

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

April 2011

∞ Bicycle Spoken Here ∞

GVCC President: Doris Phinney, 968-3143,
cyclebug@aol.com

NEWCOMERS RIDE: Saturday, April 2, 930am, Java Station, Doris, 968-3143. Everyone is welcome to join this leisurely paced ride around Goleta. No one is ever left behind. You must wear a helmet to ride with the Goleta Valley Cycling Club.

GVCC MEETING REPORT: Saturday, March 19, we met, following Bike Path Clean Up and pizza at the home of Robert and Brigitta. Thank you to our hosts.

Agenda: GVCC participation in the **Santa Barbara Century**, October 22. Kalon Kelley (a Century organizer) presented an overview of the Century experience from the 2010 event. GVCC will sponsor an aid station at Goleta Beach, the last stop before the finish for all riders. The more volunteers the shorter the individual hours; so far we have seven: Robert R., Zip, Cheryl, Rosie, Don J., Owen and Doris. We look forward to coming up with a theme, perhaps costumes? Please be thinking of ideas. **Alert:** we will be asking for home made breads and cookies to supplement the food for the aid station. We want to keep alive our GVCC reputation for outstanding baked goodies. For information about the Santa Barbara Century: www.santabarbaracentury.org

Advocacy, a topic raised by Robert, suggesting that GVCC consider getting involved in promoting cycling by advocating for improved roadways, traffic safety and facilities for cyclists in the Santa Barbara area. We will be discussing this suggestion at our May and June meetings.

GREAT WESTERN BIKE RALLY: May 27-30 in Paso Robles. GVCC members will be there. Ride the beautiful back roads of the central coast and wine country. Choose your own rides and activities each day. Come for one day or all four days. For information and registration visit the website:

www.GreatWesternBicycleRally.com

9 Tips for Beginner Cyclists by Steven Pease

There are millions of Americans who ride bikes and those numbers are increasing all the time. With more and more riders on the trails and roads, these tips for beginner cyclists will help you ride better and safer.

1. Protect your head. Head injuries are the cause of 60 percent of all cycling deaths in the U. S. every year. Many of these deaths could be avoided if everyone wore a helmet while cycling. Always wear a helmet when riding and make sure your kids do as well. Many states have bike helmet laws, but you should always wear one even if you don't have too.

2. Don't pedal in high gear for extended periods of time. You want to try and keep your cadence between 70 and 90 rpm's. When you pedal in a high gear it puts added strain on your knees.

3. Use your gears. When climbing hills shift into a gear that will keep your cadence in the right range of rpm's so you can make it up the hill without putting undue stress on your knees.

4. Get a proper bike fit. Having your bike set up to fit your body will make riding much easier, more efficient and cause you much less pain and soreness during and after the ride.

5. Get the right saddle. Getting the right saddle will make a huge difference when riding. Don't

think the thickest padding will give you the most comfortable ride. A longer seat with a cutout will generally be the best type of saddle. Read reviews online and find out what others like, then test ride a few.

6. Change position while riding. Move your hands around on the bars, and move your rear end around on the saddle. This will keep your hands, arms and rear from getting numb due to prolonged time in a given position.

7. Don't ride with headphones on. It can be extremely dangerous if you don't hear an emergency vehicle or other commotions behind you or off to the side. If you have to have music, get a small clip-on radio with a speaker that you can attach to your jersey.

8. Know the rules. Ride with traffic and obey all road signs. Closely watch all cars in front of you so you can try to anticipate what they are going to do.

9. Keep your head up. Look out in front far enough ahead so you can react to any obstacles in the road or on the shoulder in front of you. Things like storm drain grates are very bad for skinny road bike tires.

If you follow these tips you will have a better, safer and more enjoyable time on your bike.

Minneapolis Cycling Examiner Steven Pease lives in the suburbs of Minneapolis, one of the best cities in America if you enjoy cycling. [President's note: Not in winter!]

-

Local Cycling Website:

Ralph Fertig has established this website to serve cyclists wanting to bike around Santa Barbara county: Ralph continues to update information. Check it out: <http://www.bike-santabarbara.org>

GVCC Website www.goletabike.org: Be sure to check the events calendar on the web for the latest and most complete ride information. We are no longer printing ride descriptions in The Breeze, so call the ride leader or click on the calendar date on the website. For all the latest in photos and information, check the website.

Hi GVCC Members,

Check out the calendar for our new 'No Stop' rides starting at 8:00. For those who have busy lives and just want to ride this is the one for you.



APRIL BIRTHDAYS TO

Stephanie Berberet Stark

Bill Hull

Nancy Hull

Don Jeske

Owen Patmor

NO NEW MEMBERS THIS MONTH

NEWS BULLETIN: Maria Ygnacio clean up, March 27, 2011. In charge of GVCC's Bike Path Clean Up, Robert and Brigitta are seriously committed to keeping the Obern Trail swept and cleared of trash and other debris. With the frequent rains this season they have taken on the onerous task of shoveling mud off the Maria Ygnacio path where it crosses under Hollister Ave., spending hours working by themselves. After last Sunday's 5 inches of rain closed Maria Ygnacio with mud 6 inches deep in places, Robert sent out an email (to GVCC and SBBike Coalition lists) calling for volunteers to help clear the mud.

This afternoon Robert and Brigitta were joined by Nancy Mulholland, Mark Sapp, Coalition members, Wilson Hubbell, Don Jeske, Owen Patmor, Doris Phinney, and James, a passing cyclist who stopped to help. An amazing amount of mud was removed from the path. Thanks especially to Robert and Brigitta and the others who joined in to open the path. We had a good time and a wonderful sense of accomplishment.

For Sale

One of the last Lighthouse custom bikes made, Columbus tubing, 51cm frame, Sachs shifting, triple 52,39, 28, Phil Wood Hubs, new re-built Mavic wheels, Chris King headset many other custom features. \$750 Hildy 964 0802

ADVENTURE CYCLING MAPS

GVCC has a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. If you are interested in borrowing these maps, please contact Doris.

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

President	Doris Phinney	968-3143
	cyclebug@aol.com	
VicePres./RideCoordinator	Lori Haney	729-1772
	lhhaney@cox.net	
Secretary	Hildy Hoffman	964 0802
	cyclebelle199@cox.net	
Breeze Editor	Laura Newman	452-2576
	lnewman51@cox.net	
Treasurer	Cheryl Everett	967-8173
Breeze Distribution	Owen Patmor	968-3143
	cyclebug@aol.com	
Membership	Lori Haney	729-1772
	lhhaney@cox.net	
Webmaster	Robert Rainwater	448-0636
	gbike@impulse.net	
Bike Path Clean Up & Brigitta Van der Raay	Robert Rainwater gbike@impulse.net	448-0636

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 Sponsors

ARGUELLES, JOHN C - DDS 38 S. LaCumbre Rd. Santa Barbara	681-4848
BANKERS PACIFIC MORTGAGE, INC. 4141 State St.#E-13 Santa Barbara, CA 93110	681-6363
BICYCLE BOB'S 15 Hitchcock Way, Santa Barbara 93101	682-4699
BIKESMITHS 5441B Carpinteria Ave, Carpinteria 93013	684-3150
FERREL'S CHIROPRACTIC 533 E. Micheltorena, Ste. 200, Santa Barbara 93103	963-3232
FRANK SCHIPPER CONSTRUCTION 610 E Cota, Santa Barbara	963-4359
FREEDOM SIGNS 816 Reddick Ave, Santa Barbara	965 1410
KEMP CHIROPRACTIC CLINIC. 809 Chapala, Santa Barbara 93101	966-3344
MC FARLAND, BOB - ATTORNEY 2600 De La Vina #F, Santa Barbara 93101	687-6198

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 Doris Phinney at 968-3143 or email cyclebug@aol.com

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
Hazards Cycle Sport, 110 Anacapa,	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

Goleta Valley Cycling Club Membership Application

The Goleta Valley Cycling Club (GVCC) is a recreational and sport touring association committed to promoting safety, health, and fitness through the shared social activity of bicycling. Furthermore, the members acknowledge a responsibility to share our sport, our experience, and our aforesaid commitment as a group with the larger community in which we live. The GVCC endorses bicycling advocacy and maintains membership in: The League of American Bicyclists (the LAB), California Association of Bicycle Organizations, The Bicycle Ride Directors Association of America, and The Santa Barbara Bicycle Coalition. All GVCC members receive "The Breeze" monthly newsletter, which includes the ride schedule. Most local bicycle shops and athletic apparel specialists extend discounts to GVCC members. All members are encouraged to participate regularly in club activities; ANSI-SNELL approved bicycle helmets are required on all club rides.

Release and Waiver of Liability, Assumption of Risk, and Indemnity and Parental Consent Agreement ("Agreement") In Consideration of being permitted to participate in any way in Goleta Valley Cycling Club sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in he Activity.

2. Fully Understand that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "releasees" named below; (c) these may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the Activity.

3. Hereby release, discharge, and covenant not to sue the Club, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and leasers of premises on which the Activity takes place, (each considered one of the "releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fee, loss, liability, damage or cost which any may incur as the result of such claim. I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Name _____ New Member _____ or Renewal _____

Address: _____
(number & street) (city & state) (zip)

Home Phone _____ Work _____

Email _____

Are you a member of the League of American Bicyclists? _____ # _____ Birthdate (op.) _____

I certify that I am over 18 years of age. (If under 18 years of age, a separate release form must be obtained, signed by parent or guardian and submitted with this application.)

Signature _____ Date _____

_____ 1-Year Membership \$20.00 OR _____ 2-Year Membership \$35 (check one).

Make checks payable to GVCC & mail to P.O. Box 1547, Goleta, CA 93116-1547.

A Membership Card must be requested otherwise you won't receive one.