

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

August 2006

## ☞ Bicycle Spoken Here ☞

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

**NEXT GVCC MEETING:** Wednesday,  
**September 13, 6pm, potluck at Girsh Park.** Bring  
yourselves and food to share. Drinks will be  
provided. *Note: there is no meeting in August.*

**NEWCOMERS RIDE:** We enjoyed a nice tour of  
Goleta on Saturday, July 15, with some new faces.  
Kyle was the stoker on a Trail-A-Bike behind his  
Dad. Susan joined us on her new Giant and we  
welcomed Gary and Marty as well. GVCC members  
Owen, Rene and Lori (riding with Haley in the  
Burley) completed the group.

There will be no Newcomers ride in August due to  
vacations. See you in September.

### **PEOPLE POWERED RIDE, Once upon a time on a bicycle...**

Registration is now open for our annual ride coming  
up on **October 8, 2006**. Remember you must pre-  
register as there will be no day-of-ride registrations.  
Visit our website for complete information and to  
register.

**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, [gbike@impulse.net](mailto:gbike@impulse.net).

## From Bicycling Magazine, December 2005, Letter of the Month

"What's in a Name?" Recently I was riding up a  
local canyon on Killer, my Kestrel Talon. It was a  
beautiful day and I was feeling really connected to  
my bike. Just as my feelings of joy were near their  
peak, along came a squirrel, hopping happily  
across the road. I will not describe exactly what  
happens to a squirrel when it gets halfway through  
a rear wheel at 23 mph, but I was horror-stricken.  
I'd called my bike Killer, and the prophecy was  
fulfilled. I've since changed its name—my rides on  
Buttercup are a bit slower, but the roads are  
smoother and the wind is now at my back  
--**Luke Astell**

---

## For Sale

Bike Friday Pocket Rocket Pro  
Ultegra component group, 9 speed,  
triple crankset (52x42x30), 20x1" wheels

Also includes: fenders, travel suitcase that converts  
to a trailer, soft canvas carrier bag, odometer,  
bottle cage, tool kit, extra tire and tubes.  
Fits 5'10" rider; equivalent to a 59 cm seat tube.  
Color: Black  
Less than three years old with approximately 750  
miles  
Excellent condition  
Does not include pedals or saddle

USD \$2175

Call Arnie: (805) 967-3678 or e-mail:  
[jamaps@gmail.com](mailto:jamaps@gmail.com)



**HAPPY AUGUST BIRTHDAYS TO...**

**Edward Barrier  
Michele DeCant  
Renee deJong  
Simone DeVries  
Ralph Fertig  
Mark Polomski**

---

**NEW MEMBERS THIS MONTH** 😊  
**Cindy Toohey-Green**

---

**Meeting Minutes** Saturday, July 17, 2006  
President Doris Phinney welcomed GVCC'ers to the meeting at Girsh Park. The ride calendar was circulated along with the club mail. The treasurer's report from Cheryl our treasurer was passed along by Doris. There is no date for the next bike path clean up.

Announcements: Doris was delighted to report that we have joined the Adventure Cycling Association which gives quite a few benefits to it members. More on this topic will be included in the August Breeze.

Old Business: PPR registration is up and running on line and snail mail registrations are beginning to filter in. The actual print layout of the sock design was passed around. Doris will be ordering 12 dozen sox from DeFeet with the club logo on the cuff and "People Powered Ride" printed on the instep.

New Business: Bob Zimels again mentioned that on October 22 the annual MS Ride will once again be in our community, however, this year's ride has a different slant to it. It's a 2-day event, with the first day starting in Thousand Oaks with a 75, 60, 30 and 12 mile rides to Santa Barbara. On Sunday there will be rides in Santa Barbara. Ride leaders are needed; please contact Bob Zimels at 962-3211.

Respectfully submitted, Laura Newman, Recording Secretary

---

**Free to Good Home**

Samsonite suitcase for Bike Friday. No packing material included. Gift to first person to contact Renée at (805) 886-0343 or at [Sitka93111@yahoo.com](mailto:Sitka93111@yahoo.com).

## **Adventure Cycling Association**

Here's the info on our membership in Adventure Cycling Association:

### **BICYCLE CLUB MEMBERSHIP**

Many cyclists receive their first exposure to the excitement of bicycle touring when they join a bicycle club. Clubs represent a system of bike-touring hubs throughout the cycling world and are an active and vital component of our campaign, "[Getting Americans Cycling](#)." Interests range from touring, community outreach through special events, advocacy, bike commuting, and school programs. The National Bicycle Club Network connects these hubs through information and resources and provides them with a vehicle to promote their special events and programs.

Adventure Cycling Association is celebrating 30 years of providing bicycle travel information to touring cyclists in North America and around the world. Our mission is to inspire individuals to get on their bikes and ride, and we provide the highest quality resources -- maps, periodicals, training, website, and more -- to help them do just that. Route development and mapping is the heart and soul of what we do, and our National Bicycle Route Network, with its 33,023 miles of mapped routes, is testimony of our dedication to the touring cyclist.

Affiliating with the National Bicycle Club Network allows clubs to bring new resources, information, and energy to their members and helps clubs strengthen the promotion of both their own club and bicycling in general. Clubs become part of a network linking local bike routes, events, and history across the nation. [See our campaigns.](#)

Additional benefits of your Club Membership are:

- Copy of our Bicycle Club Resource Handbook with over 100 bike graphics, bike news articles, and more
- Two subscriptions to Adventure Cyclist magazine for the club president and newsletter editor
- Club listing in The Cyclist's Yellow Pages (and two free copies)
- Listing in our [directory of touring clubs](#) across the United States and Canada
- Bimonthly club support packages: articles, artwork, specials, and more
- Discounted Adventure Cycling route maps (for your whole club)
- Full access to website Library Archive (for your whole club)
- A 40% discount on display ads placed in Adventure Cyclist magazine

**Email a photo with info of your ride to Laura Newman at [newman51@cox.net](mailto:newman51@cox.net) and she'll try to fit it in the next Breeze**

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

President	Doris Phinney	968-3143
	<a href="mailto:cyclebug@aol.com">cyclebug@aol.com</a>	
VicePres./RideCoordinator	Hildy Hoffmann	964-0802
	<a href="mailto:cyclebelle199@cox.net">cyclebelle199@cox.net</a>	
Breeze Editor	Laura Newman	687-2588
	<a href="mailto:lnewman51@cox.net">lnewman51@cox.net</a>	
Treasurer	Cheryl Everett	967-8173
Breeze Distribution	Owen Patmor	968-3143
	<a href="mailto:cyclebug@aol.com">cyclebug@aol.com</a>	
Membership	Lori Haney	964-5822
	<a href="mailto:lhane@cox.net">lhane@cox.net</a>	
Webmaster	Robert Rainwater	
	<a href="mailto:gbike@impulse.net">gbike@impulse.net</a>	
Bike Path Clean Up		
John Berberet and Stephanie Stark		681-0048
	<a href="mailto:johnberberet@hotmail.com">johnberberet@hotmail.com</a>	

**If GVCC members have items for sale phone Laura Newman 687-2588 or email [lnewman51@cox.net](mailto:lnewman51@cox.net) for ad submission. Also, let her know when it's sold.**

**\*\*\*\*FOR SALE\*\*\*\***

Bike Friday Pocket Rocket Pro Color: Black  
 Ultegra component group, 9 speed, triple crankset, (52x42x30), 20x1" wheels. Also includes: fenders, travel suitcase converts to a trailer, soft canvas carrier bag, odometer, bottle cage, tool kit, extra tire and tubes. Fits 5'10" rider; equivalent to a 59 cm seat tube. Less than three years old with approximately 750 miles Excellent condition Does not include pedals or saddle USD \$2175  
 Call Arnie: (805) 967-3678 or e-mail: [jamaps@gmail.com](mailto:jamaps@gmail.com)

**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	681-4848
38 S. LaCumbre Rd. Santa Barbara	
BANKERS PACIFIC MORTGAGE, INC.	681-6363
4141 State St.#E-13 Santa Barbara, CA 93110	
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 Calle 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 Doris Phinney at 968-3143 or email [cyclebug@aol.com](mailto:cyclebug@aol.com)

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

<b>15% off parts &amp; accessories at:</b>	
Open Air Bicycles, 224 Chapala,	962-7000
<b>10% off parts &amp; accessories at:</b>	
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 Embarcadero DelMar,	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

**GVCC Jerseys for Sale**

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](mailto:lnewman51@cox.net)

## 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 lessors 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 \$15.00 OR \_\_\_\_\_ 2-Year Membership \$25 (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.