

# The Breeze



*The Newsletter of the Goleta Valley Cycling Club*

*po box 1547 goleta ca 93116*

*www.goletabike.org*

*May 2010*

## **Bicycle Spoken Here**

**GVCC President: Doris Phinney, 968-3143,**  
[cyclebug@aol.com](mailto:cyclebug@aol.com)

**NEWCOMERS RIDE: Saturday, May 1, 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 MEETING: Wednesday, May 12, 6pm,**  
**Silvergreens, 791 Chapala Street, Santa Barbara.**  
Come for dinner, stay for the meeting. Please be  
thinking about getting more involved with your club  
by becoming an officer: President, Vice  
President/Ride Coordinator, Secretary, Treasurer.  
The next election will be held at our **Annual June**  
**Meeting, Sunday, June 6. 11am, Stow Grove.**  
**Bruce Nix will again be preparing a BBQ.**

**PEOPLE POWERED RIDE 2010:** Mark your  
calendars for **Sunday, October 10,** staged at Hans  
Christian Andersen Park in Solvang. Remember we  
will need many volunteers to successfully stage this  
event. Bob Zimels is the director of this year's  
event.

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**BICYCLING THE NATCHEZ TRACE PARKWAY:** Nine  
of us met in Natchez, Mississippi on April 16, to ride  
or provide SAG support on the Natchez Trace to  
Nashville, Tennessee (442 miles). The Trace is a  
linear National Park, originally a native American  
footpath, later used by Ohio River Valley farmers  
who floated their products down the rivers to  
Natchez or New Orleans. Because they sold their  
flatboats for lumber, they returned home by  
walking or riding. By 1810 the Trace was a clearly  
marked path and an important wilderness road.

Today the National Park Service continues to  
maintain the Trace, a two-lane road with no  
shoulders. However, no commercial vehicles are  
allowed and the speed limit is 50 mph. We found  
the traffic to be very light (except for around  
Jackson and Tupelo) with most drivers exercising  
caution when passing a cyclist. The road surface is  
excellent. The Trace runs primarily in Mississippi,  
less than 30 miles in Alabama and ends just short  
of Nashville, Tennessee.

Our group includes Connie (organizer  
extraordinaire and SAG support), Stu (Sag  
support), and cyclists Lori, Jan (on her first tour  
ever), Roy, Jared, Kathleen, Owen and Doris (that  
would be me). We ride a leisurely pace (averaging  
about 40 miles per day) in order to take in the  
many Historic Sites along the route.

Connie even managed to do a pretty good job of  
"organizing" the weather. The first three riding  
days are gray with a threat of rain that fails to  
materialize; temperatures are in the 60's, making  
for very pleasant cycling. Our warmest days are in  
the high 70's up to 80 degrees. The one pre-  
planned layover day, Saturday, April 24, we  
experience "severe weather": heavy rain, flooding  
in Corinth, MS, and to top it off tornado warnings  
complete with sirens blaring, high winds and  
pouring rain. A tornado touches down about 8  
miles from us and there are other tornados  
throughout Mississippi resulting in 12 deaths and  
lots of blown apart buildings. The weather clears in  
the early afternoon and we drive to Shiloh to locate  
a monument to the Illinois Cavalry unit that Jared's  
great grandfather had fought with at the battle of  
Shiloh, a major turning point in the Civil War.

**(See Natchez Trace cont on Page 2.)**



## **HAPPY MAY BIRTHDAYS TO**

**Kathleen Boehm**  
**Cheryl Everett**  
**Gail Hubbell**  
**Ellen Herman**  
**Donald Norris**  
**Rosie Thompson**

## **NO NEW MEMBERS THIS MONTH**

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### **(Natchez Trace cont.)**

On our next to last day of cycling we finally get rained on, Owen and I are lucky to get caught in a couple of very light showers that the wind blows away. Jared and Kathleen are hit by one brief downpour that soaks them and Lori and Jan are drenched by rain and then hail. These brief showers are blowing through the area all day.

Connie, with the help of a tour company, booked all of our lodging for the ride. We stay in a variety of B&Bs including some beautiful antebellum mansions, slave quarters behind an old home, cabins, the Belmont Hotel and in Collinwood, a cottage for five people and two huge rooms in what appears to be a storefront for Jared, Kathleen, Owen and me. We had a lot of variety and it was all fun with nothing even remotely resembling Motel 6.

Southern hospitality is alive and well in Mississippi and there's nothing like it. At dinner at our final stop, Fall Hollow (in the middle of nowhere), before Nashville, we sit down to dinner with our host, hostess, a winemaker, the winery owner (Lori, Stu and Connie visited the winery earlier) bringing several bottles of wine and much to our surprise, Mark a photographer from Goleta who is shooting pictures for the Park Service's new brochure of the Trace. Our southern friends make us feel a part of their family and dinner lasts a couple of hours. It's a wonderful climax to our last evening on the Natchez Trace.

**GVCC Website** [www.goletabike.org](http://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.



## **NEED RIDES**

Hi GVCC Members,  
Ride Leaders needed. If you'd like to do a particular route and lunch stop e-mail me [lhane@cox.net](mailto:lhane@cox.net) your request and I'll put you on our ride calendar. You pick the start time/location, where you plan to ride and what pace you'd like to keep.

**The BikeTrader** has added our club as a link on their site. Here is a brief description of the site.

### **"Used Bicycle Buyers**

The Bike Trader is a bicycle classifieds listing site for new and used bicycles, bicycle frames, bike gear, components and accessories. If you're looking for new or used bicycles for sale you've come to the right place! "

### **"Used Bicycle Sellers**

You can even place an ad for **FREE!** "  
**Here is the website for more info:**

<http://www.thebiketraderonline.com/>

**ADVENTURE CYCLING MAPS:** GVCC has received a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. If interested in borrowing these maps, please contact Doris.

**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	729-1772
	lhhaney@cox.net	
Webmaster	Robert Rainwater	448-0636
	gbike@impulse.net	
Bike Path Clean Up & Brigitta Van der Raay	Robert Rainwater gbike@impulse.net	448-0636

**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	
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:

<b>15% off parts &amp; accessories at:</b>	
Open Air Bicycles, 224 Chapala,	962-7000
<b>10% off parts &amp; accessories at:</b>	
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.