

The Breeze



The Newsletter of the Goleta Valley Cycling Club

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www.goletabike.org

June 2011

☞ Bicycle Spoken Here ☞

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

NEWCOMERS RIDE: Saturday, June 4, 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.

GVCC ANNUAL MEETING (Members Only): Sunday, June 26, 12 noon, the lower picnic grove at Rancho Santa Barbara Mobile Home Park, 333 Old Mill Road. The festivities will include Lori's fun games. The feast will be potluck, so bring food to share. There is a BBQ grill at the picnic sight so you may bring your own meat (BYOM). The club will supply the charcoal and some beverages.

Please **RSVP** to me (cyclebug@aol.com or phone 968-3143) by June 24, if you plan to attend.

Agenda: The main agenda item is the election of officers for the coming year. Please contact me if you are interested in serving your club in one of the four elected offices: President, Vice President/Ride Coordinator, Secretary, Treasurer.

Discussion Items: We want to hear from our members so be prepared to comment.

- Provide for membership renewal online.
- How to encourage more participation on club rides?
- Shall Newcomers and/or other rides include a cycling education component?
- Updating our list of GVCC sponsors.

Directions to Rancho SB Mobile Home Park: cycling from SB, take Calle Real over Rt. 154 to Old Mill Road, turn Right to end of street, bear Left into park, follow double yellow line to and through 3 stop signs, at end of street the sidewalk starts for the picnic grove. If you are driving, follow same directions except bear Left before the 3rd stop sign, go one block, turn Right to end of street where some parking is available. You may also park at the clubhouse and pool area and walk to picnic grove.

GREAT WESTERN BIKE RALLY REPORT: May 27-30 in Paso Robles. GVCC members Lori Haney, Jeannie Antrim, Owen Patmor and Doris Phinney enjoyed riding the beautiful back roads of the central coast and wine country. We were joined by Cindy (Jeannie's friend from Colorado), Stu Haney, Roy and Jan West. The weather was perfect for riding, wine tasting and feasting on a wonderful meal prepared by Roy and Jan.

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 Birthdays TO

Beverly Ching
Art Gossard
Rod Pearson
Patricia Starr

No new Members this Month

May Meeting Minutes: The May 2011 GVCC meeting was held at Fresco Café North with a no host dinner for those who were so inclined. The meeting started promptly at 6:45 with Madame Prez Doris presiding. Doris welcomed all those in attendance; yours truly arrived late. The mail was circulated, Lori did the same with the ride calendar and Cheryl had copies of the latest treasurer's report. Robert Rainwater reported on the Bike Path Clean Up activities.

Of general interest was a scheduled Valley Ride on Saturday May 21, the clubs attendance at the Great Western Bike Rally on Memorial Day weekend, and Michael Kwan reported on his LCI activities, most notably posting our Newcomer's Ride on www.meetup. It seems this is a very active website and to date there were already 5 cyclists signed up for the June 4th newcomer's ride. Doris reminded those present that we are committed to support Kalon Kelly and the SB Century on Saturday, October 22. We will run a rest stop at Goleta Beach and it is requested that we supply our best baked goodies.

Our annual meeting will be held on Sunday June 26th at the lower picnic grove at Rancho Santa Barbara Mobile Home Park, 333 Old Mill Road. The festivities will start at noon and run to 3 or 4pm. It's to be a potluck and there is a BBQ grill there so you can bring your own me (BYOM). The club will supply the charcoals and some beverages. Please call Doris to confirm your attendance.

Directions to Rancho SB Mobile Home Park: cycling from SB, take Calle Real over Rt. 154 to Old Mill Road, turn Right to end of street, bear Left into park, follow double yellow line to and through 3 stop signs, at end of street the sidewalk starts for the picnic grove. If you are driving, follow same directions except bear Left before the 3rd stop sign, go one block, turn Right to end of street where

some parking is available. You may also park at the clubhouse and pool area and walk to picnic grove.

Ralph Fertig shared commentary and photos of his recent trip to the Netherlands, where the bicycle is king. It was a most informative and enlightening presentation.

Respectfully submitted

Hildy Hoffmann

Recording Secretary

Bike to Work: Tips for Your First Commute

By [Gale Bernhardt](#) For Active.com

On your drive into work, have you ever noticed a cyclist obviously commuting and admired that person? Have you thought it would be cool to ride your bike to work, or home from the office? Perhaps it's crossed your mind that [bike commuting](#) not only helps the environment and saves gas money; but it could help you stay fit, healthy and burn a few extra calories.

Despite some worthy reasons to ride your bike to work, there never seems to be a good time to start. So why not start now? Lots of people commute on their bicycles, why not you?

Even if you commute only a handful of times, it's better than none at all. To help you get rolling, here are 13 tips for commuting on your bike:

1. Begin with an achievable distance.

If you live only a few miles from work, it is conceivable that you can commute both ways on the first day. If you live several miles from work, and the commute will take you some 45 to 60 minutes or more, consider hitching a ride with a co-worker to get to the office, then ride home. Make the distance doable for you; don't worry about what other people might be doing.

2. Start with an achievable frequency.

Sure it sounds good that you're turning over a new leaf and you have grand plans to commute to and from work every day, but is that goal achievable immediately? Begin by setting a goal to commute one to three times per week. After you can consistently achieve success, add more commuting segments or days.

3. Wear a helmet.

In the unlikely case of an accident, you want to protect your head and all those great ideas.

4. Wear clothing that can easily be seen by motorists.

If you are commuting in early morning or late evening hours, wear reflective gear and put a

flashing tail light on your bike. For daylight commuting wear bright colors that can easily be seen by motorists.

5. Don't make a big deal out of special clothes and gear.

Depending on the distance of your commute, you might be able to commute in your work clothes. Some commutes are workouts and other commutes are more practical in nature.

When I was in the Italian city of Ferrara, I saw women riding bikes to work in business suits with a brief case strapped to the luggage rack. They were wearing low pumps and using platform pedals. Bike commuting appeared to be commonplace.

6. Consider cycling shorts.

If your commute is longer than 20 or 30 minutes, you will probably be more comfortable in cycling shorts. Cycling shorts eliminate that intersection of seams that meet right where you are putting your torso on the bike seat. Pressure and friction can make this area really uncomfortable when cycling longer distances. Cycling shorts (worn without underwear) can significantly improve your comfort.

7. Do a dry run on the weekend.

If you're nervous about how much time it will take you to get to work, do a dry run on the weekend. Ride at an easy pace, knowing that if you were in a bind for time, you could pick up the pace.

8. Find routes with minimal traffic.

It may lengthen your commute some, but finding roads that aren't as busy might be worth your time. Check out any bike paths in the area to see if they would be a good choice.

9. Learn how to change a flat.

If you don't already know how to do it, learn how to change a flat tire.

10. Carry a cell phone and call for help if you have significant mechanical trouble.

If you have time to change a flat tire or deal with other mechanical issues on the way into work, fine. If you're pinched for time, call someone to give you a lift. There's a good chance you're on the road well before anyone else, so it's likely that a co-worker will come your way.

11. Take your clothes to work the day before you commute.

If you plan to change from cycling clothes to work clothes when you commute, bring your clothes to work the day before your ride.

12. Strategize your clean up time before work.

Some commuters will want a full shower before sitting next to coworkers. Or maybe it's the coworkers that want the commuter to have a shower? Either way, lucky commuters can shower at the office. If that's the case, use a chamois towel (popular among swimmers) to dry off, rather than lugging around a bath towel.

If you don't have a shower, you can use a wash cloth and soap in the restroom to give yourself a "spit bath". Some commuters will shower the night before the ride into work and not wash their hair at work; but they will at least clean off their body with a moist towelette.

13. Watch for parked car doors swinging open.

Be alert for cars parked on the side of the road. Take note if there are people in the car that might be getting ready to swing open the car door without looking for you coming from behind on a bike.

After you scheme up strategies to be successful on that first commute, you might find yourself wanting more. Even [hard-core commuters](#) started somewhere. The commuters I know, that bike to work regularly, do it because the personal rewards are so great.

Enjoy your ride!

What's Cool

- One pant cuff rolled (hint: the right one)
- Racks or panniers to carry commuting essentials
- Bike commuting for any portion of your trip to work, even if it's riding to a public transportation hub
- Recruiting a friend to ride with you
- Bike commuting in less-than-perfect weather conditions

What's Not

- inside-out bike shorts hanging on your cubicle wall
- Riding on sidewalks
- Listening to music while you should be listening for potential hazards around you
- Weaving in and out of stopped or slowly moving traffic
- Darting across medians and riding against traffic

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

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

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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

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.

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 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.