
The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

August 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!

Bicycle Spoken Here

GVCC President: **Doris Phinney,**

968-3143, cyclebug@aol.com

The Next Monthly Meeting of the GVCC will be held again at Girsh Park on Wednesday, August 10, 6:00pm for a pot luck.

Minutes from July meeting. In a change of venue, our July GVCC meeting was held at Girsh Park, directly behind Costco. We feasted like kings and queens on a sumptuous pot luck held in the great outdoors. The City of Goleta is fortunate to have this open area for all its residents to share. The meeting was held in the "common room" adjacent to the picnic area. Madame President, Doris Phinney, welcomed all present including a guest, Juri (last name?) who joined us as he was riding by.

The meeting, one of the shortest on record, covered all the agenda items in order. Treasurer, Cheryl Everett, presented the current balance sheet indicating a balance of \$13,589.00. The ride calendar was circulated for input.

Preparation for PPR is in full swing; club volunteers are needed for the day; contact Hildy Hoffmann, 64-0802, for sign ups or questions.

Bob Zimels reported that Firestone Winery has asked for a \$750.00 security deposit for our PPR event in October. A check was issued and will be sent. Bob also is coordinating events for the annual MS ride on October 15, one week after our PPR. Volunteers are needed for ride leaders (several of you have already signed up, thank you and you can also ride the event by soliciting pledges. Remember that GVCC has been a

solid supporter of charitable causes such as the MS Ride, American Lung Assn, and others; let's keep the tradition on track.

Other items discussed were an email from Wendy Manning asking for assistance with the Adaptive Cycling Program at UCSB. They have asked for help in the adaptive cycling clinics twice a week featuring 14 riders at 10:00am or 12pm. Kathleen Boehm stepped up and will contact the group; if you're interested in helping, please contact Kathleen at 687-6218.

There being no additional old or new business, the meeting was adjourned at 7:15.

Introduction

Just wanted to make sure everyone knew that Jared has retired as Breeze Editor and I have taken on that task (He did a great job!). I am trying to follow the same format and look with maybe a few minor additions/changes. Occasionally I may add a comment or information as the need for filler or urge to express myself warrants.

For anyone out there who doesn't know me, here is a little background. My husband, Don and I have been in the club for about 12 years(?). We ride an old tandem when not on our mountain bikes. We used to be accompanied by our poodle Tribble who rode bravely in the specially designed aerodynamic, wooden box on the back of the tandem. (PS if you want extra points with Don, be sure to admire the box) Tribble died about 3 years ago at the age of 19 but is remembered every Spring with the Tribble Memorial Ride.

Laura Newman

HAPPY AUGUST BIRTHDAY TO...

Michele DeCant
Renee DeJong
Ralph Fertig
Mark Polomski
Stewart Bradford
Mike Warren
Roy West

WELCOME TO NEW MEMBERS...

No new members this month ☹️

Calendar Request from Laura

Each month I will have to copy into the tiny date box the ride info that you include for your ride. It can be pretty hard if a lot of information is given. This isn't a problem when reading on the website but for here it is. Please put the most important info up front so I don't edit it out since there is not much space for your comments. Thanks

If GVCC members have items for sale phone Laura Newman 687-2588 or email lnewman51@cox.net for ad submission.

Bike for sale. 2001 Marin Point Reyes 17.5" Balck \$700 Excellent condition. Black, 700 x 25c tires XTR Gruppo, V-Brakes, Bottom Bracket, Crank, 9 speed shifter, braker lever. Easton Carbon Handle Bar, magnesium stem, Thompson seat post.

Call Karch 259-5082, Too many bikes, need to get rid of some.

For Sale - "InSTEP Foldable Bike Trailer & Stroller in One". Seats two children. Never used but needs partial assembly. Asking \$75. If interested, call Micki @ 967-7977.

Le Tour

Unlike most Americans, Don and I don't usually watch televised sports. We don't see the SuperBowl, the World Series or the Indy 500, but every July, all of that changes. First thing in the morning, while we eat breakfast and read the NewsPress, our TV is turned on to Le Tour. In spite of the fact that most of Le Tour is rather boring, and the announcers dialogue repetitive, we'll sit each morning glued to the TV. For us, as for many, the reasons are personal. We've biked in France and love to see the cyclists travel through the old, picturesque towns and sunflower covered countryside. We've also been part of the excited crowd as the cyclist speed past on the Champs Elysees. And like Lance Armstrong, Don is a cancer survivor. Seeing Lance perform so well in such a physically grueling competition is a reaffirmation of the power to overcome cancer.

Lance's story is the American dream, that with hard work and perseverance you can achieve anything. We all know the story of how he started out in Texas as the rebellious son of a poor, young, unwed mother. Lance overcame cancer to win his first Tour. He married and conceived 3 children with sperm frozen before his cancer treatments. He won more Tours. His marriage ended in divorce and he started dating his new girl friend, rock star Sheryl Crow. He went on to win a record-breaking 6th and now 7th Tour.

I don't think anyone believes we have seen the last of Lance Armstrong. It will be interesting to see what he does next. There has even been a rumor that he was looking for a house in Montecito. As for Le Tour, it's been an incredible ride and we can't even imagine how different it will be next year.

A bientot! See you later! Lance

Friendly Faces Return

Don't be surprised if you see a couple of familiar faces in our area in the upcoming months. Frank and Lynn Breckenridge, formerly of Solvang, and currently in Colorado, will be back in our area visiting old friends. Should you like to see them, send them an email at lynbrec@aol.com

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

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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

GVCC Website: For all the latest in photos and information go to www.goletabike.org. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, gbike@impulse.net.

**Thank You to Our GVCC Sponsors!
Please support these Sponsors**

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

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:

Hazards Cycle Sport, 735 Chapala,	966-3787
I.V. Bike Boutique, 880 EmbarcaderoDelMar,	968-3338
Rincon Cycles, 5100 Carpinteria Ave,	684-9466

GVCC Jerseys for Sale...Anyone want to sell a used Large Size?

At the annual June meeting it was pointed out the initial cost for a jersey order is around \$6,000. The club is waiting for more orders to make up new jerseys. 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 Doris Phinney; please call ahead to arrange a time (968-3143). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Doris Phinney 223 Saratoga Ct, Goleta CA 93117; make sure you specify the size.

If you are no longer using a club jersey there may be someone else who would be happy to buy it. Why not post it for sale in the Breeze?

Contact Laura Newman at 687-2588 or lnewman51@cox.net

Goleta Valley Cycling Club Membership Application 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 the 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 _____