

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

January 2011

☞ **Bicycle Spoken Here** ☞

Happy New Year to All!!!!

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

Resolve to ride your bike more in 2011.

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.

NEWCOMERS RIDE: Saturday, January 1, 930am, Java Station, Doris, 968-3143. If the Jack Carter Ride is too early and more strenuous than you would like, try this one. 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 POTLUCK PARTY and GVCC MEETING: Saturday, January 8, 5pm, at the home of Robert and Brigitta, 357 Arroyo Road. This event is our annual "after the fact" celebration of the holidays. Please bring something good to eat. Be prepared to discuss PPR 2011: Will we stage PPR in 2011? **RSVP to me at** cyclebug@aol.com or 968-3143.

2010 MILEAGE REPORT: Owen completed our 8000 mile goal in November and will have over 8500 miles by year's end. On the other hand, as of this writing (Dec.20), I still need a mere 79 miles to complete 8000 and I refuse to ride in the rain. If the weather had not produced a rare set of storms dumping rain for four straight days with more expected over the next two days, I would be done. Assuming that it can't rain for 15 straight days, I will still be able to complete the 8000 by December 31. This **is** Southern California, **not** Oregon, right?!

RULES OF THE ROAD from the League of American Bicyclists:

1. Follow the law—it's the safest way to ride. Bicyclists have the same rights and duties as other drivers and need to follow the same traffic laws.
2. Be predictable—ride in a straight line, signal turns and check behind you before turning or changing lanes.
3. Be conspicuous—ride where drivers can see you, use lights at night and wear bright clothing.
4. Be aware—anticipate the next move of drivers, pedestrians and other cyclists. Watch for debris, potholes and grates.
5. Ride Ready—tires need air, brakes must work, chains should run smoothly, and quick release wheel levers must be closed. Carry repair and emergency supplies. Wear a helmet.



JANUARY BIRTHDAYS TO

**Andy Barrad
John Berberet
Gerry Ching
Fran Finney
Howard Howe
Laura Newman
Don Newman**

NO NEW MEMBERS THIS MONTH



NEED RIDES

Hi GVCC Members,
Check out the calendar for our new 'No Stop' rides starting at 8:00. For those who have busy lives and just want to ride this is the one for you. If you'd like to see a particular ride on the calendar e-mail me at lhane@cox.net and sign up as a ride leader.

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 20 left, maybe less.

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

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.

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

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& Brigitta Van der Raay	gbike@impulse.net	

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.