



The Squeaky Wheel

Issue No. 37

Newsletter of the Sacramento Area Bicycle Advocates

April 2006

From the President Rain, Rain ... Enough Already

By Lea Brooks

You know it has been a wet year when you realize that the ducks on the American River Parkway bike trail are actually paddling rather than waddling because the puddles are so big, deep and abundant.

You know it has been a wet year when your stash of plastic bags in which your newspaper is delivered runs short because you're using them to cover your shoes to keep your feet dry during the commute.

You know it has been a wet year when you still have fenders on your bike in April and your garage resembles a clothes line because of the wet bike clothes left out to dry. Darn, you got caught in another downpour on the way home.

As I wrote this column on April 3, the first workday after the official start of daylight-saving time, the flows on the American River were increasing from 15,000 to 30,000 cubic feet per second to accommodate steady rain in the foothills and melting snow in the Sierra. The increased flows meant that Discovery Park and the lower bike trail were solidly flooded.

Spring usually is the time of year when longer, warmer days encourage fair-weather bike commuters to pump up their tires and brush the cobwebs from their spokes. It's usually a time of opportunity for seasoned bike commuters to attract recreational cyclists and others to join the cause.

Economic, ethical and physical reasons to switch from motor vehicle to bicycle for at least some trips keep growing: continued high gasoline and parking prices, heightened awareness of global warming caused by CO² emissions, and the health benefits

President, page 3

Bike Commute Month Kick-Off Ride May 1

By Walt Seifert

May is Bike Commute Month. It is also Million Mile May, featuring a Web site where cyclists can register and track their miles. Can Sacramento-area cyclists top the 476,164 miles pedaled by participants in May 2005 and reach the one million mile goal?

SABA will help get things rolling by holding a Sacramento Bike Commute Month Kick-off Ride on Monday, May 1. Riders should start gathering at Bishop Gallegos Square, just south of K Street on 11th Street

Moving by Bike

By Bjorn Haake

When I had to move from an apartment to a house a couple of years ago, I was toying with the idea of moving without motor vehicle intervention. After all, the distance was only half a mile and it seemed silly to keep driving back and forth. I looked at a few bike trailers, but they seemed rather flimsy.

Eventually I found what I was looking for. BikesAtWork (www.bikesatwork.com) in Ames, Iowa, makes a trailer that can carry up to 300 pounds. It comes in three different lengths and is designed so you can tie even



Ready for some serious moving

Photo by Mary Fox

in downtown Sacramento at 11:30 a.m. for the noon ride. (Please note the location change.) Y'all come.

May 18 will be Bike to Work Day and the annual Bike Fest. This year's event will be at the State Capitol. Bike-related vendors will

Bike Commute, page 3

two of the longest trailers together (giving you a total of 256 inches – enough to carry the Kings around). I quickly ordered the middle length so I could start with the move.

I have moved before and it's never fun. This time was going to be different. For start-

Moving, page 3

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_info@sacbike.com.

The Squeaky Wheel

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Welcome New Members

John Berg
Bill Brazelton
Dennis Bryerton
Robert Devous
Roy Greenberg
Clint Holtzen
Catherine McCormick
Tatiana Olea
Sherri Stone
Kerry Wilson



SABActions

Meetings

SABA members attended these meetings:

- Environmental Council of Sacramento
- Bike Commute Week Planning
- American River Parkway Plan Update Citizens Advisory Committee
- SACOG Board
- Can the Trash! Coalition strategic planning
- City of Sacramento Highway 50 HOV lanes

Letters

SABA sent letters to:

- City councils in Davis and Woodland urging them to switch to containers for green waste pick up.
- City of Sacramento on two-way conversion draft environmental impact report

Other

- Made Can the Trash! presentation to River Park Neighborhood Association
- Planted and weeded SABA-adopted trailhead, Sacramento Northern Bikeway

SABA Pizza Party — Pizza, Soda and Doin' Stuff

The monthly SABA Volunteer Work and Pizza Party will be Thursday, May 11 from 5:30 to 7:30 p.m. at SABA Central Business District HQ, 909 12th Street.

With daylight saving you bike home in the light, full of pizza. So join us!



Moving, page 1

ers, I had both places for a couple of overlapping months. OK, it took the painter three days to paint and almost a month to fix his rush job. That left a month to move.

Let the fun begin! I could take a few things every evening after work; then do more, especially the heavy stuff, on the weekends. So instead of having that crazy one weekend pack and unpack stress, I had plenty of time to carry little loads at a time. I didn't bother packing efficiently, as this would have interfered with my after-work relaxation program. Table, desk, chairs, skis – everything fit well even on that medium-size trailer. Boxes stacked up high, I was riding around like the proudest person in the world. I love that trailer!

After the move, it was time to put the trailer to other uses. I like to use it for my weekend dash to Trader Joe's, where I can stock up on weekly groceries and still have plenty of room for 20 bottles of Crystal Geyser water.

I also used it extensively to carry my dirty laundry to the laundromat until deciding to get a washer. The requirements for the washer: it had to be energy-efficient and fit on the trailer (meaning no more than 300 pounds). I found a nice Bosch, which fulfilled both requirements (250 pounds).

The clerk remembered me being on a bike when I first visited the store. So when I came to pick it up, he joked: "So you are picking it up on your bike?" He couldn't believe it when he realized I was and immediately got his colleagues together. They had never experienced someone picking up a washer by bike. They even asked if they could take my picture when I left. The ride itself wasn't too hard. Other than a freeway overcrossing, there were no hills. But the 100 degree temperature was a little bit annoying. ☹

Note: Bjorn is the area's newest League of American Bicyclists' Certified Instructor. A native of Germany, Bjorn came to California a decade ago and works as a computer software engineer for Hewlett-Packard. He has never owned a car and does not understand why people consider them necessary. His ignorance, he suspects, may be bliss. He's clueless on the topics of sticker prices, the cost of gasoline per gallon, car insurance premiums, car maintenance, smog checks and vehicle registration. One thing he does know: not every car can transport a washing machine.

President, page 1
of exercise.

The prolonged rainy season this year has delayed that window of opportunity, but hopefully not for long. Bike Commute Month in May and our time to shine are just around the corner. Until the rain lets up, one of the primary incentives for bike commuting — *fun* — is a bit more challenging to convey. ☹



*Even large bulky items can be carried safely
Photo by Mary Fox*



Bike Commute, page 1

be there in full force with things of interest to cyclists. SABA will have a table at the Bike Fest and will be providing free bike valet parking. Bike Fest will run from 11:00 a.m. to 1 p.m.

Now is a good time to register for Million Mile May at www.bikecommutemonth.com. Free T-shirts and other goodies will be available on Saturday, April 29 from 9 to 11 a.m. at the following "Energizer Stations":

- Roseville – Miners Ravine
- Davis – Farmers Market
- Guy West Bridge at California State University, Sacramento, and the American River Parkway bike trail
- Goethe Park on the American River Parkway bike trail
- Nimbus Fish Hatchery on the American River Parkway bike trail
- Folsom – Humbug-Willow Creek Trail at the Kid's Play Park. ☹

Community Design Projects Funded



On March 16, the Sacramento Area Council of Governments (SACOG) Board funded 24 community design projects for a total \$12.71 million. The projects are in Sacramento, Sutter, Yolo and Yuba counties. Projects in El Dorado and Placer counties will have a separate selection and funding process due to an agreement between their respective county transportation authorities and SACOG.

The projects were chosen by a selection process involving two regionally-appointed review committees. Applications were evaluated on how well they promoted the seven SACOG Blueprint principles: transportation choices, housing diversity, compact development, mixed land uses, use of existing assets, natural resource protection and quality design. Applications were then evaluated according to how “real” or ready for implementation they were.

A number of the projects had bicycle components including: **City of Davis, East Eighth Street Corridor Improvements, \$650,000**

This project will construct pedestrian, bicycle, transit and other streetscape improvements along the East Eighth Street Corridor from L Street to Pole Line Road. These improvements will help with the safety, appearance, transportation flow and functioning of this corridor. It will also support the redevelopment and infill activities in this community.

City of Rancho Cordova, The Promenade: Connecting and Revitalizing Rancho Cordova, \$300,000

This grant will plan for a bicycle/pedestrian bridge that will connect both sides of Rancho Cordova across Highway 50. The funds will be used to develop a vision, feasibility study, preliminary environmental assessment, design competition and preliminary engineering plans for the bridge. Future residents south of Highway 50 will have access to light rail, retail and the 25,000 projected office jobs north of the freeway.

City of Sacramento, 65th Street/University Transit Village Circulation Plan Amendments, \$885,000

This project is a traffic circulation study and supplemental Environmental Impact Review for this redevelopment area near California State University, Sacramento. The study will evaluate alternative mitigation measures, amend the existing circulation plan and analyze the environmental impacts of these new measures. The efforts will lead to better support for the vision of the Transit Village Plan.

City of Sacramento, City College Light Rail Station Pedestrian/Bicycle Crossing Study and Design, \$443,000

This project will help plan for a safe, convenient pedestrian and bicycle access from City College and the adjacent light-rail

Bel Air Better



Bicyclists can again park at the Bel Air market in Gold River, thanks to the efforts of Ted Wolter, chief of staff to Sacramento County Supervisor Roberta MacGlashan. Ted acted on a complaint by SABA that the bike racks were no longer functional because they were moved to locations adjacent to planters to serve as backstops for shopping carts. Photo by Skip Amerine

station to the proposed 66-acre Curtis Park Village and surrounding neighborhood. The grant will be used to complete feasibility and siting studies for a crossing.

City of Sacramento, Docks Area Alternative Modes Parkway, \$1.24 million

The Alternative Modes Parkway will serve as the riverfront bicycle and pedestrian pathway and be a central feature in downtown Sacramento’s newest community - the Docks area. This grant will fund hardscaping of the levee surface that will lead into the Parkway, allowing for easy access into the Docks area from the rest of downtown.

City of Sacramento, Redding Avenue Alternative Mode Improvements, \$745,000

This project will lead to increasing the safety and connectivity of the only route between 65th Street and Power Inn Road near planned transit villages north and south of Highway 50. The grant funds will be used for planning, design and right-of-way acquisition.

Sacramento County, 47th Avenue Transportation Improvements/Victoria Station Development, \$1.082 million

This grant will fund construction of transportation improvements along the 47th Avenue corridor near a new infill, compact, mixed-use, 15-acre development named Victoria Station. The improvements include new and wider sidewalks, landscaping, parking improvements, and bicycle and pedestrian enhancements.

For a detailed description of all the projects, please go to http://www.sacog.org/regional/funding/fundingprograms_commdesign.cfm

National Bike Summit

By David Takemoto-Weerts

During the first week of March, more than 375 bicycling advocates from around the United States gathered in the nation's capital to urge Congress to build on last year's passage of the Safe, Accountable, Flexible, Efficient Transportation Equity Act – A Legacy for Users (SAFETEA-LU). This alternative transportation package includes at least \$4.5 billion to improve conditions for bicyclists at the state and local levels.

The event was the sixth annual National Bike Summit organized by the League of American Bicyclists and the Bikes Belong Coalition. Of 40 Californians registered for the event, 21 were from Northern California, including five from the greater Sacramento region: Beth Annon-Lovering, Tim Bustos, Owen Howlett, David Takemoto-Weerts and Tom Ward. The theme of this year's conference was "Building Bicycle Friendly Communities."

Beth, David and Tim gave a presentation on how Davis earned its Platinum-level Bicycle Friendly Community award (the first city to be so designated) to more than 50 conference attendees. More than 20 concurrent workshops on a wide range of topics were held over the three days of the conference.

On March 2, most conference attendees went up to the Hill to lobby members of Congress on five major bills or issues of current importance to the nation's cyclist community.

Sacramento-area Representatives John Doolittle, Dan Lungren, Doris Matsui and Mike Thompson or their staff members were visited by small groups of cycling advocates, usually including at least one who was a constituent. Aides for Senators Barbara Boxer and Dianne Feinstein were met by almost the entire California contingent.

In short, the Summit focused a lot of energy on Capitol Hill and a wealth of information was exchanged between hundreds of advocates during workshops, plenary sessions, coffee breaks, bike rides and at local eateries and watering holes. This event grows every year and is highly recommended for cyclists who want their voices heard on a national level. For more information, visit: <http://www.bikeleague.org/programs/bikeadvocacy/summit.php>

Can the Trash! Update

Three highly respected organizations have joined the Can the Trash! Coalition. The League of Women Voters Sacramento County, Breathe California of Sacramento-Emigrant Trails and the Save the American River Association all support the Coalition's goal of ending the year-round dumping of green waste on the streets in Sacramento, Davis and Woodland.

In an editorial March 5, *The Sacramento Bee* praised SABA and the Coalition's "worthy goal ... to encourage Sacramentans to try a new voluntary leaf collection program."

In Woodland, although recommendations are not yet final, it looks like a citizens' advisory committee will be calling for all residents to receive green waste containers and limit dumping on the street.

If you live in the city of Sacramento, sign up for the city's voluntary containerization program online through the SABA Web site, www.sacbike.org

Bicycling Magazine "Gets It" — Opens Readers' Eyes!

As a member of SABA, you know that we represent all bicyclists. We advocate for both those who choose to ride for transportation and those who ride because they can afford no other choice. Our advocacy benefits recreational cyclists as well. We are trying to build complete streets to serve everyone, but sometimes the mainstream bicycling press seems only to care about bicycling if you ride \$1,000-plus machines and wear the latest gear.

Bicycling Magazine published an article in the December 2005 issue about those millions of Americans it described as "the invisible cyclists." These mostly low-income people who represent a small portion of bicycle industry profits may in fact represent the largest group of everyday cyclists. The magazine calls on industry to develop sub-\$100 commuter bikes to improve upon the fancy-looking, but substandard "mountain bikes" available cheaply at big box stores. It also calls on bicycle advocates to open their eyes, because, in fact, nobody is an invisible bicyclist.

SABA encourages you to do your part to reach out to all cyclists. Talk to your fellow cyclists, tell them about SABA and invite them to join or give them a gift membership. Our movement is strongest when we see, and include, every cyclist, regardless of race or class.



Bike Summit 2006

#1 Bike Town USA

The main topic of discussion at SABA's quarterly general membership meeting on April 26 is why the award-winning city of Davis is so bicycle-friendly. Tim Bustos, Davis City Bike Coordinator, will give a presentation on how this bicycle mecca earned its Platinum-level Bicycle Friendly Community award from the League of American Bicyclists. Davis is the first city in the nation to be so honored.

The meeting begins at 6 p.m. in Breathe California's large conference room at 909 12th 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. Bicycle-Friendly Davis Presentation
- 7:15 p.m. Executive Director's Report (Walt Seifert)
- 7:45 p.m. Other Business
- 8:00 p.m. Adjourn

Reminder: Sign up For MTP Workshop

As reported in the February newsletter, SABA members can make a significant difference in how transportation funding is spent in the Sacramento region by participating in the update of the Sacramento Area Council of Governments' (SACOG) Metropolitan Transportation Plan (MTP).

The update process is already under way and includes a series of community workshops during which participants can recommend how the funding should be spent. It's not too late for SABA members to sign up for a workshop to ensure that bicyclists' needs are addressed.

The plan, known as the MTP, is a 25-year plan for transportation improvements in SACOG's six-county region: Sacramento, El Dorado, Placer, Sutter, Yolo and Yuba. These three-hour workshops will help decision-makers set priorities for transportation improvement projects to best meet the needs of the region.

SABA members should advocate the following:

- Fair share of transportation funding. Historically, cycling and walking receive less than 1 percent of transportation funding even though they account for about 6 percent of all trips. Everyone agrees that we need to do more to get people out of cars, so having 5 to 10 percent of transportation funding go to cycling and walking is reasonable and desirable.
- Complete streets. All streets should accommodate all users of all ages and abilities: motorists, transit users, cyclists and pedestrians.
- Bikeway network. There should be a network of trails and bike lanes that cross freeways, rivers, railroad tracks, canals and other barriers. We need more trails like the American River Parkway bike trail and more open space where trails can exist.
- A transportation system that doesn't just focus on "fixing" congestion, but that provides community livability, safety, cleaner air, healthy citizens, is cheaper to build and maintain and is sustainable in light of dwindling energy supplies and the increased urgency about global warming.

A draft MTP will be available for public comment this fall. The public will have an opportunity to comment on the draft during an electronic town hall meeting. The final MTP is scheduled for release in June 2007.

Community workshops throughout the region began in February and will continue through June. SACOG strongly encourages you to register in advance so the workshop site and staff can accommodate you. Sign up on SACOG's Web site at www.sacog.org/mtp. The scheduled workshops are listed on the next column. ☸

Membership Contest

Don't forget SABA's membership contest, which continues through May 30. You can receive great prizes simply for encouraging people to do the right thing and join SABA. Members you recruit must indicate on their membership application that you referred them.

Prize for adding a single new member is a snazzy SABA T-shirt. For three to 10 new members, prizes range from \$50 to \$200 in bike shop gift certificates. Full details are in the March newsletter. ☸

Schedule of MTP Workshops

Tuesday, April 18, 6-9 p.m.

Rancho Cordova/Folsom
Vision Service Plan
3333 Quality Drive, Rancho Cordova

Wednesday, May 10, 6-9 p.m.

Marysville, Wheatland, Linda
Yuba County One Stop
1114 Yuba Street, #214, Marysville

Monday, May 15, 6-9 p.m.

Yolo West
UC Davis Freeborn Hall,
One Shields Avenue, Davis

Wednesday, May 17, 6-9 p.m.

Yuba City, Live Oak:
Feather River Academy – Boyd Hall
1825 Lassen Boulevard, Yuba City

Thursday, May 25, 6-9 p.m.

North Sacramento (Natomas, North Highlands, Elverta)
KVIE, One Community Room
2529 Capitol Oaks Drive, Sacramento

Wednesday, May 31, 6-9 p.m.

South Sacramento (Florin, Meadowview, Greenhaven)
Paratransit Auditorium
2501 Florin Road, Sacramento

Saturday, June 3, 9 a.m.-noon

East Sacramento County
Rusch Park Banquet Room,
Citrus Heights

Wednesday, June 7, 6-9 p.m.

South Sacramento County
Elk Grove Unified School District Board Room, Elk Grove

Letters to the Editor



We want to hear from you!

Preferably e-mail your letter to: saba@sacbike.org

or mail it to: **SABA**
909 12th Street, Suite 114
Sacramento, CA 95814

Editor:

Dan Winkleman's article in February's newsletter, is an extremely informative history of the town's transportation saga. He echoes my sentiments exactly. He should echo everyone's.

Bob Zariello

Roseville Bikefest Promotes Safe Cycling for Kids

Anyone who wants to learn about bike safety while having fun is encouraged to attend this free event Saturday, May 20 from 9 a.m. to noon. Kids attending without a parent must bring a signed registration form to participate in the event. Registration forms are available from the Roseville Transportation Division, 311 Vernon Street, Roseville, and on the event Web site.

The city of Roseville, its PedalSafe Committee, Kaiser Permanente, the Kiwanis Club of Roseville, Safe Kids Placer County, Sacramento Bike Hikers, Dairy Queen, the Roseville Press-Tribune and DJ Magek are just a few of the sponsors that help make this event a success.

The Bikefest will be at Cirby Elementary School, located at 814 Darling Way in Roseville. For more information about Roseville Bikefest, contact Sue Schooley at (916) 774-5365 or visit www.roseville.ca.us/pedalsafe.



Startling Stats

Employer-subsidized parking has a value of at least \$1,000 per year tax-free.

The number of drive-alone employees has been shown to decline by at least 20 percent when employers charge a market rate for parking.

Tip of the Month Don't Get Skewered

By David Takemoto-Weerts

If you're reading this tip, chances are your bike(s) has at least one quick-release (Q-R) wheel. Did you know that Tullio Campagnolo, the father of the Campy component line, started his empire by inventing the quick-release hub?

Tullio was competing in the 1927 Gran Premio della Vittoria race in the Alps where cold temperatures over the Croce D'Aune Pass prevented him from removing a wheel when he flatted. Unable to loosen the frozen axle nuts, he came up with the Q-R skewer which required less force and no tool to remove and replace the wheel.

The basic design of the Q-R changed little until very recently, and the proper use and adjustment techniques are also little changed. Knowing the proper way to attach and secure a Q-R wheel is essential to your well-being as a cyclist because few mechanical failures will cause more injury to a rider than the sudden loss of a wheel, especially a front one.

The first thing to know is that the Q-R lever is not a wing-nut! However, many people use it in just that fashion and turn it clockwise until it seems tight enough. It's really a cam-actuated levering device. You don't have to understand the mechanics of it – just watch how the skewer changes length as you move the lever through its full range.

Note that modern levers are curved and labeled "open" and "closed." You want the "closed" side facing out (inner curve facing the hub) when the wheel is properly secured. Turn the threaded piece opposite the lever end to fine tune the skewer so that as you move it from the "open" to "closed" position, you start to feel some resistance when the lever is sticking out roughly 90 degrees – "straight out" — from the plane of the wheel. Then it should take enough force to finish moving the lever to the fully closed position to leave a short-lived impression of the lever in your palm.

On a mountain bike, always position the lever so that it points to the rear, lest it catch on a twig or some brush and get pried open on a quick descent. The little springs are there to center the skewer and ease wheel mounting.

Checking one's skewers before each ride is always a good idea, especially if the bike has been left unattended in a public place. Some cretin may get his jollies from loosening them up and watching your imminent downfall.

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

Changing Gears in the Good Old Days

In the good old days, when stages in the Tour de France were 1300 miles long, and riders ascended mountain passes over barely paved roads, *there were no derailleurs!* In those days, bikes had either one gear (one cog on the rear wheel) or two. Those two-speed bikes had one cog on each side of the rear hub. To change gears, the rider would dismount, remove the rear wheel, flip it around, tighten the whole thing up again, remount, and continue riding. Thus the advantage of a "quick release."

Source: <http://www.campyonly.com/history.html>

SABA

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Pedal Power Lobbying Day



On May 1&2, the California Bike Coalition (CBC) will be hosting its 2nd Annual Legislative Day – an opportunity for cyclists to talk to representatives about the benefits of biking. In order to get the wheels in motion we need your help.

As an attendee, you'll have the opportunity to:

- Learn about specific legislation that will have a tremendous impact on California cyclists.
- Learn effective ways to convey the cycling community's messages about health, safety and economic benefits of cycling to legislative representatives.
- Learn how to utilize the media to communicate the CBC's main messages.
- Participate in meetings with key legislative members about pending legislation and the value of cycling in California.

In addition to helping other representatives from the bicycle industry and cycling clubs effectively advocate for policies that promote bike safety, you'll have the opportunity on Monday to meet and network with other cyclists from throughout California during a group ride through Sacramento. Plus you can view products and information for cyclists during the Pedal Power Expo and enjoy a wine and cheese reception with representatives from the State Capitol later that day.

Join us in Sacramento May 1&2. Let lawmakers hear the perspective of bicycle advocates on California's cycling issues.

Register at <http://www.calpedalpower.org/>.

Clean Air Awards Luncheon

Join the SABA table at Breathe California's 30th Annual Clean Air Awards Luncheon.

Thursday, May 11, 2006

11:30 am to 1:30 pm

Sacramento Memorial Auditorium

This year's theme is Walk & Roll, focusing on biking, walking and transit. Guest speaker is Willie Weir, Bicycle Advocate. For more information call (916) 444-5900 or visit www.sacbreathe.org/.