

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

June 2007

☞ Bicycle Spoken Here ☞

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

GVCC ANNUAL MEETING: Saturday, June 2, 1pm, Stow Grove. We will meet at 1pm and eat at 2pm. The barbecue will be served by Bruce Nix and will include vegetarian fare. **PLEASE RSVP to Hildy Hoffman, 964-0802 or cyclebelle199@cox.net**

The agenda includes the election of officers and the consideration of funding proposals.

ELECTION of OFFICERS: Nominations will be accepted at the meeting or you may contact me in advance of the meeting. Elected offices are President, Vice President/Ride Coordinator, Secretary/Breeze Editor, and Treasurer.

FUNDING PROPOSALS: If you know of a worthwhile bicycling project that could use some funding support from the GVCC, please contact me with a funding proposal prior to our June meeting. Proposals must be submitted in writing (or email).

How to survive Numb hands:

- Raise the handlebar gradually.
- Lower the seat post and/or level the seat.
- Slide the seat forward or shorten stem.
- Switch hand positions often.
- Kill the "death grip".
- Use mountain bike bar-ends.
- Shake-out hands.
- The right gloves.

From *Bike for Life* by Roy Wallack and Bill Katovsky

GVCC Website www.goletabike.org: Be sure to check the events calendar on the web for the latest ride information. Sometimes rides are changed so

please check the website or call the ride leader to confirm the ride.

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

PEOPLE POWERED RIDE

October 7, 2007: Our theme for 2007 will be **Wine Harvest Festival Ride**; our three routes are being revised and will be labeled "Chardonnay, Merlot and Cabernet".

PPR VOLUNTEERS: Please contact Doris Phinney (cyclebug@aol.com or 968-3143) if you don't see your name listed below and you are willing to volunteer for PPR. This is our only fund raising event and we need as many volunteers as possible to assist with organization and planning prior to the event as well as volunteers on the day of the event to set up for registration and the BBQ, work rest stops, drive sag vehicles, serve food, and clean up.

PPR Chair: Doris Phinney

PPR Coordinators and Volunteers:

- Set Up: **Doris Phinney**, Owen Patmor, Hildy Hoffman, Rosie Thompson, Mike Willis
- Registration: **Doris Phinney** with Hildy Hoffman, Rosie Thompson
- Road Marking: **Dave James**
- Maps & Brochures: **Robert Rainwater**
- Publicity: **Doris Phinney**
- HAMS:
- BBQ: **Hildy Hoffman** has booked Bruce Nix
- Food Donations: **Hildy Hoffman**
- Permits, Park Reservations: **Bob Zimels**

- Porta Potties, Trash: **Cheryl Everett**
- Food Purchase and Staging: **Hildy Hoffman and Owen Patmor**
- Food Set Up and Clean Up:
- Before & Ending Inventory: **Rosie Thompson**
- On Site Mechanics: **Don Jeske**
- Sags: **Don Jeske**
 - Drivers: Robert Rainwater, John Berberet
- Rest Stops: **Kathleen Boehm & Jared Dawson**
 - Workers: Yolanda Blue, Jody Kamrath, Paula Makara, Michele DeCant, Richard Fortune & Cindy Demotte (Los Alamos), Dave Cantero & Tailwinds (River Park)



CLOTHING SALE: To order send an email to Doris (cyclebug@aol.com) or call 968-3143

PPR 2005 T shirts, Tour de Tango, \$5, sizes L, XL and 2XL.

PPR 2004 Caps, \$5, one size fits all.

GVCC Sox, \$8 member, \$10 non-members, sizes M L.

Club Jerseys: \$35 members only. Sizes XS, S and M

Report From Bob Zimels on the National Bike Summit

The League of American Bicyclists (LAB) sponsored the NBS, which was held over a 3 day period in mid-March, in Washington DC. There were over 425 attendees from across the nation, as well as many top-level representatives from the bicycle industry. Several members of Congress were also in attendance. The underlying purpose of the NBS is to lobby government representatives for support on bicycling legislation. The first day and a half was given over to symposia on many topics of interest to the bicycling community, Fortunately, GVCC also sent Ralph Fertig to the NBS, and we often attended different symposia. The ones I sat in on covered topics such as "Safe Routes to School Program, Bicycling: Good for You and the Health Community, and Non-Motorized Transportation Data". In addition I had a one-on-one conversation with LAB's Program Manager for the LAB/MS

Program, which hopes to promote safety on large mass charity rides (the SB MS ride had over 2300 riders several years ago, though last year there were less than half that number).

The rest of the NBS was devoted to familiarizing the attendees with the various pieces of pro-bike legislation that are currently in the Congressional hopper. These bills include:

- The Bike Commuter Tax Benefit Act, which would provide payments to cyclists who commute to work.
 - Public Lands Access, which would allow mountain bikers to use additional trails on certain public lands, from which they are currently barred (sponsored by IMBA).
 - The Complete Streets Program, which would provide funds to allow bicyclists' and pedestrians' needs to be considered when designing road facilities, at the beginning rather than as an afterthought in the preliminary design process.
 - The National Bike Route Program is designed to have local bicycle advocates provide a central data base for a series of bike-friendly routes criss-crossing the entire country. Similar programs in Great Britain and the Continent have increased bike usage very significantly.
- Safe Routes to School: already passed with \$600+ M allocated.

We did have a very nice luncheon where the Mayor of Louisville, Ky, and Kazo Shimano (head of Shimano, USA) spoke, and there was a surprise appearance by Floyd Landis, who was greeted warmly.

The last day of NBS was kicked-off with a breakfast on Capital Hill, and a brief speech by Rep. James Oberstar (D, Mn.). Jim is an avid cyclist, often commuting to his office by bicycle. Later that morning we met with our Representative, Congresswoman Lois Capps. Ms. Capps is a gracious host, and we spent a delightful 30 minutes or so, going over the bike-friendly legislation. Lois was very familiar with all these bills, and is also a member of the House Bicycle Caucus. Later, we met with aides to Sen. Boxer and Sen. Feinstein who seemed impressed with NBS's California delegation,

If GVCC can afford it, I strongly recommend we send someone to next year's NBS. There was only bad thing about the 3 days in DC: As soon as anyone saw my badge said, "Bob Zimels, Santa Barbara, Ca." they asked, "Do you know Ralph?"



HAPPY JUNE BIRTHDAYS TO...

**Beverly Ching
Art Gossard
Rod Pearson**

NEW MEMBERS THIS MONTH



Scott Turnbull

****Members just a reminder:** if you change your e-mail or other personal mailing info please contact Lori Haney at lhhaney@cox.net. You wouldn't want to miss out on anything**

GVCC May 5, 2007, Meeting Minutes:

The smell of freshly brewed Peet's Coffee and toasted bagels greeted you as you entered the Phinney-Patmor residence on Saturday, May 5 for our monthly GVCC meeting. Those present were absolutely delighted to see long-time member Bob McFarland back among us.

The meeting was called to order by President Doris at 8:45am. The mail folder and ride calendar were circulated. Cheryl distributed the treasure's report which was entered into record.

Doris talked about May 12-19th, Bike Week and also about RFP's (Requests for Funding Proposals) which are due at our annual meeting on Saturday, June 2, Stow Grove. Nominations are in order for our election of officers on June 2. Nominations will be taken from the floor that day or you can call Doris, 968-3143, to get your name on the list. PPR, October 7th, preparations are underway with a good sign-up of volunteers, but more are needed.

With a Newcomer's Ride waiting to get started at Camino Real the meeting was adjourned at 9:25am.

Respectfully submitted, Hildy Hoffmann, ARS



RIDE INFORMATION



Great Western Bicycle Rally

About 15 GVCC members met up at Paso Robles over Memorial Weekend for camping at the 43rd Annual Great Western Bicycle Rally. Cyclists headed out on various routes: Peachy Canyon, Adelaide, San Miguel, etc. for 3 days of enjoyable riding. Friday was a little hot but Saturday had perfect weather for riding. Wine tasting was also included in the weekend activities. Lori Haney also found a great deal on a used Bike Friday Tandem for peddling with her grandson.



26th Annual Breathe Easy Ride, June 22-24, a fundraiser for the American Lung Association of California. For more information and to register go to www.BreatheEasyRide.org. If you would like to volunteer, contact Donna Beal at donna@lungsbvc.org.

Rides Needed!!!!

Hi GVCC Members,

We need ride leaders for June. Check the calendar at www.goletabike.org and pick a date to lead a ride of your choice of meeting place, distance, starting time, etc.

Contact Hildy Hoffman, cyclebelle199@cox.net

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
	cyclebelle199@cox.net	
Breeze Editor	Laura Newman	687-2588
	lnewman51@cox.net	
Treasurer	Cheryl Everett	967-8173
Breeze Distribution	Owen Patmor	968-3143
	cyclebug@aol.com	
Membership	Lori Haney	964-5822
	lhhaney@cox.net	
Webmaster	Robert Rainwater	
	gbike@impulse.net	
Bike Path Clean Up		
John Berberet and Stephanie Stark		681-0048
	johnberberet@hotmail.com	

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		
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 Calle 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 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 \$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.