

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

November 2006

☞ Bicycle Spoken Here ☞

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

NEXT GVCC MEETING: Tuesday, November 14, Rusty's Pizza, 232 West Carrillo, 6pm to eat, 6:30pm meeting.

FARMERS MARKET RIDE: Sunday, November 5, 9am, Anna's Bakery. Please join me for a loop ride around the Goleta area ending back at The Market Place for shopping the Sunday Farmers Market.

PEOPLE POWERED RIDE, Once upon a time on a bicycle...

It's over! Thank you to our faithful volunteers who every year donate their time to make PPR a success. We received many positive comments from participants praising the friendliness of our people and the food.

Our super volunteers include Kathleen Boehm and Jared Dawson (rest stops), Don Jeske (Sags), Dave James (road marking), Bob Zimels (park permits), Pete Nicklin (Ham radio support), Hildy Hoffman (BBQ), Dave Lawson and Dottie who set up and served the BBQ, Owen Patmor (food shopping and distribution). Working the ride day were Jack and Cheryl Everett, Don and Laura Newman, Teele and Billie Manning, Wendy Manning and Bill Ball, Tony Boughman, Jim Hosp, Richard Johann, Jeannie Antrim, Michele DeCant, Betty Hennon, Yolanda (great costume), Richard and Cindy Fortune.

A special thank you to Dave and Diana Cantero and the volunteers from the **Tailwinds Club** who supported PPR by staffing the rest stop at River

Park all day and providing two Sag drivers. We couldn't have managed without them.

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

"I'll wait for global warming before I'll ride a windtrainer through an entire winter. It's like pedaling through a huge bowl of oatmeal while someone takes the Jaws of Life to your bicycle. Not to mention the added tortures of not going anywhere, not seeing anything, and annoying your family by simulating the real-life sounds of a tornado in your own home."

--**Christopher Koch**

[*We are so lucky to live in SB County!*]

🚲 RIDE INFORMATION 🚲

HOLIDAY HALVES, Saturday, November 18, 2006. This is a no frills ride with 52 and 20 mile routes. The price of \$15 includes a BBQ after the ride. The Tailwinds Club in Santa Maria sponsors this ride. Registration will be on Active.com.

2007 WELLS FARGO STAGECOACH CENTURY, Saturday, January 13, 2007, in Ocotillo, CA. You may register on active.com. For more information and to download a registration form: go to <http://www.shadowtour.com>.

GVCC members who are interested in this ride may contact me, Doris Phinney. In exchange for running this notice we will receive one complimentary registration. You could be the winner of a free ride.



HAPPY NOVEMBER BIRTHDAYS TO...

**Amy Frease
Lori Haney
Mark McClure
Bob McFarland
Bob Zimels
Teele Manning**

NO NEW MEMBERS THIS MONTH ☹

People Powered Ride A Big Success!

Meeting Minutes: President Doris Phinney called the Monthly GVCC meeting to order at 6:30pm, Tuesday, October 17. Several members were present for dinner at Rusty's Goleta which started at 6:00pm.

Cheryl Everett presented the treasurer's report; club mail was circulated as was the ride calendar.

Bike path clean-up is scheduled for November 19th.

Doris discussed the results of this year's PPR and thanked everyone who volunteered. A notable item for discussion was the ease of the riders' morning check-in. This was the first year that there was no "morning of ride" sign-ups allowed. Doris took pity on 11 riders and did sign them up that day but at a higher ride fee. There were 290 registered riders. (*A table comparing PPR 2002 through PPR 2006 appears later in this Breeze.*) Cheryl did not have the final net result of the ride due to outstanding bills that hadn't come in to her yet. Some hats, shirts and socks were also sold during the event. It was decided that we would try to sell additional apparel on the website.

There was then a discussion on the merits of the PPR and whether it should continue or be changed to reflect the difficulty in obtaining volunteers to man rest stops and do SAG. It was suggested that we could eliminate one or two of the rides to create a single bike route or possibly better overlap the ride routes to use the same rest stops and therefore

require fewer rest site volunteers and support vehicles. A majority of the riders ride the metric route. No decision was made at this time.

Our next monthly meeting will be Tuesday, November 14, 2006 at Rusty's Pizza on Carrillo, in Santa Barbara. Eat at 6:00, meeting at 6:30pm.

There being no additional items for discussion, meeting was adjourned at 7:30pm. Respectfully submitted, Laura Newman, Recording Secretary



Upcoming rides include:

HOLIDAY HALVES, Saturday, November 18, 2006. This is a no frills ride with 52 and 20 mile routes. The price of \$18 includes a BBQ after the ride. The Tailwinds Club in Santa Maria sponsors this ride. Registration will be on Active.com.

The Wells Fargo Stage coach Century is January 13, 2007 in Ocotillo. You may register on active.com. For more information and to download a registration form go to <http://www.shadowtour.com>

CLOTHING SALE: To order send an email to Doris (cyclebug@aol.com) or call 968-3143

PPR 2005 T shirts, Tour de Tango, \$5, sizes L, XL and 2XL.

PPR 2004 Caps, \$5, one size fits all.

GVCC Sox, \$8 member, \$10 non-members, sizes M & L.

Club Jerseys: \$35 members only. Sizes XS, S and M

For Sale - Great Value

For Sale: 5 year old Specialized Allez Elite, 27 speed. 56cm (22 inches) Ultegra derailleurs, brakes, SIS shifters, 30-42-52 rings, 13-25 9spd cassette (12-27 extra cassette included), rear rack braze-ons, pedals, computer. Top tube =22.2 inches, head/seat angle=73/73.5, stand-over hgt.=32.6, wheelbase=39.2. Light weight, all aluminum w/aero downtube. Nearly new condition, never crashed. Lively, fast and comfortable. Less than 9K miles. New mount necessitates sale. \$550 firm. Bob Zimels: 962-3211 or zsloth@cox.net

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If GVCC members have items for sale, please email Laura Newman at newman51@cox.net for ad submission. *Also, please let her know when it's sold.*

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	Hildy Hoffmann	964-0802
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	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		
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 Calle 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



PEOPLE POWERED RIDE



Here are some statistics from the last five PPRs:

	2002	2003	2004	2005	2006*
Registered Riders	343	318	460	470	290
30 mile riders	66	62	77	86	54
Metric riders	124	125	203	205	133
Full Century	151	130	172	125	99
Xtra BBQ tickets	20	27	49	25	23
Sox sold	40**	40**			10+
Caps sold	na	na	16	7	8
Tshirts sold	Na	Na	na	73	25
Raffle ticket sales	553	592	712	na	na
Raffle Income	\$397	\$412	\$502	na	na

*No day-of-ride registrations publicized, accepted 11

**Original PPR sox

+Sox are new for 2006 w/GVCC logo on cuff

Notes: Tshirts are 2005 PPR Tour de Tango, Caps are 2004 PPR Best of the West

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.