

## From the President Celebrate Bike Month by Encouraging Someone to Ride

*By Lea Brooks*

SABA members use their bicycles for transportation for a number of reasons, including:

- Helping the environment by reducing air pollution and traffic congestion
- Saving money by not paying for gasoline or a parking spot
- Exercise
- Stress relief
- Saving time by exercising and commuting at the same time. Why drive to a gym and pay a fee to ride an exercise bicycle when you can pedal the real thing for free and actually go somewhere?
- Enjoyment

Those of us who bicycle to work and other destinations understand the many benefits of pedal power. As Sacramento prepares to celebrate National Bike Month in May with Bike to Work Day on May 20, we need to examine why more people don't choose bikes for transportation and determine how to increase our numbers.

While bicycle commuting is clearly not an option for everyone, SABA is optimistic that we can encourage more individuals to leave their cars at home, especially for trips of five miles or less. We would be ecstatic to increase in Sacramento County the current approximate 3 percent of trips by bicycle,

*President, page 3*

## 7<sup>th</sup> Street Extension Opens

*By Walt Seifert*

The 7<sup>th</sup> Street Extension opened March 24. The project connects (in a bit of a convoluted way) downtown Sacramento to the Richards Boulevard area, which has long been cut off. There is now a new two-lane road, complete with sidewalks and bike lanes, extending from F Street under the Union Pacific mainline tracks to North B Street. The bike lanes continue north on 7<sup>th</sup> to Richards Boulevard. Part of the project even includes



*Photo courtesy of the city of Sacramento*

planting strips and saplings, pregnant with the promise of future shade.

The project offers a number of significant pluses for cyclists. There aren't many streets in the core downtown area with bike lanes. (Is 13<sup>th</sup> Street the only other one?)

Bike access is vastly improved. Getting to Richards from downtown used to be very difficult — dangerous and indirect. Choices

*7<sup>th</sup> Street, page 4*

## Kick-off Luncheon Big Success

*By Walt Seifert*

Sixty enthusiastic Team Leaders showed up for the Commuter Bike Challenge Kick-off Luncheon at the Sacramento Library Galleria on March 24 to learn how to encourage participation in California Bike Commute Week May 17-21.

Dave Jones, Sacramento City Council member and state Assemblyman-elect, offered words of encouragement to the assembled group — and he promised to bike himself on Bike to Work Day in Sacramento on May 20.

Bike expert and SABA volunteer coordinator Larry Robinson gave Team Leaders tips on countering a dozen common objections that non-bike commuters bring up when considering biking to work. (A list of objections and responses is on the SABA web site, [sacbike.org](http://sacbike.org).)

American Diabetes Association volunteer Dr. Francisco Prieto discussed the strong link between lack of physical activity and diabetes, and the fact that communities designed for biking and walking are especially good for kids and the elderly as well.

Jim Staley (Team Sweaty Hornet), Kathy Coulter (Clean Air Peddlers), Ben Singh (Cyclophiles) and Dennis King (Pedaling Toward Supreme Domination) taunted, mocked and challenged other Team Leaders in funny and thoughtful ways.

Successful Team Leaders from last year, Yvette DiCarlo and Chris Marxen, shared their secrets on recruiting people to ride and be-

*Bike Challenge, page 4*

## SABA Mission

*SABA represents bicyclists.  
Our aim is more and safer trips by bike.*

## SABA Vision

*Bicycling for everyday transportation is common  
because it is safe, convenient and desirable.*

SABA's Folsom Chapter, the Folsom Area Bicycle Advocates (FABA), meets at 7 p.m. the third Thursday of the month. For more information, call Chapter Chair Tony Powers at (916) 353-1745 or you may e-mail FABA at [faba@tomatoweb.com](mailto:faba@tomatoweb.com).

## The Squeaky Wheel

The Squeaky Wheel is published monthly by the Sacramento Area Bicycle Advocates, 909 12<sup>th</sup> Street, Suite 118, Sacramento, CA 95814. POSTMASTER: Send address changes to SABA, P.O. Box 1295, Sacramento CA 95812-1295.

## SABA Board Members and Officers

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## Contacting SABA

Phone: (916) 444-6600  
E-mail: [saba@sacbike.org](mailto:saba@sacbike.org)  
<http://www.sacbike.org>

## Welcome new members!

Pete Altenburg  
Matt Biers-Ariel  
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Steve & Karyl Cimini  
Marianne Gannon  
Sue Glass  
Erika Kegel  
Frankie Kincannon  
John Latham  
Jeanine McElwain  
Glenn McWilliams  
Gregory Obranovich  
Dan Pskowski  
Jack Rankin  
Don Scalise  
Richard Schultz  
Richard Sickert  
Douglas Souvignier  
George Van Grieken  
Rebecca L. Wendt



## April 27 Meeting is a Potluck

SABA's quarterly annual membership meeting will feature Matthew Altier, associate vice president of Facilities Management at California State University, Sacramento. Altier will present the campus master plan, so come prepared with questions, comments and hope that Sac State is on the road to becoming more bicycle-friendly under new President Alexander Gonzalez.

The meeting begins at 6 p.m. in the American Lung Association's large conference room at 909 12<sup>th</sup> Street. Guests are welcome and bikes are allowed in the conference room. Please bring a main dish, salad or dessert to share. SABA will supply plates, napkins and utensils.

### Agenda

6:00 p.m.	Potluck and Introductions (Lea Brooks)
6:30 p.m.	Executive Director's Report (Walt Seifert)
6:45 p.m.	Guest Speaker Matthew Altier of Sac State
8:00 p.m.	Adjourn

## SABA Pizza Party — Pizza, Soda and Doin' Stuff

The monthly SABA  
Volunteer Work and Pizza

Party will be Thursday,  
May 13, from 5:30 to  
7:30 p.m. at SABA  
Western Region HQ,  
909 12<sup>th</sup> Street. You, too,  
can help make a difference in  
Sacramento's cycling environment.  
You can also help eat the pizza.



President, from page 1

which is more than public transit, to 10 percent.

Increasing the percentage of bicycle trips will require overcoming many obstacles. Unsafe routes and a fear of traffic are high on the list of reasons people give for not riding. Other reasons include a lack of secure parking and locker room facilities.

Dedicated bicycle commuters often put up with marginal routes and parking facilities because the advantages of pedaling outweigh the disadvantages.

Downtown Sacramento is a good example. The downtown area is one of the most unpleasant and dangerous places in the Sacramento region to ride a bicycle. Dominated by one-way, three-lane streets, downtown is designed to accommodate automobiles at the expense of bicycle and pedestrian safety.

While many bicycle commuters put up with these miserable conditions, many more people would ride to work and other destinations downtown if the City Council converted some one-way streets to two way or one way with two vehicle lanes and a bike lane on each side. A decision on this issue that has been studied for far too long is expected later this year.

As an organization, SABA will continue to pressure the City Council to make a bold decision for transportation choice by converting several downtown streets to accommodate bicyclists and pedestrians. We can also educate bicyclists how to ride in traffic. As announced in the March *Squeaky Wheel*, SABA is just starting work on a Share the Road initiative to help improve safety and promote cycling by increasing motorists' awareness of cycling.

In another high-profile issue that directly affects bicycle commuters, SABA will continue to fight to keep the American River Parkway bike trail, the region's bicycle freeway, from becoming unusable because of proposed budget cuts for maintenance and ranger patrols.

As individuals, we can encourage our co-workers and friends to try bike commuting. Help someone set a goal they can meet. Maybe you know someone who is willing to ride to work once a week or a couple of times a month. Maybe your co-worker needs information on how to combine a bike trip with light rail or a bus.

Consider Bike to Work Day an opportunity to share your expertise and passion. Encourage your employer to participate in the Commuter Bike Challenge (see "Kick-off Luncheon Big Success" article starting on page 1 of this newsletter). Take advantage of the SABA Web site ([sacbike.org](http://sacbike.org)) for information about bike commuting.

See you on the road. ☼

## SABA Actions

### Meetings

SABA members attended these meetings:

- Sacramento Transportation and Air Quality Collaborative plenary and group sessions
- Measure A Advisory Committee
- SACOG Transportation Demand Management Task Force
- SACOG Bicycle/Pedestrian Master Plan Subcommittee
- American River Parkway Plan Update Citizens Advisory Committee

### Letters

SABA sent letters to:

- Sacramento County Board of Supervisors on using bike/pedestrian funds for a Juvenile Hall expansion cost overrun
- Governor Arnold Schwarzenegger inviting him to the Bike Fest, May 20

### Testimony

- Citrus Heights Planning Commission on city's Bikeway Master Plan

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## SABA/Community Calendar

Here are some upcoming events related to the bicycling community here in the Sacramento area. For more information on each, see the article on the page noted.

### April

**April 22:** Citrus Heights Planning Commission meeting (page 5)

**April 27:** SABA membership meeting, 6 p.m., 909 12<sup>th</sup> Street, potluck (page 2)

**April 30:** Tall Order Regional Forum (this page)

### May

**May 1:** UC Davis Bicycle Auction, 8 a.m., UC Davis Office of Transportation and Parking Services (page 5)

**May 17-21:** California Bike Commute Week (page 1)

**May 18:** American Lung Association of Sacramento-Emigrant Trails Clean Air Awards Luncheon, 11:30 a.m., Sheraton Grand Sacramento Hotel (page 4)

**May 20:** Bike to Work Day in Sacramento (pages 1 and 4)

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## Tall Order: Choices for Our Future

The 2004 Regional Forum, "Tall Order: Choices for Our Future," will be the first in a series of regional Blueprint workshops that will explore preferred land use and transportation scenarios for the future of the six-county Sacramento region. The workshops are the third step in the ongoing public outreach effort for the Sacramento Area Council of Government's Blueprint project.

The special guest speaker is Malcolm Gladwell, author of "The Tipping Point: How Little Things Can Make a Big Difference." In it, the former *Washington Post* reporter and current staff writer for the *New Yorker*, theorizes how and why all types of change — social, political, business and technological — can be epidemic and happen so suddenly and unexpectedly.

The forum is Friday, April 30 in the Grand Ballroom at the Sacramento Convention Center. Registration fee is \$75 per person and includes lunch. ☼

*Bike Challenge, from page 1*

come active team members.

About 50 teams have already signed up for the Commuter Bike Challenge. Team Leaders and team members who register online are entered in weekly prize drawings that run from the beginning of April to May 21. Team Leaders also get a free Bike to Work T-shirt, complete with a sharp and pertinent Share the Road graphic on the back. Biking to work is a great way to get fit and stay healthy.

If you haven't signed up for the Challenge yet, there's still time. Our goal is to eclipse last year's numbers and have more than 100 teams and 900 cyclists participate. The Challenge gives SABA members and other experienced cyclists the chance to share their cycling knowledge with fellow employees — and maybe to go from being viewed as an odd ball to someone who's got something on the ball. For more information and to register online, go to [sacbike.org](http://sacbike.org). ☼

## Sacramento Bike to Work Day is May 20

On Bike to Work Day, Sacramento Regional Transit will once again be offering free rides to riders with their bikes on buses and light rail. This is a great opportunity to be multimodal.

Participating *La Bou* locations will be offering cyclists a free coffee, tea or soda all day. The *Sacramento Natural Foods Coop* will be offering cyclists free coffee and a bagel from 7:30 to 11 a.m. Helmets are needed to claim the freebies.

Don't miss the Bike Fest at *California Environmental Protection Agency* headquarters at 10<sup>th</sup> and I streets from 11 a.m. to 1:30 p.m. The Bike Fest will offer a throng of vendors, information tables, door prizes, free bike tune-ups, free valet bike parking and more.

Check out all the latest information on the SABA Web site, [sacbike.org](http://sacbike.org).

## Folsom Bike Rally is May 21

In Folsom, there will be a Bike to Work Week Rally at the historic Rail Road Block starting at 11 a.m. The rally will feature more than \$10,000 in door prizes, free T-shirts, free lunch, live music, bike tune-ups and bicycle-friendly awards.

For information and to register for the Folsom activities go to <http://www.50corridor.com/> ☼



A few of the bicycles that will be offered as prizes

## Lea Brooks Wins Clean Air Award

SABA President Lea Brooks will receive a coveted Clean Air Award from the American Lung Association of Sacramento-Emigrant Trails at its 28<sup>th</sup> annual Clean Air Awards Luncheon on May 18. SABA's fearless leader is being recognized for more than a decade of bicycle advocacy work and achievement.

Lea garnered the individual award for her tireless efforts (well, she gets tired sometimes) to promote cycling and make cycling safer and accessible to more people. Lea has been a SABA leader, first as chair and now as president, for seven years. She's been active in the organization since its start in 1991 and has been an essential part of SABA's growth, increased influence and effectiveness.

"Being recognized as a clean air champion is truly an honor," she said. "I believe that one person can make a difference, but a group like SABA can make even more of a difference as we continue our effort for bicycles to be considered a legitimate form of transportation."

The Clean Air Luncheon will be held from 11:30 a.m. to 1:30 p.m. May 18 at the Sheraton Grand Sacramento hotel. If you'd like to help celebrate and join us at the SABA table, please contact Larry Robinson at 444-6600 or e-mail [volunteer@sacbike.org](mailto:volunteer@sacbike.org). Luncheon tickets are \$35 each.

Other 2004 Clean Air Award winners are Larry Greene of the Yolo-Solano Air Quality Management District, Government Award; Teichert Inc., Jud Riggs, President and CEO, and Becky Woods, materials manager, Business Award; Placer County Supervisor Rex Bloomfield, Regional Award; and Norm Covell, Special Career Achievement.

This marks the sixth consecutive year that SABA or a SABA leader has won an award. During that span, SABA has received a Clean Air Award from the Lung Association and a Civic Contribution Award from the League of Women Voters. Former SABA Chair Ed Cox, now alternate modes coordinator for the city of Sacramento, earned a Clean Air Award for his innovative valet bike parking service. SABA Executive Director Walt Seifert received Citizen Awards from the Sacramento Area Council of Governments and the California Transportation Foundation. ☼

*7th Street, from page 1*

were 16<sup>th</sup> Street or Jibboom Street. Seventh Street provides a more convenient and safer way to get to offices, including the state printing plant, in the Richards area. It will also provide access to the massive new development which is destined to take place in the future. It also creates an alternate route to get to the American River Parkway and bike trail, via North B Street.

When I inspected the project at the end of March, I'm happy to say the first two people I observed were on bikes, not in cars. Traffic was extremely light, probably because people aren't aware of the street and because 7<sup>th</sup> is one way south of F Street. That makes heading north on 7<sup>th</sup> a little awkward — it requires taking a parallel northbound street and then jogging over to 7<sup>th</sup> on F Street. But getting to Richards by bike is considerably easier than it used to be. ☼

## UC Davis Bicycle Auction May 1

More than 350 bicycles will be available for sale to the highest bidder at the biannual University of California, Davis, Bicycle Auction on Saturday, May 1. The bicycles may be viewed from 8 to 9 a.m., with bidding getting underway at 9 a.m. and lasting until all items are sold.

The auction takes place behind the UC Davis Office of Transportation and Parking Services on Extension Center Drive off of Hutchison Drive between Highway 113 and La Rue Road. Bicycles of many sizes, types and conditions are available for sale. Bicycles may be licensed at time of sale. Purchases may be made with cash or check.

For further information, call the UC Davis Transportation & Parking Services Bicycle Program Coordinator at (530) 752-BIKE (752-2453) or visit <http://www.taps.ucdavis.edu/bicycles.htm>. ☉

## Citrus Heights Guts Bike Plan?

*By Walt Seifert*

The Citrus Heights Planning Commission considered adoption of a bikeway master plan for the city at its March 11 meeting. The plan was presented by staff and the commission heard testimony from the public, but final action was continued until the commission's April 22 meeting.

The plan contains miles of new trails, bike lanes and bike routes. One aspect of the plan, the trails, remains controversial from the plan's 1999 inception. The bike plan was shelved several years ago because of limited staff time and neighbors' concerns about the trails. Residents living near proposed trails expressed fears about costs, pollution, crime, arson, flooding, loss of open space and habitat, noise (barking dogs) and motorized scooters. Some suggested that if people wanted to use a trail, they could go to the American River Parkway.

Representing SABA, I thanked the city for considering adopting the plan and mentioned the benefits of trails to cyclists, walkers and joggers. I listed the usual: health benefits, community/social benefits, cleaner air and reduced traffic congestion. I quoted a Burlington, Vermont police chief who said that a trail there "may be one of the safest places in the city" based on his review of reported incidents. I quoted a former trail opponent in Indiana who said, "I think it (the trail) is a wonderful thing, my opposition is totally gone, and I am pleased and grateful that it is in my neighborhood."

Commissioners' questions probed trail funding, costs and whether trails could be removed from the plan. If you receive this newsletter in time, please note that we need folks, especially Citrus Heights residents, to show up at the next hearing and to reinforce the notion that trails have multiple benefits and citizens want, need and deserve them.

Citrus Heights staff may show an upbeat video filmed in Folsom that features many Folsom residents expressing great satisfaction with the trails in their city. However, at press time, it is unclear whether the trails portion of the bikeway plan will still be intact when the plan goes back to the Planning Commission. ☉

## Tip of the Month Mirror, mirror ...

*By David Takemoto-Weerts*

Believe it or not, rear-view mirrors are a "hot button" issue among some cyclists.

No, it's not a debate over how geeky mirrors might make you appear. Rather, some contend that many mirror users suffer from the "cyclist's inferiority complex," a condition first described by John Forester, the creator of the Effective Cycling® education program.

Among other symptoms, sufferers from this complex have an irrational fear of being hit from behind. As a result, they tend to hug the curb, prefer bike paths to roadways and may spend an inordinate amount of time "watching their backs" through rear-view mirrors. Forester and his followers argue that scanning over your shoulder is not only a more effective and reliable way to ascertain what's going on behind you, it's also an effective way to communicate to other road users that you're planning a merge – usually to the left.

In reality, being rear-ended by a motorist is far down the list of bike vs. motor vehicle collisions. You're much more likely to be hit from the front by a left-turning motorist, for example. But this column is not about crash statistics or causes. I've been a regular mirror user for many years, and I also consider myself a "hardcore" vehicular cyclist in the Forester mold. Just as a motorist shouldn't rely solely on rear view mirrors to keep tabs on what's going on behind, neither should a cyclist become too dependent on the "glassware."

Cyclists can choose between head- or handlebar-mounted mirrors. "Head-mounted" mirrors attach to either one's helmet or eyeglasses. I recommend the head mounts because bike-mounted mirrors often vibrate so much, especially on rough roads, as to be almost worthless. They're also easily broken or knocked out of alignment. Head mirrors can also get whacked out of line, and I've lost a few over the years. However, not only are they less vibration-prone, they have the distinct advantage of allowing one to scan a considerable field of view by slightly moving one's head side-to-side or up and down.

When purchasing a head mirror, consider how you'll mount it: glasses, helmet or helmet visor (I favor the latter). Get one that attaches securely and is easily adjustable and holds its adjustment under normal riding conditions. Ask those who use them regularly – most of us have tried several brands before settling on our favorites. ☉

*David Takemoto-Weerts is the University of California, Davis, bike coordinator and League of American Bicyclists' cycling instructor.*



## Late Photos from the Opening of the H Street Undercrossing

*Photos by Natalie Morris*



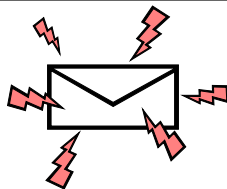
We've had a number of articles about this important new bicycle access route in previous issues of *The Squeaky Wheel*. Here are a few more photos of the opening event.

*Brave Councilman Steve Cohn "cuts" H Street ribbon with Larry Robinson's big bike*



*Bike Hiker VP Kevin Regan at H Street trail opening*

## Letters to the Editor



Dear Editor,

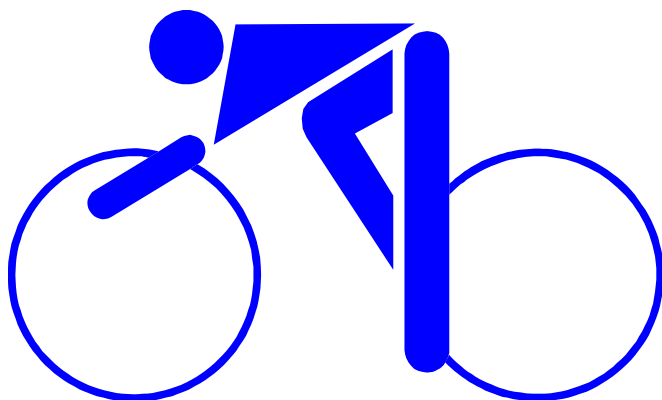
Reading the article by Paul Guttenberg in the March SABA newsletter got me thinking about a relatively recent incident I had. I was bicycle commuting through downtown Sacramento and nearly at my destination when I looked down momentarily to check what gear I was in.

When I looked up, I was surprised by a vehicle that had been moving only moments earlier, but was now stopped on the street immediately in front of me. I veered to the left, but clipped the left bumper and was thrown from the bike. Luckily, I did not bash my head into the back of the car, but did an endo into the street beside the 'street-parked' car.

I was not hurt, but the vehicle driver, who apparently was chatting with his passenger before dropping him off, obviously claimed it was my fault. I quickly pointed out the sign next to him that said, "No Parking At Any Time." After some more choice words were exchanged, I rode off.

However, I then noticed my forks were bent and the frame was cracked. Essentially, the front end of the frame was ruined. My question that has been haunting me was: who is legally at fault? Is it at least partly the fault of the driver who stopped in a "no stopping at any time" zone or is it my fault for not paying close attention to negligent drivers in front of me?

*Daryn Dodge*  
*daily bike commuter from Davis to Sacramento*



## We want to hear from you!

Preferably e-mail your letter to: [saba@sacbike.org](mailto:saba@sacbike.org)  
or mail it to: **SABA**

**P.O. Box 1295**  
**Sacramento, CA 95812-1295**

Letters may be edited for length or clarity.

## Memberships Always Welcome!

The SABA membership is steadily growing, but we always welcome new members who are interested and concerned about making Sacramento a better place to bicycle. If you aren't a member, or if you know someone who really should be, we're making it easier to join by providing the membership application form below. Fill it out, send it in, and become more involved in this vibrant, active local community of like-minded cyclists.



### Sacramento Area Bicycle Advocates Membership Application

Please fill out, include your check payable to "SABA", and mail to:

SABA  
P. O. Box 1295  
Sacramento, CA 95812-1295

I want to be a part of an organization that is doing things for cyclists and the community.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (home): (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Phone (work): (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail address: \_\_\_\_\_

Membership level:

\$325 Life\* (individuals only)

\$100 Century\*

\$75 Business/Group

\$50 Sustaining\*

\$35 Sponsoring

\$25 Family

\$20 Individual

\* Free T-shirt – indicate size below

Money's not enough! Contact me about volunteering.

I must have a SABA T-shirt! Shirts are \$12 each.

Size:  S  M  L  XL

Members, please share with a friend or acquaintance.

**SABA**  
P.O. Box 1295  
Sacramento, CA 95812-1295

**Address Service Requested**

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Permit No. 1424

## *The Volunteer Corner* **Visit Some Bike Shops**

*By Larry Robinson, SABA Volunteer Coordinator*

SABA is looking for a bike shop liaison coordinator.

The duties: Manage a crew of volunteers to deliver SABA membership brochures, CSAA bike law brochures, SACOG commute brochures, posters and other materials to one or more

bike shops. Materials remaining at bike shops would be checked periodically and re-supplied as necessary.

Shops that are not SABA members would be encouraged to become members by the individual making the deliveries. This is an important SABA position. It is the front line and a key link with the bike industry which will help bring the small business into the grassroots advocacy movement.

Please contact me at [volunteer@sacbike.org](mailto:volunteer@sacbike.org) ☎

### **SABA Business and Organization Members**

Business members with an \* offer SABA members a discount.

- Air Resources Board
- American Lung Association of Sacramento-Emigrant Trails
- American River Bicycle\* (Marconi Ave.)
- American River Bicycle\* (Riverside Blvd.)
- American Warp Drive
- The Bicycle Business
- Bicycles Plus\*
- Bob's Cycle Center
- Body Concepts
- Chaney Chiropractic
- City Bicycle Works\*
- Cycle California! magazine
- Davis Bike Club
- Fehr & Peers Associates
- 50 Corridor TMA
- Franchise Tax Board
- Gary Brustin, LLP
- Gregorini & Associates
- Hannan Specialties
- The Hoyt Co.
- Hull & Honeycutt Marketing and Design
- Inside Publications
- Ken's Bike & Ski
- Kuzins & Kumpany
- LambertWebWorks.com\*
- Law Offices of K. Greg Petersen
- Natomas Bike Shop\*
- North Natomas TMA
- REI
- The Rest Stop\*
- Rex Cycles
- Sacramento Air Quality Management District
- Sacramento Area Council of Governments
- Sacramento Bike Hikers
- Sacramento Natural Foods Co-op
- Sacramento TMA
- Sacramento Wheelmen
- Sierra Engineering
- SMUD
- South Natomas TMA
- Sun City Roseville Cycling Club
- UC Davis Transportation & Parking Services