

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

November 2009

## ☞ **Bicycle Spoken Here** ☞

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

**NEWCOMERS RIDE: Saturday, November 7, 930am, Java Station, Doris, 968-3143.** Everyone is welcome to join this leisurely paced ride around Goleta. We may stop and shop at the Farmers Market. No one is ever left behind. You must wear a helmet to ride with the Goleta Valley Cycling Club.

**GVCC NOVEMBER MEETING: Thursday evening, 6pm, November 5, 6219 Avenida Gorrion, Lori Haney will be our host.** For dinner we will build a pizza; for dessert we'll have a potluck, so bring something yummy to share. Please **RSVP** to me—phone 968-3143 or email [cyclebug@aol.com](mailto:cyclebug@aol.com).

We will need to begin planning for 2010. Will we stage PPR next year? We may want to discuss other options for fund raising. Where and when might we stage PPR?

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**From *Bike for Life: How To Ride To 100*, by Roy Wallack & Bill Katovsky:**

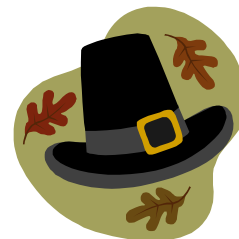
### **HOW TO SURVIVE A FALL**

Mountain bike legend Ned Overend was one of the rare riders to go a whole career—an exceptionally long one, at that—without suffering a broken bone. That wasn't by accident (no pun intended). His method, below, applies to both mountain and road riding.

- **Balancing act:** Practicing track stands and general balancing will help you avoid slow-speed falls. "It'll give you that extra second to clip-out," says Ned. And avoid toppling over on your hip.
- **Slip out fast:** Set up your pedals to get out of them easily in a crash. Clean 'em out, keep 'em oiled, and you can pull your foot out quickly and avoid a knee injury.
- **Soft landing:** Minimize impact when you hit the ground. Fight the urge to stick an arm out; that'll risk a broken collarbone. Instead, keep you body in and try to let the handlebar and pedal hit the ground first. Before you hit, tuck you arm in and roll, letting your whole body absorb the blow.

### **HOW TO SURVIVE HEADWINDS**

The solution is one word—an **aerobar**. Club riders deride this add-on handlebar extension, which lowers and narrows you into a pointy aerodynamic shape, as "for triathletes only." Pro riders only use it in time trials, not the peloton, because it compromises handling in a pace line. Yet when it comes to surviving headwinds, the speed-and-spirit-sapping bane of all cyclists, the aerobar works for racers, average Joes on the bike path, and fully loaded bike tourists pushing cross-country with 60 pounds of gear.





**HAPPY NOVEMBER BIRTHDAYS TO...**

**JEANNIE ANTRIM  
AMY FREASE  
BOB MCFARLAND  
BOB ZIMELS**

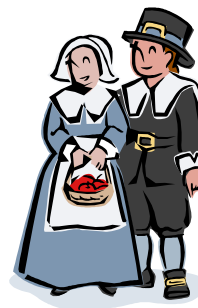
**NO NEW MEMBERS THIS MONTH**

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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.

**NEED RIDES**

Hi GVCC Members,  
Ride Leaders needed. If you'd like to do a particular route and lunch stop e-mail me [lhhaney@cox.net](mailto:lhhaney@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.



**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.

**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.

**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 |
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| 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        | Robert Rainwater      | 448-0636 |
| & Brigitta Van der Raay   | gbike@impulse.net     |          |

**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:

**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 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.