

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

May 2008

☞ Bicycle Spoken Here ☞

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

GVCC MEETING: Saturday, May 3, 11am,
(following Newcomer's Ride) Lori Haney's
home; she will provide a light lunch. Be sure to
mark your calendar.

GVCC ANNUAL MEETING: Members Only,
Sunday, June 8, 11:00 am, Stow Grove Area 3.
We're starting earlier this year and Lori is planning
some special, fun activities.
Please RSVP by June 2 to Hildy, 964-0802 or
cyclebelle199@cox.net.

BBQ prepared by Bruce Nix served at
1pm.

Election of Officers: If you would like to
help your club by serving as an officer or
you would like to nominate someone else,
then please contact me.

Funding Proposals: GVCC is soliciting
written proposals for bicycling related
projects in need of funds. Send your
suggestions to GVCC, P.O. Box 1547,
Goleta, CA 93116 or you may email them to
me at cyclebug@aol.com. Our PPR profits
are used to benefit cycling in our community
and our June meeting is when we vote on
allocations. **Deadline for Submission: May**
31.

NEWCOMERS RIDES: Join me for a leisurely
tour of Goleta on Saturday, May 3, 830am first
for coffee at Lori's then loop around Goleta. If
you are new to the area and would like to meet

other cyclists, this ride is for you. No one will be
left behind and everyone is welcome. Check the
calendar on the web for more details.

MAY IS BIKE MONTH: Bike Week, sponsored
by the Santa Barbara Bicycle Coalition, is May 17-
25. Bike to Work day is Wednesday, May 21. Mark
your calendar and check out all the activities at
www.sbbike.org.

From **The Quotable Cyclist**, Bill Strickland, Editor
*Cycling allows no excess—no extra movement,
wasted energy, unneeded weight. It punishes you for
excess. Yet it is also one of the most forgiving
sports, and this is how there can be a connection
between the thoroughbred fitness of pro riders and
the mongrel bodies of us recreational riders.
Cycling does not batter your body like running or
other high-impact sports. There are no spine-
damaging torsions like there are in baseball or even
golf. No sudden movements to rip cold muscles or
tendons. People who are too heavy to participate in
any other sport can ride because their weight is
supported by the bike frame instead of their bodies.
At its upper level cycling rewards the hard, but at
its lowest it welcomes the soft.*





HAPPY MAY BIRTHDAYS TO...

- Kathleen Boehm**
- Cheryl Everett**
- Ellen Herman**
- Wilson Hubbell**
- Martin Peterson**
- Rosie Thompson**

NO NEW MEMBERS THIS MONTH



****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**

Rides Needed!!!!

Hi GVCC Members,

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

****Ride leaders** tell if your ride will be a mocha/latte/espresso/double espresso.

Contact Lori Haney, lhhaney@cox.net

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. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, gbike@impulse.net

Next bike path clean up.

Our next bike path clean up day is Saturday, May 15th

GVCC Minutes, Saturday, April 12, 2008

The date, Saturday, April 12, 2008, the time 5:00pm, the place Rusty's Pizza at Fairview, the temperature 92 degrees. What!!! 92 degrees in April!! Perhaps it was the heat of the day that brought quite a few GVCC'ers out to our monthly meeting; or was it the air conditioning at Rusty's, to say nothing about the food.

President Doris Phinney started the meeting at 5:40pm and welcomed all in attendance. The club mail folder was circulated along with the ride calendar. (Anyone who would like to lead a ride can contact Lori Haney at anytime 964-5822) Recently returned from "down under" Cheryl's treasurer's report was read and filed. A reminder that bike path clean up will be on May 17th. Our next monthly meeting on May 3 will start at 11:00am at Lori Haney's house preceded by the Newcomer's ride meeting there at 8:30am.

Reminder that on June 8th we will hold our annual election of officers and vote on funding proposals. It's not too late to add your name to the list of those interested in serving our club. Call Doris at 968-3143. The event starts this year at 11:00am with some new and fun things planned by Lori; the BBQ will be served at 1:00pm with our business meeting thereafter.

Robert Rainwater reported on our Free GVCC Membership for cycle purchasers. He reported that both Bicycle Bob's stores and both Velo Pro stores have the applications. It was suggested that he contact Hazard's and Open Air.

Ralph Fertig gave an updated presentation on UCSB long-range development planning and how it effects cycling through the campus. Current bike paths will be rerouted, new ones implemented with the influx of 6,700 additional students by the year 2025, when this proposed program is to start. There will be a meeting on April 30 at the UCSB campus to inform the public.

Reminders: May 17-25 Bike Week in Santa Barbara and May 23-26 Great Western Bike Rally in Paso Robles. Be there or be

Last but not least, we heard from Lori Haney, Cheryl Everett and Rosie Thompson who along with Jeannie Antrim just completed almost 3 weeks in

Australia both cycling and sight seeing. They visited Melbourne and Sydney and rode for 8 days in the MS ride "down under". It sounded like a great time was had by all.

The meeting adjourned at 6:15pm.

Respectfully submitted
Hildy Hoffmann, Recording Secretary

<<<< **FOR SALE** >>>>

\$800.00 Black Softride 49CM Frame. Campy Record components, Chris King headset, Time Fork, Racing-T Crank 170 30/42/52, 13-27 8sp cassette, Cinelli Eubios 40CM Bar, 52-42-30 front cog, 27-13. Must see to appreciate. Call Lori at 729-1772

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GVCC CLOTHING SALE: To order contact Doris (cyclebug@aol.com) or call 968-3143.

GVCC Sox, member price is \$5, non-members \$10, size L, only 22 left.

McFarland Jersey Sale Continues: If you would like to schedule a "private showing," just let me know and we'll arrange a time. There are literally hundreds of jerseys and shorts left. You will not find a more extensive collection in town and the price is right, \$5 per item. Club Jerseys: \$35 members only. Size Small, only 3 left.

 **BIKE RIDES** 

**2008 Great Western Bicycle Rally
Memorial Day Weekend**

**May 23 - 26th, 2008
REGISTRATION IS OPEN**

To register:
<https://nt1.adventuresports.com/bike/gwbr/registration.asp>
Info:
info@greatwesternbicyclerally.com
866-909-4927

PEOPLE POWERED RIDE 2008

October 12, 2008.

We will continue with our Wine Harvest Festival theme. To make PPR a success we need lots of volunteers; please let me know if you are available to help on the day of the ride or if you can assist with preparations prior to the ride day.

<< PPR 2008 Volunteer List >>

1. Doris Phinney Coordinator Registration
 - a. **Day of ride check-in and set-up VOLUNTEERS NEEDED**
2. Hildy Hoffman Coordinator BBQ, Food setup and service, Publicity
 - a. **Food setup and service VOLUNTEERS NEEDED**
3. Cheryl Everett Coordinator for trash and porta-potties
4. Kathleen Boehm Coordinator for Rest Stops
5. Jared Dawson Coordinator for Rest Stops
 - a. **Rest Stop VOLUNTEERS NEEDED**
 - b. Dave Cantero & Tailwinds River Park Rest Stop
 - c. Yolanda Blue Los Alamos Rest Stop
 - d. Barbara Petronis Los Alamos Rest Stop
 - e. Karen Cottriel + friend Santa Maria Mesa Rest Stop
 - f. Michele DeCant Hans Christian Andersen
6. Coordinator for course marking are you there Dave James?
7. Don Jeske Coordinator for sags and mechanics
 - a. Bill & Wendy.
8. Owen Patmor Food buyer, and anything else we ask of him.

Please contact Doris Phinney (968-3143 or cyclebug@aol.com) to volunteer your help on October 12, 2008.

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
	lhhaney@cox.net	
Secretary	Hildy Hoffman	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	
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	

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 \$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.