

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

MARCH 2005

Come out and ride with us!

We are a non-profit recreational association committed to promoting health, fitness, and safety through bicycling.

For all levels!

HAPPY BIRTHDAY TO DAN HENRY...SEE PAGE 3

Bicycle Spoken Here

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

The next monthly meeting of the GVCC will be held on Wednesday, March 16, 6:30pm at Rusty's Pizza Fairview. Please contact me if you have items to place on the agenda. Beware the Ides of March, and we are because our meeting is one day later.

Happy Saint Patrick's Day and don't forget to wear green on March 17.

Weather: The weather has definitely been putting a dent in my cycling routine. I'm a weather wimp, so with all the February storms around President's Day weekend, I've been cooped up in the house. A special commendation to Rosie Thompson and Robert Rainwater for riding in the rain on Saturday, February 19.

The Choo Choo Century is coming and I'm sorry that Owen and I will miss it this year. Have a wonderful ride and be sure to eat a "sticky bun" for us.

Minnesota Cyclists are coming our way. If you are available to join a group of cyclists who will be here for a week please let me know. The dates are March 13 to 18. They will be riding in the Santa Ynez Valley the early part of the week and I plan to join them on a tour of Santa Barbara on March 17 or 18.

BIKEPATH CLEAN-UP and PIZZA FEED is March 20 and you could also win a super raffle prize. Call John Berberet (681-0048) to reserve a broom and some pizza. The GVCC has an ongoing commitment to clean the Obern Trail and we love to see new faces behind the brooms and trash bags.

SIDEWAYS bike tours: Movie buffs check out the Santa Barbara Bicycle Coalition website for route sheets and maps for a do-it-yourself bicycle tour visiting real locations featured in the film. Ralph Fertig has put together two nice rides. Go to www.sbbike.org.

GVCC Website: Speaking of websites, if you haven't checked out ours recently, go to www.goletabike.org and see the changes, new photos and links that Robert Rainwater has added. Don't forget that if you have a good GVCC cycling photo, get it to Robert.

FEBRUARY MEETING MINUTES...

February 12 GVCC minutes reported by Substitute Secretary Hildy Hoffmann.

With bagels, muffins, fruit and fresh coffee in hand, GVCC'ers adjourned to the President Doris Phinney's livingroom where she called the meeting to order.

Recent club mail and the ride calendar were circulated anxiously awaiting the many ride signups. Treasurer Cheryl Everett reported on our income minus expenses.

Connie Styrvoll and Lori Haney reported that we have 18 train and bike riders signed up for the Choo Choo Century in March. All systems are go except for Amtrak which is still not running trains northward from Santa Barbara because of track damage from the January rains. With any luck, we'll be able to do the Choo Choo; however, we all know Amtrak and hope they'll be back on track (pardon the pun) soon.

In another update Connie said that 12 riders, 3 non-riders and a few maybes have signed on to do RAGBRAI 2005. A discussion followed about transportation to and from the start in Des Moines and also about the deluxe tent provisions available for \$110 per person for the trip.

Brigitta Rainwater reported on the logo for the 2005 PPR. She circulated samples and those present decided on a basic design. She does excellent work. She will fine-tune the design and we will take it from there.

New Business:

Our March GVCC meeting will be held at Rusty's Pizza, Fairview and Calle Real on Wednesday, March 16, 6:30 pm.

Thanks to the efforts of Robert Young, we now have a recipient of our last RFP funding for 2004; a new bicycle will be given to James Carter, 8 years old, of the Boys' Club. Good work Robert!

Recently a local runner, Julie McGeever, owner of the Heritage House on 5200 Hollister Ave, was given a GVCC safety light for her use while running. She said a man driving a PT cruiser, wearing a mulicolored cycling jersey, stopped her and offered her the light for safety purposes. Since the light has GVCC embossed on it, she wondered if the man was a member of our club. Are you?? If so, she wanted to reciprocate the gesture by baking some cookies as her way of saying thanks. Even if you're not a GVCC member, we need to contact this lady and have her bake for PPR. All in favor, say....

Ralph Fertig, bicyclist extraordinaire, has 2 fabulous bike rides on the sbbike website that include many of the wineries and locations as shown in the movie "Sideways". All yours to download.

We received notification of several new 2005 centuries including Pedaling with the Poppies in May; LA Wheelmen 60th Anniversary Century and SCOR adding a century to the Solvang Prelude in November.

The club will be adding a link on our web page for Ride Strong Bike tours. And finally, a lengthy discussion was held on how to best utilize and disperse our email list for the club. Robert Rainwater did extensive research and came up with several different choices for consolidating and securing our email list for distribution. It was decided to do more research and report back at a later meeting.

The meeting was adjourned and all of us were happy that the sun was shining and we were able to ride to the Farmer's Market.

If GVCC members have items for sale phone 687-6218 or jdawson@silcom.com for ad submission.

For Sale: Adams Trail-A-Bike, excellent condition, a year old but hardly used because I got a tandem to ride with my grandchildren. New price was \$200, asking \$125. Call Doris at 968-3143 or email cyclebug@aol.com.

HAPPY MARCH BIRTHDAY TO...

Dan Henry (see below and the next column!)
Stu Haney
Hildy Hoffmann
Doris Phinney
Frank Schipper
Phil Bunn
Don Truex
Arnie Schildhaus
Florence Hu

evidence of fame from the Central Indiana
Bicycling Assoc. Message Board:

Posted: Oct 20, 2004

*I am looking over the rides posted on the site and the term **Dan Henry** is repeated several times. Is this a trail marker or a person who sits at turns to make sure everyone stays on track?*

Reply Posted: Oct 20, 2004

*These are painted-on road markings at the turns. Usually a circle with a line pointing the way. The ones on my Breakfast ride are the letter B with an arrow. Just be sure which color marker to follow for any particular ride. There are lots of older **DHs** on the most popular roads.*

*Read this for info on **Dan Henry***

<http://www.louisvillebicycleclub.org/misc/danhenry.htm> (where we find the following:)

*Dan Henry — local legendary bikie
by Wilson Hubbell (from 1995)*

This month's bicycling personality is "Mr. Bicycle" of the Santa Ynez Valley and unofficial president of the Bicycle Touring Club of Solvang, Dan Henry. Dan is a veteran cyclist whose organized bicycle touring exploits go back some fifty years. During that time he has (among numerous other accomplishments) designed full suspension bicycles decades before they became popular on mountain bikes; invented the typical route marking (commonly known as Dan Henry Arrows) seen on countless century rides; convinced Clement to produce their first butyl tubed tubular (sew-up) tires; participated in countless tours around the world; and organized events for the New York Cycle Club, the International Bicycle Touring Society and many, many others.

IN HONOR OF DAN HENRY'S BIRTHDAY, AND OF ALL THAT HE MEANS TO CYCLING, WE TAKE THE PLEASURE OF REPRINTING HIS POEM,

THE SONG OF THE WHEEL

There are many types of music
Each adding depth to things we do,
In time, almost without exception
All our songs, somehow are through.

There are many tunes of love time
And dance tunes so sublime,
And rhythms that sent tingles
All up and down our spine.

At weddings the old standards
Are repeated by us all,
And countless other melodies
Of which, we all recall.

Yes - we all had songs aplenty
With a meaning long since gone,
But there is this one exception
That somehow, goes on and on.

It's the song we hear when cycling
Our every sense, each note can feel,
We shall always dearly love it
It's the song of the rolling wheel.

-Dan Henry

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

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GVCC Jerseys for Sale

The club is waiting for a minimum order to make up new jerseys in your size. Thus far we have only 3 requests. If you have not previously requested a jersey and wish to do so, contact Kathleen @ 687-6218 or kboehm@silcom.com. 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 Nancy Hull; please call ahead to arrange a time (965-5392). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Nancy Hull at 963 Fellowship Ln, Santa Barbara, CA 93109; make sure you specify the size.

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 Jersey & Member Sponsors; they help support our club!

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 Nancy Hull at 965-5392 or Hull@sbcc.net.

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

FROM THE WESTERN STATES RIDE CALENDAR FOR YOUR WANDERLUST PLANNING...

3/4/2005 The Moab Skinny Tire Festival Peloton Project
3/5/2005 100 km Populaire Seattle International Randonneurs
3/5/2005 Death Valley Century and Double Century Adventure Corps
3/5/2005 Kings River Blossom Bike Ride Reedley Lions Club
3/6/2005 LA Bike Tour Los Angeles Marathon
3/10/2005 Speed and Power Clinic Santiago Cycling
3/12/2005 Solvang Century & Half Century
3/19/2005 200 km Brevet Seattle International Randonneurs
3/19/2005 300k Brevet Palomar / Santa Ysabel San Diego Longriders
3/19/2005 Bakersfield Community Gourmet Ride Kern Wheelmen
3/19/2005 Spring Metric Century Orange County Wheelmen
3/19/2005 Tour de Sewer Bell Gardens Lions Club
3/26/2005 Moss Beach 200k Brevet Santa Cruz Randonneurs
3/26/2005 Solvang Double Century PlanetUltra
3/28/2005 Solvang Spring Tour Planet Ultra

HAZON ISRAEL RIDE, MAY 10-17

Ride across incredible terrain from Jerusalem to Eilat, May 10-17, while learning about some of the most important political and environmental issues in the world. Join 150 riders on the 2005 Arava Institute Hazon Israel Ride: Cycling for Peace, Partnership & Environmental Protection. The Israel Ride is co-sponsored by the Arava Institute for Environmental Studies and Hazon, a New York-based organization dedicated to environmental education. The main beneficiary is a Masters in Environmental Education program that trains Israeli Jews, Israeli Palestinians, Palestinians, and Jordanians, educating a new generation of leaders in the Middle East to work together towards peace and environmental protection in the region. Last year's riders included Americans, both Jewish and Arab Israelis, and a Jordanian student from the Arava Institute.

“In Israel, there are a few issues that can actually unite ethnic, political, and religious factions,” said Avi Hoffer, who will be participating in the Israel Ride for the second time this year. “The environment is one of those rare issues that bridges many gaps. The Arava Institute embodies the principles of regional co-existence and environmental conservation.” The ride will go from start from Jerusalem and pass through Ashkelon, the Negev, Mitzpeh Ramon, and Kibbutz Ketura, and on to Eilat. It is fully supported; food and lodging will be provided. Visit Hazon (<http://www.hazon.org>) for details.