5% of Transnet revenues.

Local agencies have developed more than 50 bicycle projects in the region in past years using funds generated since Transnet was first passed in 1987. Projects have included bike paths on the Bayshore Bikeway, Escondido Creek, San Luis Rey River, and Mission Bay, as well as bike lane projects, bike parking facilities, and bus bike racks.

Portion of Coastal Rail Trail Opens

About 50 people attended a ribbon cutting ceremony on November 17 marking the opening of the first completed link of the Coastal Rail Trail, a planned bike and pedestrian path from Oceanside to San Diego.

The just-completed 1.7 mile section through Solana Beach, adjacent to Pacific Coast Highway between Via de la Valle and Lomas Santa Fe, has been under construction since last December. Construction of the \$2.8 million trail section was funded entirely by county, state and



federal grants. The Coastal Rail Trail has been in the works for some 18 years, funded by the Transnet 1/2 cent sales tax.

The Coalition applauds the beautiful design elements and hopes the path becomes a showcase for Solana Beach. The path's colored concrete surface is bordered by a cushiony decomposed granite to entice runners and walkers away from cyclists, helped by directional signs. The path has pedestrian-scale lighting for night use.



Some work remains to be done, including landscaping. The path is interrupted by construction in two spots where pedestrian bridges over the adjacent train tracks are planned.

Striped bike lanes are still available on the east side of Pacific Coast Highway for northbound riders who don't want to use the path.

Books Make Great Gifts

Have you bought your Christmas gifts yet? Want to improve your riding? Do you know someone just getting into bicycling?

Here are three recently published books, covering both basic skills and more advanced skills for urban riders. Jim Baross,

SDCBC Board

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 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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Coalition Spokesperson and LCI Trainer, was invited to review these books for the League of American Bicyclists' magazine. Below we've recapped Jim's take on each book.

The League Guide to Safe and Enjoyable Cycling is a basic guide for inexperienced riders, published by the League of American Bicyclists. Contact <www.bikeleague.org> or call (202) 822-1333.

This is an upbeat and text-packed 128 pages that does a fine job of introducing the basics of bicycling and providing guidance toward feeling safe and confident so that the reader can experience—and increase—the joy of cycling. The content comes directly from the Leagues' **Bike Ed** program, which is based on bicycling principles developed in the book *Effective Cycling* by John Forester.

While the value of participating in a League Bike Ed course cannot be replaced, this book can start the beginner right. Topics covered include: choosing the ideal bike, road riding rules, bike handling skills and maneuvers, route selection, commuting and utility riding, riding for recreation, fitness and competition, equipment and gear, and maintenance and mechanics.

The newly revised *Urban Bikers' Tricks & Tips*, low-tech & no-tech ways to find, ride, & keep a bicycle, by Mr. Bike, Dave Glowacz, (contact <www.mrbike.com>), gives us a wide range of easily accessible material that will broaden bicycling knowledge and skill for just about anyone. The book is packed with information: tire types and how to avoid flats, things to consider when choosing chain and other lubricants, fixing your hair after a bike commute, riding in snow, riding in tough neighborhoods, where to buy folding bikes and bikes especially for women, and eight pages on securing your bike—including types of locks and how to use them, how to I.D. your bike pre-theft, and how to discourage theft.

The Art of Urban Cycling, by Robert Hurst, just out from Falcon Publishing, provides quite another level of understanding for bicycling in urban traffic. He gives us in-depth discussions about several subjects—from the chapter titled "Frankenstein's Monster" (his perspective of the history of bicycling in America in relation to the growth of automobile

use) through "In Defense of Gutters," to the epilogue "Of Bicycles and Cities" where he states, "... if cycling makes cyclists happier, it's not because cycling is easy." The author criticizes what he calls the "old-fashioned vehicular cycling" approach to bicycling that relies on legal traffic behavior. This book goes beyond the basics and the tips to explore in more depth the issues and situations that explain why good bicycling is an art more than a science.

Finally, try John Forester's highly acclaimed *Effective Cycling*, available at your local public library.

Bike Shorts!

Jim Baross



Imperial Beach Bayshore Bikeway Spur

The goal to provide a more direct path connection, a Rainbow Spur, from the Bay Shore Bikeway on the east side of Highway 75 to the beach front area of Imperial Beach west of Highway 75, got a setback when the cost of construction came in at about two million dollars—lots more than available funding! Imperial Beach officials are looking for a cheaper routing.

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Have you been *INJURED* in an accident? I can help. I've been representing athletes since 1983!

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RICHARD DUQUETTE**

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As an experienced cyclist and triathlon competitor, including two Ironman triathlons and former sponsor of the **ATTORNEY FOR ATHLETES Triathlon and Mountain Bike Team**, Mr. Duquette understands how an injury affects *your* active lifestyle.



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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Critical Masser Injured

At October's Critical Mass ride in San Diego a bicyclist was injured. An impatient motorist in a black SUV seems to have decided he could encourage bicyclists to share the road by driving very close. A young lady was knocked to the ground when the driver hit her bicycle. She suffered an injured knee, but did not require hospitalization. The driver then drove off over the median, making a high speed U-turn. In his escape he apparently damaged another bicyclist's front wheel. Several bicyclists tried to pursue the motorist and reported that the driver drove on the wrong side of the road, hopped medians, ran through trolley stops, stop signs and red lights. The driver later turned himself in to the police.

A Bike Co-op for San Diego?

There is rumor that the Performance Bike Shop on Adams Avenue will be closing. Hopes on the street are that someone will open another shop there, and provide space for the development of a long hoped for Bicycle Co-op—a place for shared work space and tools, a place for kids to learn to recondition and maintain, and even earn a bicycle, a place for classes for adults about bicycle maintenance, riding, etc. Bicycle co-ops are functioning in Berkeley, New York and other cities. Here's hoping that the space becomes available and that funding for a community bike co-op can be found.

Scripps Poway Parkway resurfacing

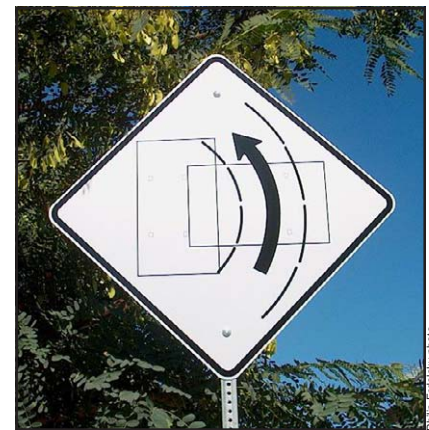
Seal coating is in process on Scripps Poway Parkway. There hasn't been a lot of progress, except in the lower sections. This has made the road lots rougher, but more importantly, the bike lane lines were covered. Despite there being adequate width for three lanes, vehicle drivers seem to be drifting all over the road (there is no center line marking between the east-bound lanes either). Vehicles were all over the right lane, including driving right down the shoulder. Bicyclists say that they are experiencing problems when motorists drift. We hope the lane-lines are repainted quickly, but until then, use extra caution on this road.

El Capitan Bike Path Finished

Without much fanfare, the new El Capital Bike Path in Lakeside has opened. This paved path begins on the north side of Mapleview Street, just west of Highway 67 (Thomas 1232 A3). The path runs north along the west side of Highway 67 and passes under the highway along the south bank of the San Diego River. The path ends on the west side of Ashwood Street just south of the entrance to Cactus County Park. Bicyclists can also enter or leave the path through Cactus County Park. The east end of the path is next to a park restroom.

New Bike Lanes on Harbor Drive

The City of San Diego has installed some bike lanes on Harbor Drive north of the airport, and removed on-street parking in order to make room. While the lanes are scheduled for sweeping once a month, it is likely they will fill with debris from all the airport traffic. If you want to alert the city of debris in a bike lane, call them at 619-527-7500.



Coastal Rail Trail Sign Causes Confusion

While signage on the new Coastal Rail Trail section in Solana Beach seems to be both helpful and plentiful, one sign is baffling. The sign has a line and arrow pointing around two dotted-line rectangles. On inquiry, we got the following explanation from the Solana Beach Engineering Department: "The message on the sign should indicate 'Don't go through the bus shelter, go around it.'" (Bus shelter is the overhang on the trail across from the train station.)

Tijuana River Valley Park Plan Comments Sought

At a community meeting October 25, county officials presented their preliminary "Trails and Habitat Enhancement Project" for a new 1800-acre regional park in the South Bay northeast of Borderfield State Park, but many of the 80+ citizens in attendance criticized the plans.

Most of the 71 miles of dirt paths that crisscross the valley would be eliminated, paths that are enjoyed by both mountain bikers and equestrians. Replacing them would be a 14.7 mile multi-use trail to be shared by equestrians, hikers, bird watchers and bicyclists. Several who spoke up believe that horses and bicycles are incompatible on the same path.

SDCBC Calendar

Tuesday, December 14th – SDCBC Holiday Party See article on this page for details.

Wednesday, January 12th – Volunteer night. 6:30–8:30 PM, Location TBD. Envelope stuffing, pizza eating and story sharing. Please join us!

Wednesday, January 26th – SDCBC Board Meeting. 6:30–8:30 PM, Standley Recreation Center, 3585 Governor Drive,

San Diego. All Coalition members are encouraged to attend.

Thursday, February 10th – Volunteer night. 6:30–8:30 PM, Location TBD. Newsletter folding, pizza eating and story sharing. Everyone welcome!

Wednesday, February 23rd – SDCBC Board Meeting. 6:30–8:30 PM, Standley Recreation Center, 3585 Governor Drive, San Diego. Open to everyone.

County Supervisor Greg Cox, the meeting chair, asked for remarks in writing. The proposal and maps are on the county website at www.sdcounty.ca.gov/parks/news.html, or view them at county libraries. Send written comments to Maeve Hanley, SD County Parks and Recreation, 5201 Ruffin Rd., Suite P, San Diego 92123.

Coalition Holiday Party

Have some fun with fellow bicyclists and learn more about what the Coalition does by attending the board's annual holiday party on Tuesday, December 14 at 6:30 PM. Bring your favorite dish or beverage for a potluck dinner. We'll be in the Community Room at Friar's Village Condos at Caminito Copete & Via Las Cumbres (Thomas Guide 1268 H2). For more information call Judy at (858) 456-1155.

Spare change?

Has your membership expired? Check your address form on this newsletter. If your membership has expired, or is set to expire soon, why not take a moment to 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, e-mail 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 \$ _____

Road Safety Q and A

Your Bike Buddy

answers your questions:

CB asks: Recently I have heard about a number of serious bicycling accidents in our county. My parents are very concerned about my safety whenever I ride. What can I do to calm their fears and protect myself?

A: To a rookie bicyclist, a crowded street can look intimidating. Fear of cars is for many the primary reason not to ride a bike, but cars aren't the biggest danger to cyclists. In a recent study, almost half of urban bike crashes were solo—a fall, thanks perhaps to a street impediment like a pothole or a curb. So new bicyclists can avoid many crashes by improving their skills, such as crossing train tracks at a 90-

degree angle or avoiding hazards like puddles or wet sewer covers.

Don't try unsafe maneuvers like riding wrong-way on a one-way street, or running red lights or stop signs.

You can also anticipate the dangerous ways a driver will screw up. Most often, a left-turning motorist will fail to yield to an oncoming bike. Other dangerous moves include cutting off a bike on a right turn and opening a car door into a passing bicyclist. Always pay attention to your surroundings and you can learn to anticipate and deter these motorist mistakes.

Don't be afraid of traffic, become part of it! The position you take on the roadway is your strongest signal to motorists about your intentions. You have

the right under California law to be as far as necessary from dangers, including curbs, broken pavement, parked cars, and other bikes. If you can reach out and touch a parked car, you are too close; stay 3–4 feet way.

And remember, a bike lane does not guarantee your safety. Learn to take your rightful place on the road, so you can look at and interact with other traffic.

Defensive driving applies to bikers too; make eye contact with drivers, be visible and act predictably. When you develop safe riding habits, your biking will be more enjoyable too.

In the next *ChainGuard* issue we'll be announcing upcoming bicycle safety education classes for all ages of riders, to be offered by trained Coalition instructors.

*Has your SDCBC membership expired?
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