

# Auburn Journal

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## **May a welcoming month to bicycle buffs**

By: Amy Lobenberg Journal Correspondent

May is Bike Month, and to celebrate there are several bicycle-friendly events taking place in Auburn.

The 2013 Auburn Bike Festival and Auburn Old Town Farmers Market: Bike to Market Day will focus on promoting the benefits of riding a bicycle.

The 2013 Auburn Bike Festival takes place on May 5 and is hosted by the Sierra Foothills Cycling Club (SFCC). The festival is free and features: three club-led rides of 52, 35, and 20 miles, a two mile Family Fun Ride, a 0.7 mile kids bike ride ( for children age 7 and up), free barbecue lunch for all ride participants, a raffle, the Auburn Police Van, representatives from local bike shops and representatives from the SFCC.

President of SFCC, Larry Matz, thinks the festival will be a good way to educate people about cycling. "It's a chance to introduce people to cycling who have not tried it before," said Matz. "It's also an opportunity for those already involved in cycling to enjoy a nice, spring day educating the public on the benefits of cycling."

According to Auburn Bike Works owner Lisa Kodl, cycling has several benefits. "I feel that it helps clear your head, whether you are mountain or road riding," Kodl said. "It's a good way to save gas and get outdoors. We live in a great mountain biking area. People can ride anywhere from their back door. Cycling has a good social aspect as well."

Kodl stressed that all age groups can get involved in cycling. Children can start as early and develop a healthy life-long hobby. Auburn Bike Works partners with the Placer Foothills Mountain Bike Club, which has members who are high school age and younger. "It's a good way for kids to get to meet people who enjoy the same thing," Kodl said.

Bill Marengo, owner of Bicycle Emporium in Auburn, said he believes and has found that cycling is more than just exercise. "Cycling is now becoming in the Placer County area a true lifestyle," Marengo said. Marengo, who has been riding a bike since he was 8, said he's forged lifelong relationships with fellow cyclists he meets up with two mornings a week for coffee and a ride before work. "That's one of the cool things about cycling is it's one of those sports you don't just do it alone or don't just do it once and you're done," Marengo said. "You don't have one season in a league where you have a friend for that four months then the season is over. You cycle with buddies and you cycle for life." Marengo said those interested in learning about cycling should stop into a bike shop and ask about good rides and how to do it. "Any good bike shop should point them in the right direction," Marengo said. And for those who are into the lifestyle and want to get better, Marengo said the advice is a "no brainer." "Ride with better people," he said. "If you're looking to get better, don't be scared to venture out on a ride with better cyclists."

### Shop or swap

Atown Bikes will be having their swap meet on April 28. The event is free to buyers. Sellers can still rent a space for \$10. Maria's taco truck will also be there. "It's our first annual, but we hope to do two a year," said Duke Jay, owner of Atown Bikes. "There will be mountain bikes, road bikes, BMX, anything bike related." There will also be some pre-war Schwinn cruisers and at least one vendor selling new bike gear. "These things are a lot of fun," Jay said. "There will be a ton of used stuff here."

And remember, it is a swap meet, so barter for your best buy and dicker for that dynamite deal. I just don't know if you can trade for a taco though. That would be up to Maria.

### Food for thought

Bike to the Market Day takes place on May 11 and the first 50 cyclists to the Old Town Farmers Market will receive a special \$5 gift certificate to be used at any stall in the market that day.

The event will also include: a prize of \$25 in farmers market gift certificates for the most creative bicycle produce-carting setup, a \$25 prize in farmers market gift certificates—plus a free bike tune-up from Victory Velo—for the cyclist who biked the longest distance to the market, and the Victory Velo bike shop of Auburn will have a booth at the market with informational materials, bike route maps, and cycling merchandise. Aron Yvuta of Victory Velo bike shop believes that the event will be a good chance to discuss the various biking options here in Auburn.

"One of the most popular trails is the Culvert Trail, also known as the Clementine Trail," said Yvuta. "It probably gets the most traffic and we, along with Auburn Bike Works, recently put in a lot of work cleaning it up. We are also working on promoting Auburn Bike Park."

Victory Velo and other Auburn bike shops also encourage proper bicycle safety and techniques.

"We endorse wearing helmets and reflective clothing," said Yvuta. "You should always have a light on at night. As far as Auburn goes, it seems like cyclists and motorists follow the rules of the road pretty well."

~ Paul Cambra contributed to this story