

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

December 2011

☞ **Bicycle Spoken Here** ☞

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

HAPPY HOLIDAYS to all of you. Enjoy the season and don't forget to ride your bike.

ATTENTION ALL GVCC MEMBERS: THE DECEMBER BREEZE WILL BE OUR LAST PRINTED VERSION OF THE NEWSLETTER.

For those who still get a printed copy, please refer to the internet at www.goletabike.org for updated information. The ride calendar will still be online with updated rides and you can contact Lori anytime at lhhaney@cox.net to be put on the calendar to lead a ride.

The most complete method of getting information out to our members is through our googlegroups account. Any GVCC member may send bicycling related information to the membership by addressing your email to gbike@googlegroups.com.

In the past we have offered the option for members to be removed from the googlegroups list but because of the time involved in keeping multiple lists of names we have decided to include everyone in the group account. If you do not want to receive these e-mails please forward them to your spam folder or whatever method you use to avoid unwanted e-mails. But please keep in mind when something comes up (such as ride changes or reminders, GVCC potlucks, meeting announcements and other fun events) you will not be informed if you choose to route the googlegroups email to your unwanted folder.

Lori will be sending out reminders via googlegroups on upcoming rides hoping this will

stir an interest to get more of you out there on the road with the Goleta Valley Cycling Club.

NEWCOMERS RIDE: Saturday, January 7, 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.

JACK CARTER MEMORIAL BIKE RIDE: Saturday, January 1, 830am, Tuckers Grove. For years this annual ride was led by GVCC member, Jack Carter (deceased). Starting at Tuckers Grove the route goes up Old San Marcos, across Highway 154 and up Painted Cave to East Camino Cielo. Continuing east past La Cumbre Peak then down Gibraltar Road, returning to the start via Foothill/Cathedral Oaks. This ride is tough even if you don't party hearty on New Year's Eve. There is no designated ride leader, just show and go.

HOLIDAY POTLUCK PARTY and GVCC MEETING: Saturday, January 7, 5pm, place TBA. This event is our annual "after the fact" celebration of the holidays. Please bring something good to eat. To find out the location please **RSVP to me at cyclebug@aol.com or 968-3143.**

REPORT ON GVCC NOVEMBER MEETING: The meeting was held on Saturday, November 12, at the home of Doris & Owen. Members present voted to renew GVCC membership in Rails to Trails and to rejoin Adventure Cycling. In addition we voted to donate \$100 for ALS research in support of Hal Finney, our member who is fighting this disease. A discussion and decision was made to disseminate club information via email and our website and no longer print/distribute a hard copy of The Breeze. All members will be on the googlegroups list in order to receive club information.



Happy December Birthdays to

DECEMBER BIRTHDAYS

Frank Breckenridge
Lynn Breckenridge
Louis Brunel
David Farber
Don Galloway
Kalon Kelley
Manny Velasquez

NO NEW MEMBERS THIS MONTH

The Dos and Don'ts of Commuting by Bike

By Ryan Falkenrath

With gas prices rising—the states will probably never see it below three dollars a gallon again—it's time to get creative. Let me introduce you to the triathletes' and cyclists' secret weapon: the bike. The fact is, bikes are a lot cheaper to buy, and maintain, than cars. Plus riding bikes is good for your health. Before you wheel your way to the office, however, take a look at these basic dos and do nots of commuting by bike.

DO [wear a helmet](#). Safety first!

DO NOT wear your aero helmet. It doesn't mesh with the hipster images bike commuters are after. Save it for the races where time really matters.

DO check with your significant other to make sure adding extra time to your commute will fit with the home front.

DO NOT assume your spouse will pick the kids on "your day" just because you left the house on your bike. Communicate schedules and expectations so no one gets left on the curb.

DO check the weather forecast. It's not always accurate, but it gives you a good idea whether or not you need to drive or bring [rain gear](#).

DO NOT be afraid to call for a ride if you are trying to get home and storms are brewing. You're better safe than sorry.

DO bring ID. Even if it's a sticky note stuffed in your bike shorts. Include your name and an emergency contact number.

DO NOT use an out of date ID.

DO pack the appropriate gear—clothes for the work day, nutrition and fluids and work keys. What about your laptop? Plan ahead and leave it at work the day before if you ride in the morning. Last thing you will want to do is turn around and ride home to get what you forgot, and then drive back to work because, well, now you're late.

DO NOT pack the wrong gear. Black and tan work socks? Jeans instead of dockers? Forgot your work shoes and have to wear tennis shoes to the office? Been there, done that. Plan ahead.

DO pick a safe bike route away from busy roads.

DO NOT ride the highway shoulder.

DO make sure you have someplace to clean up. Hopefully someplace with a shower, if you are lucky.

DO NOT change in your cube and wash your hair in the office sink.

DO treat this like a training ride. Make sure you have your lights, nutrition and spare tubes with you.

DO NOT think that because you are "just" riding to work it's no big deal. Riding on the roads with cars is always dangerous. You still have to keep your head on a swivel. Two miles or 50, safety is just as important when you're riding 2 miles as when you're riding 50.

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.

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

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
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 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 \$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.