

The Breeze

The Newsletter of the Goleta Valley Cycling Club



po box 1547 goleta ca 93116

www.goletabike.org

July 2006

☞ Bicycle Spoken Here ☞

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

Next GVCC MEETING: Saturday, July 15, 11:30am, at Girsh Park. Our next general meeting will follow the Newcomers Ride (see below). Bring your lunch.

RESULTS of ELECTION of OFFICERS:

President: Doris Phinney
Vice President/Ride Coordinator: Hildy Hoffman
Secretary/Breeze Editor: Laura Newman
Treasurer: Cheryl Everett

In addition to the elected officers the following members have volunteered to continue serving the club: Thank you so much!

Membership: Lori Haney
Breeze Distribution: Owen Patmor
Webmaster: Robert Rainwater
Bike Path Clean Up: John Berberet and Stephanie Stark

NEWCOMERS RIDE: Join me for a leisurely tour of Goleta on **Saturday, July 15, 9am, at Anna's Bakery.** We'll have some coffee and conversation and then go for a ride. 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.

PEOPLE POWERED RIDE, Once upon a time on a bicycle...

Registration is now open for our annual ride coming up on **October 8, 2006.** Remember you must pre-register as there will be no day-of-ride registrations. Visit our website for complete information and to register.

GVCC Website: For all the latest in photos and information go to www.goletabike.org. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, gbike@impulse.net.

From "The Quotable Cyclist" Bill Strickland, Editor

Next to a leisurely walk I enjoy a spin on my tandem bicycle. It is splendid to feel the wind blowing in my face and the springy motion of my iron steed. The rapid rush through the air gives me a delicious sense of strength and buoyancy, and the exercise makes my pulse dance and my heart sing.

--Helen Keller, *The Story of My Life*



Several GVCC members attended the 2006 Great Western Bike Rally. The fun days were evenly split between biking, eating and wine tasting.



HAPPY JULY BIRTHDAYS TO...

Ashe Coutts
Patty Fainer
Jean Fawcett
Chris Gossard
Annemarie Horner
Ron Kemp
Art Shapiro
Micki Stern
Connie Styrowoll
Warren Warner

NEW MEMBERS THIS MONTH 😊

Cindy Toohey-Green
Angela Kroemer
Lorna & Mike Owens
Molly & Josh Olney Zide

Meeting Minutes Saturday, June 10, 2006

On a June gloom afternoon President Doris Phinney welcomed a hearty group of GVCC'ers to our annual meeting. Having been fortified on tri-tip and chicken, beans, salad and garlic bread deftly prepared by Larry of Bruce Nix Catering, we were ready to go.

Doris opened the meeting at 2:00pm and welcomed guests Drew Hunter, Ed Horner and new member Ed Barrier. The ride calendar was circulated along with the club mail. The treasurer's report from Cheryl our treasurer indicated that we had a little over \$18,000 in funds. John Berbert made a pitch for next Saturday's, June 17, bike path clean up.

Announcements: Doris was delighted to report that we have a new sponsor, Harlan Green, a long-time member of the club, who has opened his own business, Bankers Pacific Mortgage Company. Doris then mentioned and showed those present the awards we as a club received from the SB Bicycle Coalition at their last awards dinner.

Old Business: PPR registration is up and running on line and snail mail registrations are beginning to filter in. All important this year is that we will NOT BE DOING DAY OF REGISTRATION as we have done in the past. Doris also acknowledged Don Jeske for the theme of this year's PPR, Once Upon a Bicycle. The actual logo was designed by Brigitta and Robert Rainwater and Doris did the sock design (no surprise to those of us who know about Doris' sock fetish).

New Business: David Farber suggested a link in the calendar to a direction site telling interested riders how to get to the start of the day's ride. Webmaster, Robert Rainwater, will post directions to our favorite starting places.

Funding Proposals Approved: The following items were voted on and approved.

Memberships/Donations Total=\$1800

1. League of American Bicyclists - \$200.
2. Rails To Trails - \$200
3. Adventure Cycling - \$200
4. California Bicycle Coalition - \$200
5. Santa Barbara Bicycle Coalition - \$1000

Funding Proposals: Special Projects Total=\$5461

6. SBBIKE – Street Smarts booklets - \$711
7. SBBike – Head lights - \$1150
8. SBBike – CycleSmart Program - \$1000
9. GVCC, Bob Young – bikes for kids - \$600
10. Safe Routes to Schools - \$1000
11. Travel to LAB Bike Summit for GVCC member - \$1000

Hildy proposed that we allocate up to \$10,000 from our general fund to finance the above member approved projects totaling \$7261 and set aside \$2739 in a reserve fund to be available throughout the year for service groups funding to be approved by a majority of members present at a general meeting. Hildy's motion was approved.

Election of Officers: The nominating committee of Connie Styrowoll and Suzanne Michaud reported that the incumbents agreed to serve again. A nomination from the floor for John Berberet for President was offered by Gaston. John politely declined. All incumbents were re-elected.

One More Announcement: Bob Zimels mentioned that on October 22 the annual MS Ride will once again be in our community, however, this year's ride has a different slant to it. It's a 2-day event, with the first day starting in Thousand Oaks with a 75, 60, 30 and 12 mile rides to Santa Barbara. On Sunday there will be rides in Santa Barbara. Ride leaders are needed; please contact Bob Zimels at 962-3211.

A discussion followed about ordering new club jerseys; no decision was reached.

Meeting was adjourned at 3:05pm.

Respectfully submitted, Hildy Hoffmann, Acting Recording Secretary



TRIBBLE MEMORIAL RIDE - Sunday June 4



**Bicycling Skills for Women
The Art of Cycling: Using a Bike to Transport
and Transform**

WHAT: We're offering a two-day course for women, taught by women. If you want to learn the basics of driving your bicycle confidently in a supportive and fun environment, then this is the class for you!

Have you thought about using your bike for getting around town or for fitness, but just don't feel comfortable on the road with other vehicle users? We'll show you how to make decisions in traffic while riding legally and confidently.

Would you feel more inclined to ride if you knew how to change a flat tire or to perform other simple on-road repairs? We'll teach you. We'll also practice bike handling skills and emergency avoidance maneuvers such as quick turns and stops. We'll also talk about women-specific bikes and clothing.

Then we'll take you out for a road ride with women League Cycling Instructors (LCIs).

WHO: Anyone 16 years of age or older. Bring a teen who is 14 years or older, with your supervision.

DAY 1: Wednesday, July 19, 5:30-8:30 PM. Classroom session, no bike needed. At the Rancho Santa Barbara Mobile Home Park, 333 Old Mill Road, Santa Barbara.

DAY 2: Saturday, July 22, 9:00 AM-4:00 PM. Bike maintenance, safety skills, road ride. Bring your helmet and bicycle (please be sure your bike is in working order before the class). At SBCAG, 260 North San Antonio Road, Santa Barbara.

Don't have \$30? That's okay, we want you to join us regardless! Some scholarships are available by calling or emailing Doris (contact info below).

COST: \$30, payable to LCI Doris Phinney. You can pay at the class or by mail to Santa Barbara Bicycle Coalition, Attn: Doris Phinney, PO Box 92047, Santa Barbara, CA 93190.

TO REGISTER: Simply call or email Doris Phinney at 968-3143 or at CycleSmart@sbbike.org. (We appreciate an RSVP so we know to expect you).

Summer Bike Camps for Young People

There are two South Coast bicycling camps being offered this July, following two in June. Consider the following:

July 10-14, Triathlon Camp, sponsored by Santa Barbara Parks and Recreation. For ages 7-14. Learn cycling, swimming, running, nutrition, hydration, safety, pacing and sportsmanship. Instructors are competitive triathletes. Participants must have their own bike and helmet. Daily camp from 8:00 AM-noon, Leadbetter Beach, Santa Barbara. Details at 564-5422 and at www.santabarbaraca.gov/summerfun.

July 24-28, Mountain Bike Camp, sponsored by Elings Park. For ages 9-14. New cross country and downhill mountain bike trails have been developed in Elings Park. Instructor Jonathan Reichlen will guide students through basic trail biking each day. Elings Park, 1298 Las Positas Road, Santa Barbara. Registration and information at www.elingspark.org.

Email a photo with info of your ride to Laura Newman at lnewman51@cox.net and she'll try to fit it in the next Breeze

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

President	Doris Phinney	968-3143
	cyclebug@aol.com	
VicePres./RideCoordinator	Hildy Hoffmann	964-0802
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Webmaster	Robert Rainwater	
	gbike@impulse.net	
Bike Path Clean Up		
John Berberet and Stephanie Stark		681-0048
	johnberberet@hotmail.com	

If GVCC members have items for sale phone Laura Newman 687-2588 or email 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

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

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.

A Membership Card must be requested otherwise you won't receive one.