

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

February 2006

## ☞ Bicycle Spoken Here ☞

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

**GVCC MEETING:** The next general meeting will be Saturday, February 11, following 10am Bike Path Clean Up, at Stephanie and John's, 5071 Rhoads Ave, Unit D. The meeting will include the usual pizza lunch and fun raffle. **Please RSVP** to Stephanie Stark or John Berberet, 681-0048.

**People Powered Ride 2006** planning is underway and we need your ideas for a theme. Send me an email if you have a suggestion. At our January meeting we discussed the various tasks that need to be coordinated and several people volunteered. **We still need a volunteer to serve as PPR Chair.** Other jobs that need a coordinator include 1) patch and brochure design, 2) food donations, 3) Porta potties and trash, 4) food set-up and clean-up at Firestone Meadow, 5) rest stops, 6) PPR sox. Please consider making a significant contribution to the success of PPR, our annual and only fundraiser. Thank you to the faithful volunteers who have stepped forward:

Road marking – Dave James  
Maps & Brochures – Robert Rainwater  
Publicity – Hildy Hoffman, Jody Kamrath  
Permits, Park Reservations – Bob Zimels  
(he would like help typing the letters)  
Food purchase and staging – Owen Patmor,  
Hildy Hoffman  
Inventory, pre and post – Rosie Thompson  
Sags and on-site mechanics – Don Jeske

BBQ vendor – Hildy Hoffman has already booked him

Registration – Doris Phinney

**NEWCOMERS RIDE:** Join me for a leisurely tour of Goleta on Saturday, **February 26**, 9am, at Anna's Bakery. If you are new to the area and would like to meet other cyclists, this ride is for you. If you haven't ridden with the GVCC and are concerned that you won't be able to keep up with the pace, this ride is for you. If you are a club member but hardly ever go on a club ride, this ride is for you. If you just want to go for a spin with some really nice people, this ride is for you. No one will be left behind.

**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 "The Quotable Cyclist" Bill Strickland,  
Editor

**Adventure:** To travel by bicycle is a humble, nonaggressive way to get close to people. It is a way of saying we are passing through with no thought of invasion or conquest, only the simple will to share a part of the road.

--Claude Herve--

**IF YOU HAVE ANY BIKING EXPERIENCES YOU WOULD LIKE TO SHARE IN THE BREEZE – PLEASE EMAIL THEM TO LAURA NEWMAN AT [LNEWMAN51@COX.NET](mailto:LNEWMAN51@COX.NET)**



## **HAPPY FEBRUARY BIRTHDAYS TO...**

**David Lawson  
Wendy Manning  
Jan West**

---

### **NEW MEMBERS THIS MONTH** 😊

**Nancy Alex  
Paolo Gardinali**

---

### **. Meeting Minutes January 10, 2006 at Madame Lu's**

Doris Phinney, President, opened the meeting with a welcome to the attendees. The ride calendar was circulated.

Cheryl Everett, Treasurer, was not in attendance but Doris was able to report the balance. A discussion followed regarding how to determine and vote on deserving causes to donate some of our club savings. There will be more about this at the next meeting.

### **ChooChoo Ride**

The ChooChoo Ride for 2006 has been scheduled for March 18<sup>th</sup>. Further info will be coming, but interested riders can let Lori Haney know.

### **PPR**

Doris asked for volunteers for the PPR. Many positions were filled by those present. A volunteer to Chair the event is still needed. Some decisions have already been made regarding next year's ride: No wine or beer will be sold; there will be no "day of event" registration; and riders will wear "hospital" style bracelets for identification. A theme is still needed. Those wishing to volunteer to head the event or help with any other function should call Doris.

### **AMGEN TOUR OF CALIFORNIA**

This promises to be a major ride through our area in February. Robert Rainwater has arranged for club volunteers to handle crowd control along Shoreline Dr near the end of the day's ride. The

ride for that day concludes near Sambos on Cabrillo.

Submitted by **Laura Newman**

**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).

---

### **COPPER CANYON REI BIKE/HIKE TRIP**

Last February, Don and I went on REI's bike/hike trip to Copper Canyon, Mexico. Don really wanted to see Copper Canyon but I was not that enthused. Much to my surprise, the trip turned out to be a lot of fun. We flew into Los Mochis, Mexico (on the Eastern side of the Gulf of Mexico) where we met up with our group. The REI guide, Arturo, had lived in the U.S. as a student and spoke excellent English. We spent the first night in El Fuerte at a beautifully restored hacienda/hotel and caught the morning Copper Canyon Train to Creel. The train stops midway at an overlook of the Canyon (which is not as impressive as the Grand Canyon).

In Creel, we did off road/single track riding in an area called Valley of the Monks. We ate a picnic lunch at an overlook of the canyon. There were 4 guides so the group was divided up in the afternoon by ability. Most guys did some more challenging routes. Don and I had our own guide on a fairly tough trail and the rest returned to town for shopping, etc.

The next day's ride included a 3,000 ft descent into Batopilas (at the bottom of the Canyon). Our hotel was another beautifully restored hacienda/hotel. The town is very isolated but was a major silver mining town with the silver hauled up by burros. It was also the 3<sup>rd</sup> city in North America to have electricity. We hiked around here for 2 days.

Some chose to bike part of the uphill route out of Batopilas to Cusarare.. The rustic lodge there had no electricity or phones. There was also another shorter hike to some waterfalls. The Tarahumara Indians live in this area much the same as they did 100 years ago. From here, we returned to Creel to catch the train to back El Fuerte.

This trip isn't for the hard core biker. But for those who like exercise with time to see the local culture, it is really great.

*Laura Newman*

**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:cyclelady199@cox.net">cyclelady199@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>	
2005 PPR Coodinator	Hildy Hoffmann	964-0802
	<a href="mailto:cyclelady199@cox.net">cyclelady199@cox.net</a>	
Membership	Lori Haney	964-5822
	<a href="mailto:lhhaney@cox.net">lhhaney@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.**

**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		
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 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:

**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 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)

**THE CHOO CHOO CENTURY  
March 18-19, 2006**



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

\$85 per person, includes the following:

Train ride from Santa Barbara to San Luis Obispo (bring a picture ID and your AAA card to train station)

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 18<sup>th</sup>, 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 11th**

(no cancellations)

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

**Space will not be reserved without payment. Complete Form Below**



**The Choo Choo Century - 2006**

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

## 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.