

# The Breeze



*The Newsletter of the Goleta Valley Cycling Club*

po box 1547 goleta ca 93116

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

December 2007

## ☞ Bicycle Spoken Here ☞

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

**NEXT GVCC MEETING: Saturday, December 8, 11am, Lori's home, 6219 Avenida Gorrion.**

The meeting will follow the Newcomers Ride described below, so come along for the ride and continue to Lori's for the meeting.

**NEWCOMERS RIDE:** Join me for a leisurely tour of Goleta on Saturday, December 8, 9am at Starbucks in Fairview shopping center. If you are new to the area and would like to meet other cyclists, this ride is for you. No one will be left behind and everyone is welcome, even if you've been here all your life.

**HOLIDAY PARTY: Sunday, January 13, 6-9pm, Encina Meadows.** Our annual event will again be a potluck dinner, so bring something to share. Please RSVP to Doris, 968-3143 or [cyclebug@aol.com](mailto:cyclebug@aol.com).

**GVCC Website** [www.goletabike.org](http://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. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, [gbike@impulse.net](mailto:gbike@impulse.net).

**Holiday Greetings to all!!**

**MEETING MINUTES,** Sitting around the traditional Chinese round table adorned with sumptuous plates of delectable food, President Doris Phinney called the November GVCC meeting to order at 6:40pm. The current mail folder and ride calendar were circulated among those present.

Cheryl Everret circulated copies of the current treasurer's report and also an accounting of income and expenses for PPR. Bike Path clean up was in November and the next one should be in January 2008. John Berberet will be contacted for an exact date. Our annual holiday or post holiday party and meeting will be on Sunday, January 13 at Encina Meadows Rec Room from 6-9:00pm.

President Doris warmly greeted Carol Greene who along with Wendy Manning/Bell are on the mend from recent accident or surgery. It was great to see both of them at the meeting. Congrats to Carol on her recent birthday.

It was our intent to have an in depth post PPR discussion, but because of the volume of noise in the room, the discussion was postponed to our December 8th meeting at Lori Haney's at 11:00am.

Meeting was adjourned at 7:25pm.





**HAPPY DECEMBER BIRTHDAYS TO...**

- Frank Breckenridge**
- Lynn Breckenridge**
- David Farber**
- Gail Hubbell**
- Molly Olney Zide**
- Josh Olney Zide**
- Mike Owens**
- Manny Velasquez**

**NO NEW MEMBERS THIS MONTH**



**\*\*Members just a reminder:** if you change your e-mail or other personal mailing info please contact Lori Haney at [lhanev@cox.net](mailto:lhanev@cox.net). You wouldn't want to miss out on anything\*\*



**How to Survive Dog Attacks:**

- 1) **Stand Up and Outsprint Them** (the logical first option for most riders given that most dogs are merely defending their territory and lose interest when you're off the property).
- 2) **Scream!**
- 3) **Raise Your Hand Threateningly**
- 4) **Drench the Dog**, use your water bottle.
- 5) **The Bike Barrier**, dismount and place your bike between you and the dog, swinging it or a bike pump like a weapon.
- 6) **Boat Airhorn**
- 7) **Halt Pepper Spray**, it only works if you hit the target in the eyes.

From *Bike for Life* by Wallack and Katovsky **GVCC**

**GVCC Website** [www.goletabike.org](http://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. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, [gbike@impulse.net](mailto:gbike@impulse.net).

**BIKE CARE: The Easiest Maintenance:**

- *The two surest (and simplest) ways to help your bike work well are to maintain proper tire pressure (it's marked on the tire) and frequently lubricate your chain (at least every other ride).*

**From the editors of Bicycling Magazine, 250 Best Cycling Tips**



**CLOTHING SALE:** To order contact Doris ([cyclebug@aol.com](mailto:cyclebug@aol.com)) or call 968-3143.

**PPR 2004 Caps**, \$5, one size fits all.

**GVCC Sox**, \$8 member, \$10 non-members, size L, only 22 left.

**Club Jerseys:** \$35 members only. Size Small, only 3 left.



**Rides Needed!!!!**

Hi GVCC Members,

We always need ride leaders. Check the calendar at [www.goletabike.org](http://www.goletabike.org) and pick a date any month to lead a ride of your choice, of meeting place, distance, starting time, etc.

Contact Lori Haney, [lhanev@cox.net](mailto:lhanev@cox.net)

**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
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Webmaster	Robert Rainwater	
	gbike@impulse.net	
Bike Path Clean Up		
John Berberet and Stephanie Stark		681-0048
	johnberberet@hotmail.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	
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	

**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:

<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
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

# 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, clams, 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.

## December 2007 - Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> • 9:00 am : <a href="#">Java Station, Jared &amp; Kathleen 687-6218</a>
<b>2</b> • 9:00 am : <a href="#">Show n Go: Starbucks at Fairview</a>	<b>3</b>	<b>4</b>	<b>5</b> • 5:15 pm : <a href="#">SBCC Track, Lori 729-1772</a>	<b>6</b>	<b>7</b>	<b>8</b> • 9:00 am : <a href="#">Newcomer's Ride, Doris Phinney, 968-3143</a> • 11:30 am : <a href="#">GVCC MONTHLY MEETING</a>
<b>9</b> • 9:00 am : <a href="#">Show n Go: Dolphin Fountain</a>	<b>10</b>	<b>11</b>	<b>12</b> • 5:15 pm : <a href="#">SBCC Track, Lori 729-1772</a>	<b>13</b>	<b>14</b>	<b>15</b> • 9:00 am : <a href="#">Java Station, Rosie 964-2339</a>
<b>16</b> • 9:00 am : <a href="#">Show n Go: Bird Refuoe</a>	<b>17</b>	<b>18</b>	<b>19</b> • 5:15 pm : <a href="#">SBCC Track, Lori 729-1772</a>	<b>20</b>	<b>21</b>	<b>22</b> • 9:00 am : <a href="#">The BOMB Ride - Renee 964-2365</a>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> • 10:00 am : <a href="#">A Breckenridae Ride 729-1772</a>
<b>30</b>	<b>31</b>					

For more details contact the ride leader or click on the web site link.