

# The Breeze



*The Newsletter of the Goleta Valley Cycling Club*

po box 1547 goleta ca 93116

[www.goletabike.org](http://www.goletabike.org)

Nov 2008

## ☞ **Bicycle Spoken Here** ☞

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

**NEXT GVCC MEETING: Saturday, November 1, 12 noon, John & Steph's, 5071 D Rhoads Ave.**

The meeting will follow **Bike Path Clean Up** that starts at 10am. We have some important issues to discuss regarding PPR 2009, so please be there. If you plan to come to only the meeting and you want to join us for pizza at noon, **RSVP** to John or Steph, 681-0048.

**NEWCOMERS RIDE: Saturday, November 22, 9am, Java Station.** Everyone is welcome to join this leisurely paced ride around Goleta. No one is ever left behind.

### **REPORT ON OCTOBER NEWCOMERS**

**RIDE:** Okay, so what's a little rain?! Besides Owen and me, two other diehards showed up, but we had enough sense not to ride. It's too much trouble to clean up a muddy bike.

### **BOB McFARLAND PEOPLE POWERED**

**RIDE:** Be sure to check our website for photos taken by Frank Newton. Thank you, Frank. Once again we pulled off a successful PPR, thanks to all of the GVCC volunteers. Did you know that there were three McFarlands (including Bob) riding? Of the 240 registered riders 8 tandems participated and 219 participants actually showed up to ride on October 12.

A very special thank you to the volunteer coordinators who put in a lot of time: Kathleen & Jared, Don Jeske, Hildy, Cheryl, Bob Z, Dave James, Pete & LuAnn. Thank you Robert & Brigitte for the patch design.

And a special thanks to the volunteers who made homemade salads, cookies and other goodies. Riders always compliment us on the quality of our food and express appreciation for those homemade treats.

Do you know that we have many volunteers who are not even members of GVCC and we owe them a special thanks. There are the Ham radio operators who have been helping us for years. Ed and Pat have been serving food and have worked HCA rest stop, volunteering for several years. This is the second year that Karen and Terri have worked the Santa Maria Mesa rest stop. And of course Dave and Diana Cantero and other members of the Tailwinds Cycling Club have been running River Park rest stop. We couldn't do PPR without these special people.

Owen deserves a very, very special thanks because he has to put up with me during the two weeks leading up to PPR (not too mention all year). He also cleans the garage for the food staging, shops for food, sets up rest stops, loads and unloads the truck and works all day of PPR, and never complains.

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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.**

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**HAPPY NOVEMBER BIRTHDAYS TO...**

**Jeannie Antrim**  
**Amy Frease**  
**Teele Manning**  
**Bob McFarland**  
**Bob Zimels**

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**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](mailto:lhhaney@cox.net). You wouldn't want to miss out on anything\*\*

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**From League of American Cyclists ROAD I training course:**

**Pre-Ride Safety Check: The ABC Quick Check** of your bike's fitness should be followed each time you ride. Timely bicycle maintenance can prevent a serious crash.

**A is for Air:** Check tire pressure. Tires should be inflated to the rated pressure noted on the sidewall (Pounds/Square Inch). Use a gauge to verify that you have reached the recommended rate. While checking pressure take a moment to check for damage to the sidewalls and/or tread. If the tire casing is showing below the surface, the tire should be replaced.

**B is for Brakes:** Check for pad wear and adjustment by visually checking the brake pads. If there is less than 1/8" of rubber showing at any place, replace the brake pad. Make certain that the pads are parallel to and aligned with the side of the rim when applied. Cable and housing – Watch to make sure the cables travel smoothly and the cables are not frayed. Frayed cables should be replaced.

**C is for Cranks:** Check the cranks, consisting of the bottom bracket, the crank arms and chainrings. To do this check, take the left and right crank arms in your hands and attempt to move them sideways. If both move, you have a problem with the bottom bracket. If only one moves, the individual crank arm is loose and must be secured. A loose crank arm should never be ridden on.

**Quick is for Quick Releases:** Hubs with quick releases need to be tight. The proper pressure is obtained by spinning the lever until you feel resistance at the halfway point as you flip the lever from open to closed. Do not spin it closed. Use the cam action of the lever to tighten the quick release. The closed lever should be facing up and back to minimize the chances of it catching anything while you ride. Brakes with quick releases need to be in the closed position.

**Check** is for a brief, slow ride to check that your derailleurs and shift levers are working properly.

Must I do all these steps every time I ride? **YES!**

## **Rides Needed!!!!**

Hi GVCC Members,

We always need ride leaders. Check the calendar at [www.goletabike.org](http://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 either a *Easy/Intermediate/Advanced/Express*.

Contact Lori Haney, [lhhaney@cox.net](mailto:lhhaney@cox.net)

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## **Minutes GVCC October 4, 2008 meeting**

On a cool, rainy Saturday, October 4<sup>th</sup> morning we held our monthly GVCC meeting and the final one prior to our 29<sup>th</sup> annual PPR on October 12<sup>th</sup>. The meeting was called to order by President Doris at 11:40am, the ride calendar and mail were circulated and Cheryl distributed the treasurer's report which was filed. We did not have a date on the Bike Path Clean-up from John Berberet but expect one soon.

We proceeded to the business at hand of finalizing PPR; as of 10/04 there were 153 registered riders among them 3 members of the McFarland family including Bob who will be riding a tandem. A lengthy discussion ensued about Caltrans specifics and requirements for our ride. Hildy mentioned that the new PPR signs were ordered from Freedom Signs and will be ready in time for the event. A special sign reading "Bob McFarland's PPR Start/Finish" will be placed at the entrance to Crossroads.

Since there is considerable road work being done on Gibraltar Road, it was suggested that cyclists avoid riding there.

Those present were saddened to learn that Ed Hoerner, husband of Annemarie, passed away after a lengthy illness. We send our condolences to Annemarie and family.

Respectfully submitted,  
Hildy Hoffmann, Recording Secretary

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**PEOPLE POWERED RIDE 2008**

October 12, 2008.

**Volunteer List: the people who make it happen.**

1. **Doris Phinney**      **Coordinator Registration**
  - a. **Day of ride check-in and set-up**
    1. Rosie Thompson
    2. Hildy Hoffman
    3. Frank Newton (photographer)
2. **Bob Zimels**      **Coordinator, Park permits, community contact, other permissions**
3. **Hildy Hoffman**      **Coordinator BBQ, Food setup and service**
  - a. **Food setup and service**
    1. Dave Lawson
    2. Ed Goodrich and Pat Kelly
    3. Jeanne Antrim
4. **Cheryl Everett**      **Coordinator for trash and porta-potties**
5. **Kathleen Boehm and Jared Dawson**      **Coordinators for Rest Stops**
  - a. **Rest Stop VOLUNTEERS**
    1. Dave and Diana Cantero (Tailwinds) River Park Rest Stop
    2. Yolanda and Barbara Los Alamos Rest Stop
    3. Karen Cottriel & Terri Allison Santa Maria Mesa Rest Stop
    4. Michele and Jody Hans Christian Andersen

6.

7. **Coordinator-course marks Dave James**
8. **Don Jeske**      **Coordinator for sags and mechanics**
  - a. **SAG VOLUNTEERS**
    1. Bill & Wendy
    2. Robert & Brigitte
    3. Teele & Billie
    4. Harlan
    5. Bob Young
    6. John & Stephanie
    7. Jack & Cheryl
9. **Robert Rainwater and Brigitte Van Der Raay: Patch Design**
10. **Pete & LuAnn Nicklin: Coordinator for Ham Radio Operators**
11. **Owen Patmor, Hildy Hoffman & Kathleen Boehm: Food Purchases and staging.**

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**FOR SALE**

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

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

**Club Jerseys:** \$35 members only. Size Small, 3 left.

**BikeFriday**

Looking for a holiday gift for the traveling bicyclist in your family? How about a red BikeFriday Tourister, 54 cm frame, pedals, saddle, extra set of tires, case and tools for \$800? This bike comes apart and fits in a piece of luggage. I have ridden across Iowa and in various parts in the past three years on this trusty steed. Call Kathleen 687-6218 for details.

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**Classic Italian Road bike**

Classic Italian Road bike - The frame (late 1980s) is a lugged steel frame with a purple and chrome finish made by Bottecchia. The bike has been well cared for and is in very good condition. A few scratches but no dents or rust. Specifics include: 57cm frame size, Columbus tubing, STI shifters, mixture of Campagnolo and Shimano parts, chain rings are 53/39, 16 speed, new hand bar wraps, several pedal types available. Asking \$400 obo. Email [steph\\_stark@yahoo.com](mailto:steph_stark@yahoo.com) or call Stephanie at 805.681.0048.

**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:

<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

Here are some statistics from the last seven PPRs:

	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006*</b>	<b>2007*</b>	<b>2008*</b>
Registered Riders	343	318	460	470	290	275	240
30 mile riders	66	62	77	86	54	54	51
Metric riders	124	125	203	205	133	115	100
Full Century	151	130	172	125	99	106	89
Xtra BBQ tickets	20	27	49	25	23	15	13
Sox sold	40**	40**			10+	93+	na
Caps sold	na	na	16	7	8	4	na
Tshirts sold	na	na	na	73	25	na	na
Raffle ticket sales	553	592	712	na	na	na	na
Raffle Income	\$397	\$412	\$502	na	na	na	na

# 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.