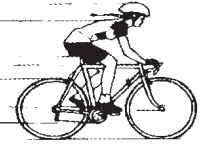


ChainGuard



Volume 21 No. 3

June–July 2007

San Diego County Bicycle Coalition

On guard for bicyclists throughout the San Diego region.

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>. Tired of paper? Switch your newsletters to email only by contacting us at <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.

Email Listserver

We communicate cycling issues of general interest on an Email Listserver. Subscribe by visiting <www.bikesandiego.org/mailman/listinfo/sdcbc>. You will get postings by email, and can post your own messages to all subscribers.

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>.

Free County Bike Map

Order a free copy of the San Diego County Bike Map at our website, www.sdcbc.org, or call 1-800-COMMUTE.

Change of Address

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

Bike to Work Day a huge success

Bike to Work Day in May was our best ever, with over 5,000 San Diego County participants.

This year the festivities extended beyond Bike to Work Day to include a pit-stop volunteer party at Karl Strauss on Wednesday and seminars at local employers in the weeks before May 18. And did you catch those freeway signs all over the county the weekend of May 12-13 announcing "Bike to Work Day is Friday, May 18?" We can thank Bob James, Bicycle/Ped Coordinator for Caltrans District 11, for that publicity.

The pit stops were busier than ever, handing out free food, drinks, freebies and raffle tickets for prizes from the Coalition as well as our Bike-to-Work Day sponsors. At the Caltrans pit stop on Taylor Street, three television networks lined up, taking turns interviewing participants and volunteers, doing public service announcements about safety, and adding to the festive atmosphere. TV news coverage was broadcast all day.

In Sacramento, the California State Assembly and the Governor recognized California Bike Commute Month with resolutions and speeches. In his proclamation, Governor Schwarzenegger told California to "consider using a bicycle to commute to work when you can." Pictured here is KC Butler, Executive Director of the California Bike Coalition and former chair of our local Bicycle Coalition, with Assemblymember Loni Hancock,



after receiving the Assembly Resolution.

Reports from the street are that regular bike commuters saw a marked increase in fellow commuters on Bike to Work Day, with maybe three times the number of regular bicyclists out on that Friday. That's great news, and a sign that Bike to Work Day is doing what it's supposed to—getting more people to try bike commuting.

Now the idea is to keep it going all year long! If you have friends who tried bike commuting on Bike to Work Day, now's a good time to encourage them to do it again. If they (or you) need help with finding a good route, or learning more about the ins-and-outs of bike commuting, give the Coalition a call. We're here to help!

How to keep on biking to work

Here are some suggestions and resources to help you keep on biking to work:

See articles below for help with obtaining bike lockers and the new Ridelink bike map.

Sign up for the Guaranteed Ride Home program, also at Ridelink. Call 1-800-COMMUTE.

Make sure your bike is in good working order—take it to your local bike shop for a tune-up.

Learn to fix a flat **before** you need to know—<http://www.jimlangley.net/wrench/flattiretwo.htm> has pictures and video on how to do it. Practice at home.

Ask your employer about bike parking. If you need better bike parking, get a group of bicyclists together to talk to your building/facilities manager.

Check out www.bicycle2work.com for suggestions for bike commuters and for employers to encourage bicycle commuting.

The Coalition's website has lots of resources, including a link to view the on-line version of the bike map or order a paper copy. Go to <http://www.sdcbc.org/links.html>. Also see the "Road Hazards" link for a list of streets to avoid due to construction activity. There's a free rest stop in Sorrento Valley; call 858-858-SPIN.

Worried about traffic? Sign up for our Road I class to give you the skills you need to be a part of the traffic solution. You will learn the techniques of riding on city streets in a proper, safe manner, without being "scared to death."

And the #1 rule? Never ride without a helmet.



SANDAG pedals free San Diego Region Bike Map

SANDAG's revised bike maps are now available to all. The free 2007 San Diego Region Bike Map covers the county with more than 1000 miles of bicycle travel options including bike routes, paths, and lanes; areas with freeway shoulder access, terrain shading and more. It also shows bike locker and bike shop locations, bicycle safety information, security ideas, and tips for taking a bike on buses, the trolley and the Coaster train.

On May 14th, as part of Bike-to-Work Week, SANDAG unveiled the new map at Adams Avenue Bicycles in a brief ceremony covered by four local TV channels. Jim Baross, Ken King, Skip Davis, Philip Erdelsky and Bill Matella joined in the event representing the Coalition.

Order your copy today from the Coalition's website at www.sdcbc.org.

Bike lockers available

SANDAG reports that there are bike lockers available at some locations in San Diego.

The lockers are located near bus and other public transit connections. They are free to users but

SDCBC Board

San Diego County Bicycle Coalition's Officers

Chair: Brian Parent
Vice Chair: Serge Issakov
Treasurer: Kerry Kunsman
Secretary: Philip Erdelsky

Membership Chair: Tony Pietsch

SDCBC Board Members

Carol Carr – N. County Cycle Club
Philip Erdelsky – Rainbow Cyclists
Mike Satterlee – SD Cyclo-Vets
Ken King – Knickerbikers
Andrew Lee – GS Adams Ave. Bike Club
Tony Pietsch – SD Tandem Club
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Mike Berry – SD Century Riders
(Vacant) – SD Wheelmen
Jim Baross
Roman Beck
Julie Hocking
Kerry Kunsman
Tom Lettington
Bill Matella
Brian Parent
Judith Talner
Stephan Vance

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

ChainGuard editor is Carol Carr; layout by Fulton Martin

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require an agreement with RideLink and a \$25, fully refundable security deposit.

The lockers are popular and at many locations all have been rented. A recent inquiry showed some available at Encanto and

Pacific Fleet Trolley Stations, and at some Park and Ride locations such as the corner of Provincial Place and Rancho Carmel Drive. To watch for an available locker elsewhere, check SANDAG's website at www.RideLink.org.

The arrangement works for bike commuters but not for those who want secure bike parking on a one-time basis.

To learn more, call 511 and ask for "Ridesharing" or "RideLink" when prompted.

Pedal to the Park scores achievements

Coalition named Stage 2 Benefit Partner

Dave White

Participants, volunteers, and staff had a good time while scoring success with the inaugural Pedal to the Park (PTP) April 29th. Many were impressed with unique aspects of the event—such as the pleasure of helping someone ride a bike, route surprises, and the relaxed camaraderie at the ballpark. These are expressed in photos and stories that can be sampled from the recently launched PTP homepage at www.pedaltothepark.com. Better yet, register for the bigger and better Stage 2, Sunday September 16th, and see for yourself.



Stage 1 achievements were both material and symbolic. Excess proceeds were used to purchase and gift a Bike Friday tandem to the Therapeutic Recreation Services (TRS) program for cyclists with disabilities. SDCBC design and staff support were featured in a secure and spacious cyclist-friendly Bike Parking Pavilion at Petco Park.

PTP Stage 2 has set a goal of doubling participation to 300. It has also added the Coalition as a second benefit partner, to share excess proceeds for making bicycling better in San Diego. Contact Dave White at p2park@san.rr.com for more information or to discuss key volunteer positions now available.

Coalition to open office downtown

The Bicycle Coalition is set to open an office, to be shared with the non-profit group WalkSanDiego, in downtown San Diego at the East Village Art Center Building at the southwest corner of 14th St. and G St.

The downtown location will facilitate more frequent contact with government officials and staff on issues of importance to bicyclists.

"It's a big step for the Coalition, but one that we're ready to take," says Kathy Keehan, Executive Director.

"Having an office downtown will make it that much easier to do all the work needed to make bicycling better in San Diego county, and I can hardly wait to get in and start working with WalkSanDiego!"

The Coalition wishes to thank Adobe Systems, of 10590 W Ocean Air Dr, for donating desks, bookshelves, filing cabinets and other furniture for the offices and meeting spaces. Your generosity is really appreciated!

Torrey Pines Road cycling route improved

Serge Issakov

The least steep route to the north out of La Jolla was greatly improved in May. Torrey Pines Road between UCSD (at the intersection with La Jolla Village Drive) down to Ardath Lane (by the fire station near "the throat"

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Accident ?

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intersection) has been completely repaved. The new smooth pavement is a great improvement over the old. In addition, Coalition Vice Chair Serge Issakov used the opportunity to request that the new bike lanes be brought up to California MUTCD standards. With assistance from Jim Baross and Kathy Keehan, the emails and phone calls appear to have worked, as the new bike lanes are much wider than the old ones, and the traffic lanes are correspondingly narrower.

If you've been avoiding this route due to the pavement and narrow bike lane issues, you might want to give it another try.

Board Elections June 27th

For a small commitment of 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.

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

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

The Coalition runs on volunteer power. There are many tasks, ranging from a few minutes every month to one-time special projects that need volunteers in addition to the board positions. Email the executive director for details.

San Diegans speak up for bicycling in Sacramento

Stephan Vance

Over 40 bicycle advocates from around the state gathered in Sacramento on May 1st and 2nd for the third annual California Bicycle Coalition (CBC) Pedal Power lobby days. The event included training, a reception and bike expo, and a full day of walking the halls of the Capitol talking to legislators about bicycling. At the top of the CBC's agenda was the Complete Streets Act of 2007, a landmark bill that will ensure that cities and counties meet the needs of bicyclists and pedestrians when they update their transportation plans.



The local Bicycle Coalition and the San Diego region were well represented by our Executive Director Kathy Keehan, CBC Board President Stephan Vance, and CBC Executive Director K.C. Butler of Poway, and included industry reps Elektra bicycles of Vista and El Camino Bicycles of Encinitas.

The session was kicked off by a visit from Republican Assembly Member Cameron Smythe from Santa Clarita. To promote bicycling as an important component of a healthy community he introduced AB 534, to increase the Bicycle Transportation Account, the only state funding source dedicated to bicycling, from \$5 million per year to \$12 million.

For more information on the bills supported by the CBC in this year's legislative session, visit their Web site at www.calbike.org/legislation.htm. While you are there, stop by the membership page and pledge your support for making California a better place for bicycling.



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Reverse angled parking helps bicyclists in Solana Beach

Solana Beach is testing reverse angled parking spaces on South Sierra Avenue west of PCH and behind Longs Drugs, thanks to the suggestion of Kathy Keehan, Coalition Executive Director.

Drivers need to pull past the space and then curve back into it to park, in a back-in/head-out angle as opposed to the more familiar nose-in/back-out angled parking. This helps drivers see oncoming traffic, including passing bicyclists, as they leave. Angled parking also causes traffic to slow down because it narrows the roadway, another benefit for bicyclists. While it will take some time and practice, it's better for drivers than parallel parking because there is only one turning

SDCBC Calendar	
<p>Wednesday, June 27th – SDCBC Board Meeting. 7:00–8:30 pm, Standley Recreation Center, 3585 Governor Drive, San Diego. Open to everyone.</p> <p>Wednesday, July 11th – Volunteer night. 6:30–8:30 pm, location TBD. Envelope stuffing, free munchies and drinks, and story sharing. Please join us!</p>	<p>Wednesday, July 25th – SDCBC Board Meeting. 7:00–8:30 pm, location TBD. Open to everyone.</p> <p>Wednesday, August 8th – Volunteer night. 6:30–8:30 pm, location TBD. Newsletter folding, free munchies and drinks, and story sharing. Everyone welcome!</p>

movement required, not two.

The parking trial was approved to investigate if this type of parking would be appropriate on PCH in portions of Solana Beach and Encinitas.

Lake Miramar dam gate to open

Thanks to the efforts of District 5's City Councilmember Brian Maienschein, bicyclists and walkers can once again enjoy the full 5-mile loop around Lake Miramar in Scripps Ranch. July 1 is the scheduled opening of the gate formerly blocking access to the dam. Maienschein has worked on re-opening the gate since its closure after 9/11/01. You can thank him by email at bmaienschein@sandiego.gov or call 619-236-6655.

Discounts on books for bicyclists

As part of Bike-to-Work Week, local book publisher Sunbelt Publications is offering 20% off books and maps at <http://www.sunbeltbooks.com/>. Use discount code BTW5187, good through 9/30/07. They specialize in outdoor recreation guides for California residents.

Earth Fair bike parking sets record

Each year the Bicycle Coalition offers secure bike parking for visitors to the Earth Fair in April at Balboa Park. This year we parked a record 573 bikes, thanks to the efforts of volunteers Kathy, Jim, Nina, David, Dot, Philip, Dave, Megan, Stephan, Brian, and Don (did we miss anyone?).

Membership Registration Form

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 you'll also get our SDCBC bike sox—please specify size—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

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Road Safety: Making Safe Descents, Part 2

Roman Beck

In the last issue, we discussed ways to control your downhill speed. Now let's cover why you want to do that.

Riding fast downhill is truly exhilarating, especially when cyclists have the roadway all to themselves. Speeds greater than 30 miles per hour are easily attainable on downgrades steeper than 5%. But here's why high speed descents, especially when approaching intersections or heavy traffic, can be dangerous.

During commuting hours, and other times as well, long lines of vehicles may be stopped at signalized intersections. Because gaps in these lines may allow cross traffic to make left turns into driveways and side streets, cyclists need to be aware of the dangers from cross traffic.

These dangers include inadequate line of sight and stopping distance.



Because of high-profile vehicles (e.g., box trucks and SUVs) and the visual focus of motorists, cyclists may not be visible until they are less than 80 feet from impact. Sometimes the motorist never sees the cyclist before impact. Unfortunately, pedestrians and cyclists tend to overestimate their visibility to motorists. "I could see him. He should have seen me" is a common statement given to police.

A cyclist descending at 30 miles per hour would need at least 120 feet to stop completely. The actual distance depends on the braking capabilities of the bicycle, the skill of the rider in using the front brake, and the amount of time the cyclist needs to perceive and respond to the hazard. The cyclist may have limited options for collision avoidance. The stopped cars and raised curbs may restrict the cyclist's ability to swerve away from danger.

Cyclists finding themselves with inadequate line of sight and stopping distance should lower their speed to approximately 10 miles per hour and keep their hands on the brake levers. In this situation the cyclist would need less than 26 feet to stop completely. For flat and uphill riding situations, less stopping distance is needed. Although this recommendation does not guarantee that you will avoid a collision, it should reduce the likelihood and severity of injury.

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

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