

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

December 2009

☞ **Bicycle Spoken Here** ☞

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

HAPPY HOLIDAYS to all of you. Enjoy this special time and don't forget to go for a bike ride.

NEWCOMERS RIDE: Saturday, December 5, 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.

HOLIDAY PARTY and GVCC MEETING: Mark your calendars for **Saturday, January 9**, for our annual celebration of the holidays (after the fact). Robert and Brigitta once again will be our hosts, but this year we will meet in their new home, **357 Arroyo Road**. Please RSVP to me at cyclebug@aol.com or 968-3143. Our annual event is a potluck dinner; please bring something to share

REPORT on our bi-monthly GVCC meeting, November 5th with the primary focus being on PPR 2010. Approximately 20 members attended and enjoyed building individual pizzas. Read the meeting minutes elsewhere in this newsletter. We will proceed with planning for PPR 2010 to be held in the Fall of 2010. Please be prepared to volunteer your time either before the ride date or on the date. We are planning tentatively for Saturday, October 9 or Sunday, October 10.

Should we not be able to have PPR 2010, what if any ideas for fund-raising do YOU have? As a member of the club, your input is important, we need YOUR help in planning and working PPR. Think it over and come to our Holiday Party on

January 9th with your pot luck and your ideas to share.

From *Bike for Life: How To Ride To 100*, by Roy Wallack & Bill Katovsky:

HOW TO SURVIVE A FLAT TIRE WITHOUT A PATCH KIT:

It's happened to everyone—a flat tire when you're alone, without a spare tube or patch kit, and too far to walk home before nightfall. How do you survive? "I usually wait until other bikers come along and bum a tube off them," says Jim Langley, a former bike mechanic, longtime *Bicycling* magazine technical editor, and now an industry consultant. But if you're in outer Mongolia and yurt drivers only come along every three days, Langley advises the following.

- **Stuff it with grass:** This age-old survival trick is so well-known it's cliché, but it works. Simply jam your tire with grass, paper, rags—anything that'll solidify it—and keep rolling.
- **A slow leak? Pump it up:** Even if it lasts 60 seconds, that gets you along way on a bike. Ride until it's flat and repeat. Great upper body workout.

Ride it: Flat be damned. If it's on the rear tire, keep pedaling. "No kidding. This usually works as long as you watch out for things that might damage the rim," says Langley. "I've ridden up to five miles on flat road and mountain bike tires with no damage to the wheels. Be careful in corners though—it can get pretty squirrely." Note: Riding a front tire flat is near-impossible; swap it with the good rear inner tube.



HAPPY DECEMBER BIRTHDAYS TO...

FRANK BRECKENRIDGE

LYNN BRECKENRIDGE

DAVID FARBER

ED FRANCE

MANNY VELASQUEZ

NO NEW MEMBERS THIS MONTH

NOVEMBER MEETING MINUTES:

You could smell the pizzas as you parked your car in front of Lori's house on November 5th for our bi-monthly GVCC meeting. It was even more inviting inside where Lori, our Iron Chef in residence, provided the best assortment of garnishing for your do-it-yourself pizzas. Thanks Lori, job well done!

Having fortified ourselves we were ready to start the meeting at 7:15pm. President Doris welcomed one and all including members Darleen and Sam Chirman; circulated the mail and encouraged people to take it all. Lori circulated the Ride Calendar for sign-ups and Cheryl distributed the treasurer's report showing a balance of \$5,000. Saturday, January 9th will be our "non" Holiday Party at the new home of Robert & Brigitta. As always it's a pot luck, check The Breeze for the exact time and address location.

Doris and Robert worked up a draft for the single page GVCC info flyer to be distributed to local bike shops which was reviewed by those present and will be readied for publication.

The focus of the meeting turned to PPR 2010, is it something we want to have or not. A clear majority of those present want to continue PPR in 2010. Of course our initial primary concern is where will it be. Bob Zimels will contact the county to see if Los Alamos Park would be available on our usual October date and what the costs involved would be. Hildy volunteered to contact several Santa Ynez wineries as to their availability to host the event. [Sorry to report that subsequent to the meeting all wineries contacted were not interested in hosting GVCC's PPR either in the spring or fall.]

Bob Zimel's reported that Joe Schomer from the Kiwanis club has asked to make a presentation to us regarding helmet distribution. Arrangements will be made to have him come and speak next year possibly at our March meeting.

Meeting was adjourned at 8:15pm.

Respectfully submitted, Hildy Hoffmann
Recording Secretary

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.

NEED RIDES

Hi GVCC Members,
Ride Leaders needed. If you'd like to do a particular route and lunch stop e-mail me lhane@cox.net your request and I'll put you on our ride calendar. You pick the start time/location, where you plan to ride and what pace you'd like to keep.

ADVENTURE CYCLING MAPS: GVCC has received a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. If interested in borrowing these maps, please contact Doris.

FOR SALE

GVCC CLOTHING SALE: To order contact Doris (cyclebug@aol.com) or call 968-3143.

GVCC Sox, member price is \$5, non-members \$10, size L, only 22 left.

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

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

| | | |
|-----------------------------------------------|---------------------------------------|----------|
| President | Doris Phinney | 968-3143 |
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| | 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 | 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 | |
| FREEDOM SIGNS | |
| 816 Reddick Ave, Santa Barbara | 965 1410 |
| 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:

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.