

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

APRIL 2005

*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!*

## THANK YOU LETTERS TO CLUB, SEE PAGE 8

### Bicycle Spoken Here

GVCC President: **Doris Phinney**,  
**968-3143**, [cyclebug@aol.com](mailto:cyclebug@aol.com)

The next monthly **meeting** of the GVCC will be held on **Wednesday, April 13**, 6:30pm at **Madame Lu's**. A no-host dinner at 630pm will be followed by the meeting at 7pm. Everyone is welcome. Please contact me if you have items to place on the agenda.

**Beginners Rides:** I've received a few phone calls asking about short, easy rides. So check the April calendar, because there's one scheduled. I'll be leading a ride starting at Anna's Bakery and going no more than 20 miles.

**The Choo Choo Century** was a great success. Next year we might have a two-night option. Thanks to Lori and Connie for all the planning and organization.

**March Madness** has consumed Owen and me. When we found out that the UCSB Lady Gauchos would be playing the first round of the NCAA tournament in Fresno, we decided we had to go. After all we just got back from the previous weekend at the Big West Tournament that propelled UCSB into the NCAA playoffs. We spent four days in Fresno watching women's basketball Saturday and Monday. Unfortunately the Gauchos

(seeded 13) lost to Notre Dame (seeded 4) in the first round. So we cheered for the Pac 10. Arizona State and Stanford both won their games in the first two rounds and advanced to the Sweet Sixteen.

What does all this have to do with bicycling? Well, on Sunday (no games) we took a short (10 miles round trip, Owen's idea) walk to the Fresno Performance Bike Shop, where we picked up a Fresno/Clovis bicycle map. We took our Bike Fridays with us and on Monday we rode the Sugar Pine/Clovis Old Town Trail. It's a beautiful trail, about 13 miles long, with hundreds of trees planted along the route. So if you plan a trip to Fresno, (Why?!) check out the trail. I'll even loan you my map. We got in about 20 miles, riding from our motel; the bike map indicates streets that have bike lanes.

**GVCC Website:** For all the latest in photos and information go to [www.goletabike.org](http://www.goletabike.org). Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater.

*From "The Quotable Cyclist" Bill Strickland, Editor*  
*Cycling satisfies so many needs. If you're in a gregarious mood, you can go out with a group. Or you can go alone—solo. If you're in an aggressive mood, you can go fast, or if you're tired and want to unwind you can go slow. A bicycle doesn't discriminate in age, either. –*  
**Georgena Terry**

## MARCH MEETING MINUTES...

Meeting Minutes March 16, 2005 at Rusty's Pizza on Calle Real

**Doris Phinney**, President, opened the meeting with a welcome and a report from the college women's basketball tournament of the week-end before.

The mail was distributed and those who wanted took the magazines received by the club.

**Cheryl Everett**, Treasurer, reported on our latest expenditure for a youth bicycle donation. The club members expressed gratitude to **Bob Young** for once again arranging the purchase and presentation of a bicycle to Aaron Pacheco at the Goleta Boys Club. **[SEE PHOTO AND LETTER PG 8]**

The next bike path clean-up is scheduled for March 19<sup>th</sup>. The members approved an expenditure for pizza for volunteers.

**Connie Styrowoll** reported on the success of the Choo-Choo. The group did not seem smaller this year. Although **Wendy Manning** could not ride this year, she and **Bill Ball** met the riders at the SLO train station. They also joined the group at the hotel with many goodies so there was as much food at the happy hour as previous years. 18 signed up to ride the train. The only reported mishap was **David Lawson's** flat tire.

Connie also confirmed the entry of 15 riders from the GVCC for the Ride across Iowa (RAGBRAI). Connie encouraged participants to check out the RAGBRAI web site. Doris had journal entries from her experience on the 1995 RAGBRAI. This ride is

the most social and celebratory of any of the cross state rides Doris has done.

**Robert Rainwater**, Webmaster, is willing to set up a network email service for those in the GVCC who would like to participate. Robert has looked into the alternatives and believes topica.com would be an OK provider. The members voted to authorize Robert to set up an email subscription service.

**Warren Wetnick** has a bicycle artwork to donate to the GVCC. Doris will take a look at it to see if it can be used as a raffle prize at the PPR or other club event.

Minnesotans bicycling in the area would like to have local riders join them. **Kathleen Boehm** gave her phone number to Doris to let them know she is available.

The PPR flyers were printed at Kinkos by **Bill Ball**. He did a great and timely job. Bill suggested he could also get banners and signs printed as needed. The members decided we would need a couple of road signs and banners. **Hildy Hoffmann**, VP/ Ride Coordinator/PPR Chair, will follow up with Bill. The artwork done by **Brigitta Van Der Raay** was lovely. Robert will post the flyer on the club web site. Registration will open in May when Doris signs up the 2005 PPR with active.com. Hildy read off a list of responsibilities of various members and it was agreed all were correct assignments.

There was discussion about the bike path near the horse stables needing attention. The County needs to be contacted.

The next meeting is Wednesday, April 13 at Madame Lu's restaurant. Eating time is 6:30 PM and meeting starts at 7 PM.

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If GVCC members have items for sale phone 687-6218 or [jdawson@silcom.com](mailto:jdawson@silcom.com) for ad submission.

For Sale: Adams Trail-A-Bike, excellent condition, a year old but hardly used because I got a tandem to ride with my grandchildren. New price was \$200, asking \$125. Call Doris at 968-3143 or email [cyclebug@aol.com](mailto:cyclebug@aol.com).

## HAPPY APRIL BIRTHDAY TO...

Bill Hull  
Nancy Hull  
Don Jeske  
Jody Kamrath  
Stewart Holden  
Art Knapp  
Stephanie Stark  
Owen Patmor  
Kate Belanger

## WELCOME TO NEW MEMBERS...

Christina Ragsdall  
Jan & Roy West  
Ana Esquivel



*Here are the Choo-Choo riders about to board the train. This year we did not have to wait 2 hours!!*

## Sorry if you missed the Choo-Choo!!

Every year the Choo-Choo is the ticket to ending the winter short rides and getting in shape for spring. David Lawson jumped on the train to find out what the rest of us were raving about all these (could it be?) 15 years. We were glad David managed to fit his new recumbant WhizWheel in the truck with the rest of the two wheelers. Fortunately, there was no rain on the Choo-Choo week-end, unlike the ones before and after. (Thank you Lori Haney and Connie Styrwoll for picking the perfect date.) It is always fun to take over the train's club car and watch for spouting whales on the way up. It was surprising the train arrived in SLO relatively on time with Wendy Manning and Bill Ball greeting us. A handful of the riders were able to scoot out in time to try out a new winery on the way to Pismo Beach. The rest of us benefited from their stop by sharing their bottles later at happy hour. We are obviously more mature as none of us stayed up too late and most riders got out before 8 AM on Sunday. A new GVCC member, Ana Esquivel, found a few of us still having breakfast when she joined the ride back to Santa Barbara. The riders took various routes. A couple of

us had left vehicles along the way to shorten the ride. Rosie Thompson joined Kathleen Boehm and Jared Dawson on their birding expedition into Lompoc. Consequently, Rosie put on the most miles she has ridden since her injuries last May. She is a delight to have along as she identifies all the flora and fauna. Others found respite at Firestone brewery in Buellton as a reward for venturing out on an overcast day. Once again Lori and Connie did a superb job in keeping up the fun tradition of the our springtime Choo-Choo. Thank you both for a wonderful week-end.

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Why not make a weekend out of the Wildflower? Jody Kamrath is leading a ride on Sunday, May 1 (May Day, May Day) in Paso Robles starting at 8:30am. Meeting place is at Paso Robles Park at Spring Str & 11th, at the SE corner of the park near 11th and Pine. For more details please contact Jody at 964-5912.

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

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**GVCC Jerseys for Sale**

The club is waiting for a minimum order to make up new jerseys in your size. Thus far we have only 3 requests. If you have not previously requested a jersey and wish to do so, contact Kathleen @ 687-6218 or kboehm@silcom.com. A very limited number of the 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 Goleta	961-7500	
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  
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

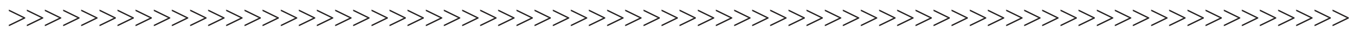
FROM OUR MAIL BOX...

FROM THE PUBLIC HEALTH DEPARTMENT...

On behalf of the Emergency Medical Services I would like to thank you [Kathleen Boehm] and you colleagues at the Goleta Valley Cycling Club for your generous donation of \$750 to the low cost bicycle helmet program. This donation will enable us to purchase several hundred helmets and distribute them throughout the county.

I will distribute your PPR flyers at community events where the helmets are sold, and will be in touch with you before the next event to get a quantity of those flyers. Thanks again for your support of this important program. Together we can encourage cycling and protect heads!

Sincerely, Christian Greenfield, RN, Performance Improvement/Trauma Coordinator  
Santa Barbara County Emergency Medical Services Agency



*Bob Young helped to coordinate getting bikes to a couple of young cyclists, and one of them wrote:*

Dear Goleta cycle club,  
  
Thank you very much  
for the bike and helmet.  
I will ride it a lot!  
I will go to the  
park with my bike.  
  
Thank you again for being  
so nice!  
From,  
Aaron Pacheco



**FROM ONE OF OUR ORIGINAL MEMBERS, AND A FORMER EDITOR OF OUR CLUB'S NEWSLETTER, THE ONE AND ONLY MITCHELL LEVITTS, FROM TUCSON, ARIZONA....**

It was a nice afternoon last Sunday, so I decided to go bike riding.

I'm pedaling along blissfully, when I spy a piece of cardboard about 50 yards away, lying right in the middle of the shoulder. I'm idly trying to decide whether to ride over it (its now 20 yards away), when pieces of it start to fly off and hit my helmet and face. At about the same instant that I observe that this cardboard is moving (more like pulsating), I look down at my yellow jersey and see its got about 50 bees on it. I should point out at this stage of my narrative that Tucson now has only African (i.e. killer) bees. And that "cardboard" was a swarm- a group that can number several thousand bees, that has split off from its old hive with a new queen and is now looking for new digs. As I'm idly wondering why I have not yet felt the pain of bee stings, I managed to maneuver the bike to avoid the main body of the swarm by about 2 feet and still not venture too far out into traffic (I was on a busy highway- but only one car honked). I proceeded down the road a piece and stopped a safe distance from the swarm. Miraculously, all but one of the bees had left my person (and he shortly thereafter departed for the infernal regions) and I had not been stung. And no, I don't know why these bees chose to pause en mass on the shoulder of a busy road.

A couple of miles further down the highway (yes, I kept riding) I turned onto a quiet road. About a mile down this road I happened to look down and saw I was passing within a few inches of a rattlesnake.

Beats being at work.

**As evidence that this is not just a tall tale, Mitch also submitted the following, from the Associated Press:**

TUCSON, Ariz. -- A swarm of bees invaded the field on Thursday and forced a game between the Colorado Rockies and Arizona Diamondbacks to be called after five innings.

The bees literally chased Rockies pitcher Darren Oliver from the mound. He kept trying to go back on the mound, but the bees would go after him again. Finally, he left for good and let another pitcher complete the inning.

"I love this game," Oliver said, "but I like myself a little bit more."

Oliver said the bees apparently were attracted to the coconut oil in his hair gel.

*And I (the editor, Jared Dawson) was chuckling over all of this until on Ballard Canyon Rd, riding with 11 members of our club on Saturday the 26th of March, on an otherwise enjoyable ramble through the valley, I rode through a small cloud of bees. I was congratulating myself on getting through without any going down my jersey, when, a mile or so later, I felt something crawling around on my scalp under my helmet. I slowly took my helmet off (while climbing uphill!) again congratulating myself on my calm, when it suddenly felt like a icepick hit the top of my head! Yow! Springtime!*