

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

February 2010

## ∞ Bicycle Spoken Here ∞

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

**NEWCOMERS RIDE: Sunday, February 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.

**PEOPLE POWERED RIDE 2010:** Mark your calendars for Saturday, October 9. We're negotiating the staging location and will report more information in March. Remember we will need many volunteers to successfully stage this event.

**HOLIDAY PARTY REPORT: Thank you Robert and Brigitta for hosting!** We had a great turn out and people brought the most tasty food and treats. The highlight of the evening was the performance by the "GVCC Three": Robert, Brigitta and Bob Zimels. They played guitars and sang, creating some fun lyrics to familiar tunes. We're looking forward to their next performance and the release of their first CD. ;-)

**2009 FINAL MILEAGE REPORT:** Owen, in spite of being injured and off the bike January to mid-May, finished 2009 with 4590 miles. My final mileage total was 8066. We are again setting 8000 miles as our goal for 2010. So far so good, but the rain predicted for next week (January 18-22) may set us back a little, but we'll have plenty of time to catch up.

From *Los Angeles Times*, November 2, 2009 by  
*Christie Aschwenden.*

### **RIDERS STAY ON THE DEFENSIVE:**

National Highway Traffic Safety Administration statistics show that the following were five of the most frequently reported fatal bike-vehicle accidents from 2004 through 2008. Here our urban cycling experts outline the best ways to avoid them—and offer some other safety tips besides. [The left cross and Oblivious at the wheel may be found in the January Breeze.]

#### **The right hook**

**Situation:** A motorist passes you from behind, then slows and makes a right-hand turn directly in front of you.

**Strategy:** If there's a right-hand turn land and you're going straight, position yourself in a visible spot in the through traffic lane. When approaching the intersection, line yourself up in the center of the lane or in queue behind any cars already present so that the car behind you can't pull up to your left and then make a right turn without seeing you. Pulling up to the right side of a stopped car may place you in its blind spot.

#### **The chancy break**

**Situation:** At an intersection, you try to beat a car that has the right of way, perhaps to avoid making a complete stop.

**Strategy:** Don't take chances. Obey traffic signs and, when in doubt, yield to the motorist. You will never win a battle against a massive hunk of steel.

#### **The driveway exit**

**Situation:** Vehicle exits from a driveway, alley or other mid-block location and pulls out in front of you.

**Strategy:** Keep a vigilant eye on side traffic and position yourself in a visible part of the lane, not so far to the right that parked cars obscure a driver's ability to see you.

[More safety tips to come in March.]



## **HAPPY FEBRUARY BIRTHDAYS TO**

**STEVE KIEHN**  
**SARA LAUDERDALE**  
**DAVID LAWSON**  
**PETER LOOMIS**  
**WENDY MANNING**  
**THOMAS MATTHIAS**  
**LORNA OWENS**

## **NO NEW MEMBERS THIS MONTH**

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### **MEETING MINUTES**

2010 the start of a new decade and GVCC ushered it in with a great pot luck event at the home of Brigitta Van der Raay and Robert Rainwater on Saturday, January 11. It was universally acclaimed that this was the best-ever pot luck with a delicious assortment of homemade food with the lingering aroma of a freshly baked apple pie prepared by Matt Grul (Martha Stewart beware!).

Our first meeting of the new decade was called to order by President Doris at 6:30pm who welcomed those present, the mail envelope was circulated, Lori also distributed the new 2010 ride calendar for sign-ups, and Cheryl reported on our financial status. Saturday, February 6 was set for our first bike path clean up for the new year with Brigitta and Robert hosting. See "The Breeze" for more details.

Ralph Fertig, President of the SB Bicycle Coalition and Ed France spoke about upcoming cycling events. Bike Week held in May will now be Bike Month featuring events throughout the month highlighting bicycle safety and fun rides. Any ideas are welcomed.

With only the confirmation of Los Alamos Park as our primary headquarters for our 2010 PPR event awaiting approval, President Doris reported that key volunteers were ready to proceed to get the event rolling.

The meeting was adjourned at 7:00pm when those present were musically entertained by a new up-and-coming vocal group, "The GVCC 3" with Brigitta, Robert and Bob Zimels. While they may not be quite ready for "American Idol" they

certainly had the unanimous vote of all present as the local group who were going far both by bike and song. Great going!!

Respectfully submitted by  
Hildy Hoffmann, Recording Secretary

**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.

## **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](mailto: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](mailto: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 Bike Trader - Reminder**

The BikeTrader has added our club as a link on their site. Here is a brief description of the site.

### **"Used Bicycle Buyers**

The Bike Trader is a bicycle classifieds listing site for new and used bicycles, bicycle frames, bike gear, components and accessories. If you're looking for new or used bicycles for sale you've come to the right place! "

### **"Used Bicycle Sellers**

You can even place an ad for **FREE!** "  
**Here is the website for more info:**

<http://www.thebiketraderonline.com/>

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

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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:

<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, 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.