

The Breeze



The Newsletter of the Goleta Valley Cycling Club

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www.goletabike.org

FEBRUARY 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!*

GVCC LADIES PACE THE DISCOVERY TEAM 'A' SQUAD, PG 8

Bicycle Spoken Here

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

The next monthly meeting of the GVCC will be held on Saturday, February 12, 8:30am at the home of Doris & Owen. We will ride to the Farmer's Market following goodies from Anna's Bakers and our business meeting. Please contact me if you have items to place on the agenda.

PEOPLE POWERED RIDE 2005: We have a theme for PPR 2005: Tour de Tango. Thank you Robert Rainwater for the idea and your reward will be the opportunity to work as many hours as possible on the PPR. ;-)

Thank you to Jared and Kathleen for hosting our January meeting. We enjoyed bagels and breads, coffee, juice, etc. And we all oooohed and aaaaahhed over their beautiful new kitchen. Oh and by the way we enjoyed gorgeous weather and a lovely little tour de Goleta after the meeting. It was wonderful to have Wendy Manning join us for the meeting/ride and we wish her well on her road to recovery.

The SLOBC Wildflower registration kind of snuck up on us and several club members were unable to register in time to get in. Thanks to Lori's email several of us have successfully registered for the ride on April 30. If you are lucky enough to have a registration and if circumstances arise to prevent you from using it, be sure to contact me and I'll put you in touch with potential riders.

As I write this column we are enjoying summer-like weather and it feels great to be back outside riding after all that rain. I've even been motivated to clean my bikes. So I encourage you to get back out on the road and get back in shape by bicycling.

JANUARY MEETING MINUTES...

January 15, 2005 Meeting Minutes – submitted by Jared Dawson

President Doris Phinney welcomed all to the meeting as we worked on our bagels and coffee.

VP/Ride Coordinator/ PPR Chair Hildy Hoffmann distributed the mail and the ride calendar for February and March ride sign-ups..

Treasurer Cheryl Everett provided the monthly balances of expenses and income.

John and Stephanie Berberet have scheduled the next bike path clean-up for January 22nd at 10 AM. It was suggested and approved to make this a club sponsored pizza lunch event after the clean-up.*

Old Business

The Choo Choo Century is March 12th. February 5th is the registration deadline. Anyone who wishes to participate needs to be a club members. New members are welcome.
[See sign-up form on page 9.]

Connie Styrowoll has about six people who have expressed interest in riding the RAGBRAI the last week of July. She will send in a group registration for all who have contacted her by February 25th.
[See the January *Breeze* article with details.]

The PPR theme chosen for 2005 is "Tour de Tango". (Save those gaucho outfits after Fiesta is over.) Brigitta Van Der Raay will design the patch and logo and Jared Dawson will create the flyer with her artwork. Randy Graves will do the route elevation profiles and Bill Ball will print the flyers. These should be completed by March for the Solvang Century distribution.

New Business

The next meeting will be Saturday Feb.12. Meeting Time: 8:30am. Meeting Place: 223 Saratoga Court, the Phinney/Patmor Estate. A ride to the Farmer's Market will follow.

For those members who did not manage to get a Wildflower registration there will be an attempt to have a GVCC wildflower ride in the Creston area a few weeks before the SLOB's century. It may be early in April depending on the weather and the peak of the flower blooms.

* January Bike Path Clean-Up a Fun Success

A beautiful morning, the promise of camaraderie, the willingness to pitch in, and pizza brought out 12 stalwart GVCC members to sweep and pick up litter along the bike path. The cleaning was so thorough it was decided a February clean-up date would not be needed. From now on the clean-up will be every other month. If you want to join in the fun, look for the next clean-up date when the March calendar is complete. Meanwhile David Lawson caught some photos of the January clean-up crew at http://www.crazyguyonabike.com/journal/page/?o=as&page_id=18499&v=2d

HAPPY FEBRUARY BIRTHDAY TO...

Dave Lawson
Wendy Manning

If GVCC members have items for sale phone 687-6218 or jdawson@silcom.com for ad submission.

For Sale: Adams Trail-A-Bike, excellent condition, a year old but hardly used because I got a tandem to ride with my grandchildren. New price was \$200, asking \$125. Call Doris at 968-3143 or email cyclebug@aol.com.

FROM OUR MAIL BOX...

Affordable Bicycle Touring with Imagine Tours

It's not too early to start planning your cycling vacation for the summer. Imagine Tours is offering several tours of varying lengths to accommodate your cycling needs.

Check out their website, www.imagnetours.com and Nancy Redpath will be happy to assist you with your planning. Want to do a weekend in northern California, then the Sonoma Getaway is for you. How about a two-week tour for the mountain climbers out there. The Salmon River Tour (SRT) is just the one. Two weeks too long, then do just one week, either starting in Missoula June 25-July 2 or start in Boise July 2-July 9. And then there's California Tour North #16, yes, sweet #16. Cycle along the California coast with stops in Gualala and Bodega Bay with layover days in Guerneville and Olema and to round out the year, hop on a jet and find yourself cycling the country roads of southern China. This tour includes hotels, meals, bicycle rental, transportation within China, buses, boats... and the list goes on.

Happy Cycling. Hildy Hoffmann

League and Cycle Oregon Partner For National Rally of Cyclists

Cycle Oregon will be the official site of the League of American Bicyclists' 2005 National Rally of Cyclists. Mark your calendars for September 10-17 for a week of exciting events, great camaraderie, wonderful food, and even better riding. Cycle Oregon is one of the premiere events in the nation and the League is delighted to partner with the organization to bring League members to Oregon. Stay tuned for February 22, when this year's official route will be announced. You will not want to miss out on this amazing event! Visit the Cycle Oregon and League web sites regularly for updates.

NOW WE KNOW WHY WE CYCLE! IT'S THE WATER!

This just in from the Web!

[The skeptical editor's comments in italics.]

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.

[This was, unfortunately, a very small university in Pt Barrow, Alaska, where finding unfrozen water at night is tricky. Also, the study fails to mention that no dieters could be located the next day. Polar bear problems?]

Lack of water is the #1 trigger of daytime fatigue.

[Silly me, I thought it was lack of sleep!!]

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

[No doubt because you have to get up away from your desk so many times during the day]

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

[Sounds like a hangover to me!]

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

[The Breeze makes no claims for information such as this that has been culled from the Web! Drink water at your own risk!]

Are you drinking the amount of water you should every day?

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

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GVCC Jerseys for Sale

The club is waiting for a minimum order to make up new jerseys in your size. Thus far we have only 3 requests. If you have not previously requested a jersey and wish to do so, contact Kathleen @ 687-6218 or kboehm@silcom.com. 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 Nancy Hull; please call ahead to arrange a time (965-5392). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Nancy Hull at 963 Fellowship Ln, Santa Barbara, CA 93109; make sure you specify the size.

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 Jersey & Member Sponsors; they help support our club!

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
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 Calte 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 Nancy Hull at 965-5392 or Hull@sbcc.net.

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
Big Gear Bike Gear, 324 State,	962-5962
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

GVCC Ladies Pace the Discovery Team 'A' Squad

It isn't every day that the Discovery Pro Cycling Team gets the benefit of having the pace set high enough by local cyclists for a truly stimulating workout. But that is precisely why Directeur Sportif Johan Bruyneel appreciates Solvang for his training camp. "This region is full of surprises, beautiful scenery, perfect weather, and plenty of challenges for even the experienced members of the team." George Hincapie agreed, "Not only did we get our butts kicked, it was outrageous that a couple of ladies kept us on their wheel so long." He was referring to the Sunday workout to Santa Maria, during which two members of the Goleta Valley Cycling Club, Cheryl Everett and Brigitta Van Der Raay, led the team up Foxen Canyon for several miles.

Relaxed and enjoying a pleasant workout that day, the ladies had poised themselves along the anticipated route to catch some time with the team. When they recognized the Discovery Team coming their way, they slipped in about 1/2 mile ahead of the boys to give the all male team a blistering change of pace. Sensing the challenge, the Discovery Team kicked into gear, but found that catching the pranksters took more than 12 miles. Finally, gasping for air, the last member managed to pass Brigitta and Cheryl and pant out a feeble, "That was fun!"

Asked afterwards about the whirlwind ride, Cheryl credited her Trek OCLV set up by Dave Lettieri of FasTrack Bicycles. Brigitta was riding her Raleigh Competition, and felt that her Campy Super Record chainset set up by Kenneth Acklin at Bicycle Bob's provided the torque she needed to accomplish this feat. "Conditioning is key, but we couldn't have done it without our wrenches," the ladies confided. "Next year we won't let them pass us up!"



THE CHOO CHOO CENTURY

March 12-13, 2005



Ride AMTRAK to San Luis Obispo. Pedal back to Santa Barbara.

\$85 per person, includes the following:
Train ride from Santa Barbara to San Luis Obispo
Hotel Saturday night in Pismo Beach (double occupancy)
Light snacks around 6 p.m.
Sag truck to carry bikes and luggage to SLO and back

Train leaves Santa Barbara on Saturday, March 12th, at 12:30 p.m. Arriving in SLO around 3:30 p.m., peddle 11 miles to Pismo Beach. Stay overnight, ride home on Sunday. Dinner will on your own; however, light snacks will be available at the hotel around 6 p.m. **SAG will not be available during the day or waiting in Buellton for those not wanting to ride all the way to Santa Barbara.**

Goleta Valley Cycle Club members only.

Deadline is Saturday, February 5th
(no cancellations)

Call: Lori at 964-5822 or e-mail lhhaney@cox.net,
Connie at 962-4307 or e-mail clstyrwoll@aol.com

Space will not be reserved without payment.

The Choo Choo Century - 2005

Name(s) _____

E-mail _____

AAA Member? ____ If so, #: _____

Preferred roommate _____

Detach and mail with \$85.00 check payable to Lori Haney
Lori Haney
6219 Avenida Gorrion
Goleta, Ca 93117