

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

[www.goletabike.org](http://www.goletabike.org)

APRIL 2004

*Come out and ride with us!*

*We are a non-profit recreational association committed to promoting health, fitness, and safety through bicycling.  
For all levels!*

## AS THE WHEELS TURN...

Likely by the time you read this the signs for the Obern Trail have been unveiled. I am glad our own GVCC members and Santa Barbara Bicycle Coalition activists, Wilson Hubbell and Ralph Fertig cared enough to get Vi and George Obern the recognition they deserved for their efforts to realize the bicycle path we so enjoy today. The next time you on the Obern Trail remember how we can keep Vi and George's legacy alive by keeping up the sweeping of the preciously won path.

## People Powered Ride Activities on the Move

The turnout for the March 17<sup>th</sup> meeting was ample enough to stimulate good discussions about the People Powered Ride and the mission of the GVCC. We definitely are looking forward to celebrating our 25<sup>th</sup> anniversary ride but are also considering ways to simplify the PPR so we can focus on our mission to enjoy recreational riding.

In the 26 years since the founding of the GVCC we have seen many changes and complications in the production of a major bicycle event. On the plus side we have the good fortune to have the Firestones' donation of their meadow homestead to stage the PPR. GVCC members Nancy and Bill Hull, Doris Phinney, Owen Patmor, and Rosie Thompson have done excellent jobs of setting out the model century. Past president Hildy Hoffman

outreached to community sponsors and members who help with the raffle prizes and the food.

The difficulties of dealing with permits, law enforcement approval, insurance certificates take more pre-planning and correspondence than 25 years ago. Likewise, with recently developed competing rides, attracting a wide participant base is challenging. Fortunately, Wilson Hubble and Ralph Fertig, [yes, the same duo who get much done for the Santa Barbara Bicycle Coalition] have agreed to assist yours truly with permits and PPR graphics.

There is always room for more volunteers on the front end of organizing the PPR. If you are one of those members who prefer to ride the PPR on October 10<sup>th</sup>, you can perform your volunteer work months ahead. If you want to assist the PPR's success, consider finding sponsors and donations, reaching news sources and other clubs, and distributing our PPR brochure. I would love to hear from you.

We are looking for a few members that can help form a slate for the 2004/05 officers. To accommodate the hands-on work that will be needed to shepherd the People Powered Ride, I will be turning over the Presidency of GVCC at our June 6<sup>th</sup> annual meeting. Jared Dawson will be continuing on as newsletter editor but is looking for someone to take on the recording secretary duties. Let me know if you would like to serve in any capacity. (continued next page...)

from the President, continued...

I hope many of you will be able to ride the Foodie Ride on Saturday, April 10<sup>th</sup>. RSVP to Doris at 968-3143 or email to: [cyclebug@aol.com](mailto:cyclebug@aol.com). The ride will end at 945 N. Hope Av. where we will hold the April meeting over lunch. Don Jeske will share his Tour de France movie and slides for those who want the feeling of what it is like to be brushed back by the peleton. If you want to park your car at Monte Vista school, 730 N. Hope, you could ride with Jared and I to Doris and Owen's at 7:30 AM. However you get there, we are looking forward to seeing you cleaning the bike path on April 3<sup>rd</sup> and again for the Foodie Ride.

~ **Kathleen Boehm, 687-6218,**  
**[kboehm@silcom.com](mailto:kboehm@silcom.com)**

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**Sedgwick Ranch Sunday May 16 10:00 a.m. - 2:00 p.m.** Ride to remember through the historic and picturesque Sedgwick Ranch. Don and Laura Newman and Michael Williams, Director of the ranch, will lead a 3-4 hour rather strenuous bike ride through this astoundingly scenic Santa Ynez Valley sanctuary. Michael Williams will share great stories of the ranch's history. This is an extremely rare opportunity to bicycle through landscapes that looks just as it did in the days of the old pioneers and benefits Planned Parenthood. \$50 per person/\$40 tax deductible. Call Laura at 687-2588 to reserve.

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Happy April birthday to...

Bill Hull  
Nancy Hull  
Don Jeske  
Jody Kamrath  
Stewart Holden  
Stephanie Stark or is it Berberet?  
Gary Welterlen  
Art Knapp  
Jackson Dodge  
Keith Moak  
Owen Patmor  
Kate Belanger

And a hearty welcome to new members...

Steve Kiehn  
Peter Sturken

March 17, 2004 Meeting Minutes

**April and May Calendar** – Of note is the May 1<sup>st</sup> Wine Ride led by Bob Zimels. This will likely be filled by April

**Financial Report**- Current balance is \$11,839.58

**Mail** – An offer to take out ads in the *Breeze is against club policy.*

**Renewal of Rails to Trails and LAB** - approved

**Nomination Committee** – Kathleen will not be running for president in June and Jared will not be recording secretary. A committee to find nominees is needed.

**PPR proposal to co-sponsor with SBBC**

SBBC could not take on co-sponsorship. Thus far we have volunteers to cover some of the duties:

Print brochures, do Graphics, Distribution, Print Maps, Get Permits, Contact other clubs, Do Pre-Reg, Garbage/ Port a Johns, Run Raffle, Get Sponsors, Purchase/Sort Food, Volunteer Tracking, Baking/Salads, Sags, Food Stops, Set-Up, Clean-Up, Mark Route, BBQ

**Not yet assigned:**

hats or t-shirts  
News Releases/ Publicity  
Coffee  
Entertainment  
Massage

Hats were approved for sale and distribution to volunteers

**New Business:**

Contact Ralph Fertig (962-1479 or [sb-ralph@cox.net](mailto:sb-ralph@cox.net)) to volunteer for April 18, **Santa Barbara Earth Day**, sponsored by the Community Environmental Council. The most pleasant festival in Santa Barbara. We will host a booth there for our 13th year. Volunteer to help staff our booth or just visit (by bike, of course) for a fun and educational time. Free bike check-ups. Santa Barbara Car Free will be giving away prizes to people who bike, walk or bus to the festival. It runs from 10 AM to 5:30 PM at the County Courthouse Sunken Gardens. For festival details, look at [www.communityenvironmentalcouncil.org/earthday](http://www.communityenvironmentalcouncil.org/earthday).

**Bicycle to Work Week** is May 17-25. Go to [www.sbbike.org/BW2K/bw.html](http://www.sbbike.org/BW2K/bw.html) for details. Contact the Santa Barbara Bicycle Coalition to volunteer at one or more events.

**Trails Maintenance** events put on by the SB Bike Trail Volunteers should be listed in the GVCC calendar.

The **Lung Association Ride**, Bert Shaw's fund raising for AIDS/LifeCycle3 ride and the Great Western Bicycle rally will go in the April *Breeze*.

Next Meeting 4/10 after Foodie Ride at 945 N. Hope, 687-6218

---**Kathleen Boehm**

**The South Coast Breeze is a monthly publication of the  
Goteta Valley Cycling Club. Officers & contacts are:**

President	Kathleen Boehm	687-6218
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	lhhaney@cox.net	
Webmaster	Dave Lawson	967-2081
Bike Path Clean Up	Rosie Thompson	964-2339
	rosie@nbdca.net	

**GVCC Jerseys for Sale**

A very limited number of the 'new' club jerseys - 3 dolphins on blue, yellow & green background - are available (no L, XL or XXL). They can be obtained from Nancy Hull; please call ahead to arrange a time (965-5392). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Nancy Hull at 963 Fellowship Ln, Santa Barbara, CA 93109; make sure you specify the size.

**Bike Hazards**

Call these folks to report the broken glass, potholes, downed tree limbs, discarded mattresses, illegally parked cars & other obstacles to safe cycling.

City of Buellton.		688-5177
City of Carpinteria	684-5405 x411 or 405	
City of Lompoc	736-1261 x524 or 526	
City of Sta. Barbara, Streets		564-5413
City of Sta. Barbara, Potholes		897-2513
City of Santa Maria	925-0951 x221	
City of Solvang		688-7529
Un-incorporated SB County		
debris and foliage		681-5696
general road/bikeway suggestions		568-3046
State Hwy System, Caltrans		
(eg Hwy 246, 1, 154, etc)		568-1261

**Thank You to Our GVCC Sponsors!  
Please support these Jersey & Member  
Sponsors; they help support our club!**

ARGUELLES, JOHN C - DDS	681-4848
38 S. LaCumbre Rd. Santa Barbara	
BICYCLE BOB'S	682-4699
15 Hitchcock Way, Santa Barbara 93101	
BIG GEAR BIKE GEAR	962-5962
324 State St., Santa Barbara 93101	
BIKESMITHS	684-3150
5441B Carpinteria Ave, Carpinteria 93013	
FERREL'S CHIROPRACTIC	963-3232
533 E. Micheltorena, Ste. 200, Santa Barbara 93103	
FRANK SCHIPPER CONSTRUCTION	963-4359
610 E Cota, Santa Barbara	
KEMP CHIROPRACTIC CLINIC.	966-3344
809 Chapala, Santa Barbara 93101	
MC FARLAND, BOB - ATTORNEY	687-6198
2600 De La Vina #F, Santa Barbara 93101	
STATE & A BAR & GRILL	966-1010
1201 State St, Santa Barbara 93101	
TRUEX, DON - DDS, MAGD	967-8300
6134 Calte Real Ste A, Goleta 93117	

**Member Sponsorships**, which are \$50 biannually, guarantee your listing every month in The Breeze, as well as regular membership in GVCC. The price of biannual Jersey Sponsorships, which provide you with Member Sponsor benefits as well as a place on our jersey, varies according to placement of your logo on the GVCC jersey; they will be available when the club places its next jersey order. For more information, please contact Nancy Hull at 965-5392 or Hull@sbcc.net.

Your GVCC membership provides you with discounts for non-sale items at the following bike shops:

**15% off parts & accessories at:**  
Open Air Bicycles, 224 Chapala, 962-7000

**10% off parts & accessories at:**  
Bicycle Bob's, 15 Hitchcock Way, 682-4699  
Bicycle Bob's, 250 Storke Rd, 685-6799  
Bicycles LTD, 155 N Fairview, 964-4913  
Big Gear Bike Gear, 324 State, 962-5962  
Hazards Cycle Sport, 735 Chapala, 966-3787  
I.V. Bike Boutique, 880 EmbarcaderoDelMar, 968-3338  
Rincon Cycles, 5100 Carpinteria Ave, 684-9466  
Velo Pro Cyclery, 633 State St., 963-7775  
Velo Pro Cyclery, 5887 Hollister Ave., 964-8355  
Velo Santa Barbara, next to RoCo on State St, 884-0917

## Ride Reviews and Previews

Thanks to Ron Wilmot and Martin Peterson for leading the search for the perfect burrito on March 13<sup>th</sup>. I hear the select few riders had a brisk ride down the coast. Don't miss the opportunity to explore new eateries the next time these guys get hungry.

Julie Lopp and Don Bushnell, first time club riders, thoroughly enjoyed the Beginners Ride led by Owen Patmor and Doris Phinney on Sunday March 21<sup>st</sup>. They were joined by Andy who had ridden with the club once before and another Don—all relatively new riders with the GVCC. Also riding along were veterans Hildy, Cheryl and Don Jeske. [Hence the "Don Ride".] Grady Overstreet met us at Anna's Bakery and then continued on his own course. All chatted at Anna's before leaving on a loop around Goleta. GVCC veterans were able to provide tire changing instruction when Julie had a flat before we got out of the Marketplace parking lot. Special thanks to Hildy Hoffmann and Cheryl Everett and congrats to Julie for pumping up her own tire.

On April 4<sup>th</sup>, Lori will be leading another Beginners Ride in Goleta. GVCC plans to continue offering Beginners Rides each month to encourage everyone to join us, especially those who have abstained from other club rides for fear they won't be able to keep up. No one will be dropped on a GVCC Beginners Ride.

Two thumbs up for ride organizer Lori Haney who led us out Foxen Canyon on March 20<sup>th</sup>. Lori resurrected an old favorite route that took half the group over Cat Canyon. The other half heeded the warning of the Tailwind members who advised of Cat Canyon's rough road conditions. So Palmer Canyon was the alternate route taken. (The rough condition was refuted by those awesome four who didn't let it deter them from Cat Canyon.) All riders enjoyed being in the sunshine, serenaded by spring birds and wowed by wild flowers. It was a fun 50+ mile ramble and next time we will all try Cat Canyon.

## Fund Raising Efforts

As the vivacious organizer Donna Pearson-Beal reminds us, it is time to sign up for the 23<sup>rd</sup> Annual Bike Trek for Life and Breath, scheduled for June 18-20. Riders can opt for a Saturday ride only or a three-day ride through the Santa Ynez Valley. This is a fundraiser for the American Lung Association of Santa Barbara and Ventura Counties. The Bike Trek is well established and one of the most popular cycling events in Santa Barbara County. The entire ride takes place in the Santa Ynez Valley. The Lung Association's goal is to recruit a minimum of 150 riders. Each rider makes a major commitment to the American Lung Association of Santa Barbara and Ventura Counties by agreeing to collect a minimum in pledges to qualify for the ride.

The Goleta Valley Cycling Club has long been a sponsor and recruiter of riders of this fun and valuable event. Pete Nicklin, a GVCC past president, designs the rides and recruits the sag/radio volunteers. Last year GVCC members Bob Zimels, Hildy Hoffman and Kathleen Boehm were ride volunteers. We can attest that being involved in this event is rewarding and fun. If you wish to volunteer for 2004, you may contact Kathleen for a volunteer form. Call Kathleen at 687-6218 or contact Donna at 963-1426.

The Lung Association needs a successful Bike Trek more than ever this year to help assure that vital programs continue and expand. Its countywide educational programs have never been in greater demand, including help for smokers who want to quit, monthly support groups for adults with lung disease and summer day camps for children with chronic asthma, "Camp Wheez". The Lung Assoc. offers an entirely new program for local elementary schools, which provides lung health education in addition to smoking prevention. Phone: 963-1426 or email [donna@lungsbvc.org](mailto:donna@lungsbvc.org) for a complete description of the go-at-your-own pace ride for cyclists of all levels of experience. Rest and food stops will be set up every 10 miles along the route with roving support vehicles. And each day the rider has a choice of a 30 or 50-mile route. During the weekend, entertainment will be provided.

The one-day ride will begin and end at Midland School in Los Olivos. The three-day ride will begin and end in Solvang, with two nights of camping at Midland School. The American Lung Association will transport all camping gear to the campsite.

Teams made up of family members, friends or co-workers will ride on Saturday, June 19. A team award will be presented to the team with the highest average in pledges and to the team with the most creative outfit. Participants will be required to collect pledges prior to the ride to help support the American Lung Association's local lung health programs. A special fund raising discount applies to children, 14 and under. Each rider will receive a Bike Trek T-shirt and water bottle. Additional prizes will also be awarded.

For registration forms and more information, call the American Lung Association office in Santa Barbara at 805-963-1426 or send email to [donna@lungsbvc.org](mailto:donna@lungsbvc.org).



Bert Shaw may not be a household name but he is a local tricycling hero. In May 2003, after a year recuperation from a nasty beach path bicycling crash in which he broke his neck, Bert rode from San Francisco to Los Angeles to raise funds for HIV and AIDS services. Bert was the most senior member of the group by far. As he was riding from through Casmalia a local boy handed him this note. *"Dear Rider, Los Angeles? On your bike? Are you crazy? No, just a caring person! You are awesome! Thank you for riding your bike all 585 miles to help fight AIDS! You rock! Helping others is right! Miss Hodges said you have to drink lots of H<sub>2</sub>O to replace the fluids you sweat. Do your best and bless you. Your friend, Joe"*

Bert is riding the 2004 Aids/Lifecycle Ride and needs lots of friends to help him raise the minimum pledge of \$2,500. To be a supporter, call Bert at 682-2879 or email [bertram\\_s@hotmail.com](mailto:bertram_s@hotmail.com).

Events coming up:

Citrus Blossom Century

Saturday, April 3; Oxnard. [CAK@ojai.net](mailto:CAK@ojai.net).

Wine Ride for the 12 first lucky GVCC oenophiles to respond to Bob Zimels

Saturday, May 1<sup>st</sup>, 9 AM. Call 962-3211 or email [Zsloth@cox.net](mailto:Zsloth@cox.net).

**Strawberry Fields Forever Ride**

Sunday, May 16; Santa Cruz <http://www.strawberryfields.org/>

49<sup>th</sup> Great Western Bicycle Rally

May 28-31 <http://www.gwbr.org/> (310) 838-0843 or (714) 529-5728

Ojai Valley Century

June 12 <http://www.ojavalleycentury.com/>

(805)640-0944

23<sup>rd</sup> Bike Trek for Life & Breath

June 18-20 <http://www.californialung.org/> (805)963-1426