

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

July 2011

☞ **Bicycle Spoken Here** ☞

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

NEWCOMERS RIDE: Saturday, July 2, 930am,
Java Station, Doris, 968-3143. Celebrate
Independence Day and wear your red, white and
blue colors. 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.

GVCC ANNUAL MEETING Election Results:
Meeting Minutes also posted in this issue.

President: Doris Phinney

Vice President/Ride Coordinator: Lori Haney

Secretary: Hildy Hoffman

Treasurer: Cheryl Everett

Cycling In the Wind: Beginner Basics

By Steven Pease

One of the most disappointing things you'll
encounter in [cycling](#) is to be pumped up for a
good ride, only to realize there is a 20 to 30 mph
wind howling outside.

Cycling in the wind can potentially cut your speed
in half with the same effort expended as when
there is no wind. This means you have to work
twice as hard for the same output. Don't get
discouraged; there are some things you can do to
help counteract the effects of a strong wind.

Get Low

Ride in a tucked position if you can do so
comfortably. A tucked position will lower your
wind resistance by keeping your body small so
you can slice through the wind easier. This is
where a road bike is far more efficient; using the

drops, you can ride much lower. If you're riding a
hybrid, you still want to get as low as you can.

Wear Tight Clothing

Wear clothing that is form fitting and keep your
jersey zipped. If you wear a shirt or jacket that
lets wind inside of it, it will act like a small
parachute that gets dragged through the air. This
tip will have an increasingly bigger effect the
longer you ride.

Gear Down

Ride in a lower gear than normal. It might cost
you some speed but you'll be able to keep your
stamina up longer. Give up a little speed for
endurance. Staying in a higher gear will overwork
your legs and cause you to run out of energy
sooner. Try to keep your cadence between 70
and 100 rpm.

Draft

If you are riding in a group drafting is a very
effective way to cut wind resistance. You can
lower your energy expended by up to 20 percent
by drafting properly. Check out the wind direction
as you ride and draft to the side away from the
wind and behind the other riders. Take turns
drafting and share the workload so everyone can
benefit.

Ride With the Wind

If you are riding alone, choose a route on which
you'll spend the least time riding directly into the
wind. For example, if you live in the northern
suburbs of Minneapolis, the wind generally blows
from the north or the south. You'll want to
choose a route that goes mostly east and west,
with a long north/south leg that you can ride with
the wind.

Cycling in the wind is never going to be easy or
fun. The key to still being able to have a good
ride is to follow these few tips. The most
important thing is to get out and ride whenever
you can, with or without wind.



HAPPY JULY BIRTHDAYS TO

CHRIS GOSSARD
ANNE MARIE HORNER
RON KEMP
BILL MCCLUEN
ART SHAPIRO
CONNIE STYRWOLL
WARREN WARNER

NEW MEMBERS THIS MONTH

PATTI MONROE

Local Cycling Website:

Ralph Fertig has established this website to serve cyclists wanting to bike around Santa Barbara county: Ralph continues to update information.

Check it out: <http://www.bike-santabarbara.org>

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.

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.

June Annual Meeting Minutes: The June 2011 annual election of officers meeting of Goleta Valley Cycling Club was held on Sunday June 12th at Rancho Santa Barbara Mobilehome Park in the lower picnic area. While those in attendance were not great in number, they were an enthusiastic group and brought many delicious items to share for our pot luck picnic.

Madame President Doris called the meeting to order at 1:30pm, the mail envelope was circulated along with the ride calendar with respective reports being heard from Lori our Ride Coordinator and Cheryl our treasurer. Robert Rainwater reported on the last Bike Path Clean Up and was appreciative of those who came out and worked. The next clean up will be sometime in August.

The next Newcomer's Ride led by Doris and Owen will be on Saturday July 2, meeting at Java Station, 9:30am.

A list of future meetings of GVCC was proposed for September, November, January, March, May and June and as needed. Our September meeting will held at Rancho Santa Barbara lower picnic area after the scheduled ride on Saturday, September 10th.

The primary focus of this meeting was the election of officers for the next year; nominees were President Doris Phinney, Vice President/Ride Coordinator Lori Haney, Secretary Hildy Hoffmann and Treasurer Cheryl Everett. All ran unopposed and were unanimously re-elected.

Bob Zimels made a motion that GVCC donate \$250 to Safe Routes to Schools Program for the distribution of bicycle helmets to school aged children in conjunction with the local Kiwanis club. The motion was seconded and unanimously approved.

Robert Rainwater mentioned that he and Wilson Hubbell had been talking about possibly adopting a few of the bridges along the bike path and installing rubber matting for safer cycling. A discussion ensued and it was decided that further discussions need to be held together with the County of Santa Barbara on how best we can coordinate our efforts along these lines.

The meeting was adjourned at 2:25pm.

Respectfully submitted,

Hildy Hoffmann Secretary

For Sale

One of the last Lighthouse custom bikes made, Columbus tubing, 51cm frame, Sachs shifting, triple 52,39, 28, Phil Wood Hubs, new re-built Mavic wheels, Chris King headset many other custom features. \$750 Hildy 964 0802

ADVENTURE CYCLING MAPS

GVCC has a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. If you are interested in borrowing these maps, please contact Doris.

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	Lori Haney	729-1772
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	gbike@impulse.net	
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:

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, clams, 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.