

The Breeze

The Newsletter of the Goleta Valley Cycling Club



po box 1547 goleta ca 93116

www.goletabike.org

May 2006

☞ Bicycle Spoken Here ☞

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

GVCC MEETING: The next general meeting will be **Saturday, May 13**, following the 9am Newcomer's Ride, meet at Anna's Bakery for the ride. The meeting will be at 11am at Girsh Park.

JUNE ANNUAL MEETING: June 10 at Stow Grove, catered BBQ, election of officers and allocation of funds to worthwhile projects.

ELECTION: Please contact the Nominating Committee, Connie Styrowoll or Suzanne Michaud, if you would like to nominate someone, including yourself, for an office in the GVCC. **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.

NEWCOMERS RIDE: Join me for a leisurely tour of Goleta on **Saturday, May 13**, 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.

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

Speed: "Real people do not understand speed the way we do. They know it only from the seat of a car, so they have no idea of the force and finesse required to propel a person on a bicycle twenty mile per hour, let alone twenty-five, thirty, thirty-five—or the inhumane forty-plus hit by the great sprinters and trackies. Real people might remember from a physics class that wind resistance increases exponentially rather than linearly with speed, but they have never been taught this by having the wind punch them in the face then swirl down their bodies and settle around their legs like concrete. Their loss."

--Bill Strickland



Celebrate!!

Don't miss the Bicycle Coalition's Bike Week Celebration that takes us into a whole week of fun bicycling activity. Join us May 13th in enjoying:

- * Wine and beer by the glass.
- * A fine buffet dinner catered by award-winning Country Catering.
- * Award ceremony to people who have made bicycling better for us all.
- * Adventure Cycling in Laos, Cambodia and Thailand by actor, touring cyclist, and world-class entertainer Willie Weir.

Willie Weir is a touring cyclist, actor, photographer and writer. He bundles everything into a top-level professional presentation that describes the joys of touring in countries throughout the world. His message is endowed with a personal enthusiasm for cycling as a means of meeting people. In his newest tales of adventure in South East Asia for three months, Willie takes us down roads in these astounding countries and explores the question, "How do you decide when adventure is worth the risk?"

It's on Saturday, May 13th, 6:00-9:00 PM, Chase Palm Park Center, 236 East Cabrillo Boulevard, Santa Barbara. Tickets for the Bike Week Celebration are \$30 each person. Mail payments to Santa Barbara Bicycle Coalition, PO Box 92047, Santa Barbara, CA 93190.



HAPPY MAY BIRTHDAYS TO...

Kathleen Boehm
Cheryl Everett
Ellen Herman
Wilson Hubbell
Barbara Meyer
Martin Peterson
Rosie Thompson

NEW MEMBERS THIS MONTH 😊

Peter Hale

Meeting Minutes Saturday, April 15, 2006
Doris Phinney welcomed GVCC members while a hearty crew of 10 or so GVCC'ers settled on John and Steph's patio munching on pizzas, Doris opened our monthly meeting at 12:30pm. Not one to abide by the rules, Doris took several items on the agenda out of order. Our May monthly meeting will be held at Girsh Park at 11:00am after a newcomer's ride starting at Anna's Bakery in Goleta at 9:00am.

We also selected Saturday, June 10th for our General Meeting. Hildy will see about reserving Section 3 in Stowe Park and getting a caterer for the event. There will be a newcomer's ride starting at 10:00am at Stowe Park that day in conjunction with the general meeting. It was also noted to get

the word out for RFP's to local nonprofits and other agencies if they would like a "piece of the GVCC pie". Entries will be discussed and voted on at the general meeting.

Doris had spoken with Brigitta about the design of our PPR flyers. Work is underway and hopefully they will be ready to distribute at the Wildflower Century later this month. A nominating committee consisting of Connie Stywroll and Suzanne Michaud will query members as to their availability to serve as officers of GVCC. Team Bike Challenge from Traffic Solutions is underway and the challenge month is June. It was MAS (moved and seconded) to donate \$500 and 2 club jerseys to this event which would place us in the "supporting gear level".

Doris reminded all about the upcoming re-scheduled club ride at Mattei's Tavern, Saturday, April 22, 9:00am in conjunction with Tailwinds and Lompoc Cycling Clubs.

Miscellaneous discussion included the possibility of officially adopting the Maria Ignacio Bike Path for GVCC clean up since we are already doing it. The decision was made to purchase an additional 3 brooms for clean-up since we're attracting more members each month (bring on the pizzas and the crowds will come!). Many thanks to John and Steph for opening their home and patio for this event every other month. Thanks guys.

Lastly, it was suggested that a welcoming letter be sent to all new members of GVCC along with a membership card. The letter would give a brief history of the club and an overview of some calendared items for the year. This information could also be printed in the newsletter along with the names of the new members each month. The matter was taken under advisement.

Due to pressing matters (Doris and Owen had another appointment), the meeting was adjourned at 1:25pm.

Respectfully submitted, Hildy Hoffmann

UPDATE: Stowe Park Area 3 is reserved for our June 10th GVCC Annual Meeting and Bruce Nix will be catering. **SIGN UPS ARE REQUIRED FOR YOU TO ATTEND THIS MEETING. PLEASE CALL HILDY AT 964-0802 OR EMAIL HER AT cyclebelle199@cox.net to reserve. Cut off date is June 7.**

Cafe de Velo opens on May 14th

It's been a year since Baron and Cecile Corpuz moved their family and Renaissance Cycles online business from the Netherlands to Santa Barbara. Since then, they have been organizing containers of vintage -- but new -- bicycles and components, while setting up their ongoing business of shipping to cyclists worldwide.

Dedicated to bicycling as a sensible means of transportation and recreation, they are bringing a Dutch love of bicycling to their new home in Santa Barbara. Cecile writes, "The last 10 years we lived in Holland we've been aching to come to beautiful Santa Barbara to become part of this wonderful community and share the love of living life with bicycles in this unbelievable climate!"

Their new location at 615 E. Gutierrez Street is home to not only Renaissance Cycles, but will soon be their gift to the community, a bicycle shop where one is welcome to enjoy complementary coffee and chat about all things bicycle. Their name "Cafe de Velo" describes just that.

It will be more, however, because they plan on adding full-service bicycle repair and a pro cycling area that will have European brand name road bikes and parts. People will be free to relax while sipping coffee, chatting with others, and watching their bikes being fixed.

Their grand opening will be on Sunday, May 14th, from 12:00 noon to 5:00 PM. City Councilman Grant House has agreed to perform the ribbon-cutting. Consider teaming up with the Goleta Valley Cycling Club's 10:00 AM ride from Goleta to the opening, or just bike on by for the ribbon cutting ceremony at 1:00 PM.

To learn more, check out www.renaissance-cycles.com for their vintage bike parts.



Bicycling Skills for Women May 11th, 18th and 20th

The Art of Cycling: Using a Bike to Transport and Transform

WHAT: The Santa Barbara Bicycle Coalition is offering another ten hour course designed 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).

DAY 1: Thursday, May 11th, 5:30-8:30 PM for Basic Street Skills class (no bicycle is required).

DAY 2: Thursday, May 18th, 5:30-8:30 PM for Bicycle Mechanics and commuting tips (no bicycle is required).

DAY 3: Saturday, May 20th 1:00-5:00 PM for hands on bicycle skills and on-road riding instruction and practice (please be sure your bike is in working order before the class)

WHERE: 630 Garden Street, Santa Barbara.

COST: \$30, payable to LCI Dru van Hengel. You can pay at the class or by mail to, attn: Dru van Hengel, SBBC, PO Box 92047, Santa Barbara, CA

93190. Don't have \$30? That's okay, we want you to join us regardless!

Some scholarships are available by contacting Dru.

TO REGISTER: Please let us know you're coming by contacting Dru van Hengel at 564-5544 or at CycleSmart@sbbike.org.

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

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	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.