

# The Breeze



## The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

OCTOBER 2004

*Come out and ride with us!  
We are a non-profit recreational association committed to promoting health, fitness, and safety through bicycling.  
For all levels!*

## 25TH ANNIVERSARY PEOPLE POWERED RIDE IS COMING ON OCTOBER 10!!

### Bicycle Spoken Here

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

The OCTOBER 6 MEETING of the GVCC will be at Rusty's on Calle Real near Fairview. Eating will begin at 6pm and the meeting will follow. One of the most important items on the agenda, after wrapping up preparations for PPR 2004, will be PPR 2005. The date for PPR 2005 has been confirmed for Firestone Meadow, Sunday, October 9, 2005. The discussion will center on the future of the PPR, so please come and offer your suggestions.

THANK YOU to Vice President Hildy Hoffman for hosting the September meeting on the deck of her home. It was a lovely summer evening and Hildy provided food and libations as well. We even conducted some business.

HOW I SPENT MY SUMMER VACATION: I'll start with the last event of my summer, TRIRI SE, a bicycle tour in southern Indiana in September. Owen and I have ridden in many states (Gail Lowenstein Hubbell has ridden in all 50 states!) and look for a new ride each year. TRIRI SE may have spoiled me for accommodations on future rides. We signed up to stay in Lodges at the three state parks we visited and they were truly beautiful and located in lovely forests. We first rode to Spring Mill State Park where there is a Pioneer Village that has been restored, complete with a three-story grist mill. From there we rode to Brown County State Park and stayed in Abe Martin Lodge, a beautiful location after we climbed the 18% grade (it was short) to get there. And lastly we rode to McCormick's Creek State Park and then back to the start at Fairfax Beach on Lake Monroe. Southern Indiana has lots and lots of short, steep climbs (many of them with 15% grades) and descents, so we were working hard. This trip was also the first tour for us on our new Bike Fridays and they worked out very well.

My vacations began with a Sierra Club Service Trip on Santa Cruz Island, then car camping at June Lake with family, then a Sierra Club Grandparents & Grandkids trip at Claire Tappaan Lodge, then Santa Cruz Island again, then my annual 15 days hiking in the Sierra and TRIRI SE. Now I'm back home to rest up from all this vacationing. Retirement is tough!

## GVCC MEETING MINUTES

**greetings!** With summer drawing to a close and folks squeezing in last minute vacations, the GVCC monthly meeting was held at Hildy's hacienda, Wed, 9/08. Amply fortified with food and drink, the meeting was called to order at 6:15 pm by Madame Pres, **Doris Phinney**. In lieu of secretarial representation, the minutes were recorded by make-shift recorder, **Hildy Hoffmann**

The ride calendar is visibly blank for the month of October. Impromptu rides are welcome! Emphasis of the meeting centered around October 10 PPR staffing and assignments. It's never too late to volunteer; call any board member to help. We are in need of a new webmaster so if your talents lie in this area, please consider answering this call. Volunteers are still needed as ride leaders for the MS ride on Oct 16, contact **Bob Zimels**, 962-3211.

It was moved and seconded to set Sunday, Oct 9 as the date for our **2005 PPR**. Our October meeting will be held at Rusty's Pizza at Fairview and Calle Real, Wed, Oct 6, 6:00 pm for pizza, meeting at 7:00 pm.

The club received a thank you note from Elysia Sorrian, the young lady who received a bicycle from us (thanks to the efforts of **Bob Young**) reading *"thank you for the bike. I ride it all the time. I am happy that you have me a bike. Love Elysia"* That should bring a smile to our faces. Good work.

Bob Young also reported that the Berkeley bikeway and footbridge which was in poor repair has been partially remedied. The City of Goleta did their part by repaving with new asphalt thanks to **Julian DeAnda and Mike Page** for their "stellar work". The other half of the bridge is on County of SB land [see the latest update on this in the next column-ed.]

In the face of approaching darkness, the meeting was adjourned at 8:00 pm.

## Happy October birthday to...

Brett Astor  
Jack Chestnutt  
Nancy Cullinan  
Jared Dawson  
Kim Fox  
Dan Macken  
Marta Starks

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## Berkeley Bridge improvements

As previously reported in this issue of "The Breeze" the City of Goleta made extensive repairs to the Berkeley Road bridge approach section and since the bridge also was partially in the County of Santa Barbara area, it was now up to the County to do their share. It appears that asphalt has landed on the County side of the bridge making the navigation of this bridge from both sides a much smoother and above all, safer, part of our local cycling scene. Thanks to **Wilson Hubbell**, our man in the County, for his persistence to get these improvements!

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**All GVCC'ers send their best wishes for a speedy recovery to Stu Haney. Stu, husband of Lori, has been one of our most staunch supporters for many years. We all wish him the best!!**

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If GVCC members have items for sale phone 687-6218 or [jdawson@silcom.com](mailto:jdawson@silcom.com) for ad submission.

For Sale: Adams Trail-A-Bike, excellent condition, a year old but hardly used because I got a tandem to ride with my grandchildren. New price was \$200, asking \$125. Call Doris at 968-3143 or email [cyclebug@aol.com](mailto:cyclebug@aol.com).



**“This is what Tyler thought of climbing this stinking hill 17 times.”**

Our intrepid GVCC correspondent in Athens for the recent Olympics, Don Jeske, snapped this shot of Tyler Hamilton struggling up the same hill yet again, during the men’s road race. Of course, we know that eventually he triumphed (in the time trial), only to see his blood test questioned as we are going to press. “Say it ain’t so, Joe” has sadly become the common refrain of our times. (If you don’t know the reference, it refers to a kid pleading to Shoeless Joe Jackson of the infamous Chicago “Black” Sox of 1919 who threw the World Series). So what else is there to say but, SAY IT AIN’T SO, TYLER!!

See pages 8 and 9 for more from the pen and camera of Don....

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### **PEOPLE POWERED RIDE IS OCTOBER 10th**

Don’t miss this opportunity to bicycle the Santa Ynez Valley in this glorious month. Ride behind those marking the course on October 2<sup>nd</sup>. See the calendar for details.

Register to ride the PPR by calling 968-3143, email [cyclebug@aol.com](mailto:cyclebug@aol.com) or download forms at [goletabike.org](http://goletabike.org). Pre-registration is \$30, registration on the day of the ride is \$35. Bring friends and families. Join the volunteers who bake, make pasta salads, work the day of the ride and manage to ride too.

Contact Rosie Thompson at 964-2339 or [rosie@nbdca.net](mailto:rosie@nbdca.net) regarding food donations and Kathleen Boehm at 687-6218 or [kboehm@silcom.com](mailto:kboehm@silcom.com) for a volunteer assignment and get a PPR hat in appreciation.

The PPR Volunteer Appreciation ride and picnic is October 23<sup>rd</sup>. We will return to the Santa Ynez Valley to enjoy the 30 mile PPR route and follow with a picnic lunch.

We hope to see you on October 10<sup>th</sup>.

### **SEPTEMBER 18<sup>TH</sup> PRE-RIDE WAS A GLORIOUS DAY**

Only seven of the GVCC regulars were able to go over the metric PPR route and we felt privileged to be there. No matter how many times GVCC bicycle s those roads we never fail to find exhilaration and beauty in those Santa Ynez vistas. By the time we hit our half way point no one minded that **Connie** broke her streak of no flats in three years. We got to compare pumps and get educated in how to patch a worn tire with a dollar bill. **Jared** was busy watching the red shouldered hawk survey us. By the time we got to Los Olivos we were ready for lunch. There we met Maestro Emeritus Bicyclist **Dan Henry** who shared his poem of the road, which we will again feature prominently next month.

We are hoping for the October 10<sup>th</sup> weather to be as cooperative as it was that day. What we could have done without were those Corvette ralliers who did not want to share Foxen Canyon with bicyclists. It only goes to show bicycling safety and education is an ongoing process. Those funds GVCC raises with the PPR goes toward enhancing local bicycling safety and enjoyment.--**Kathleen Boehm**

**The South Coast Breeze is a monthly publication of the Goleta Valley Cycling Club. Officers & contacts are:**

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**GVCC Jerseys for Sale**

A very limited number of the 'new' club jerseys - 3 dolphins on blue, yellow & green background - are available (no L, XL or XXL). They can be obtained from Nancy Hull; please call ahead to arrange a time (965-5392). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Nancy Hull at 963 Fellowship Ln, Santa Barbara, CA 93109; make sure you specify the size.

**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 Jersey & Member Sponsors; they help support our club!**

ARGUELLES, JOHN C - DDS	681-4848
38 S. LaCumbre Rd. Santa Barbara	
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 Calte 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 Nancy Hull at 965-5392 or Hull@sbcc.net.

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
Bicycles LTD, 155 N Fairview,	964-4913
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

## **“WELCOME HOME”: Athens welcomes the world back to the birthplace of the Olympics**

**BY DON JESKE**

As I got off of the airplane in Athens, I was bombarded with “Welcome Home” signs in English and Greek. The sleek new airport was indeed a wonderful start to a new adventure.

I had been to Greece twice before and had visited Athens, the Peloponnese and Crete. I still had Delos and Delphi to see, but I had figured that I had done my Greek thing. Then Experience Plus! Tours intrigued me with an invitation to stay on board a boat for a week with the chance to see the Olympic Men’s and Women’s Cycling Road Races and Time Trials. There would be a chance to do some sailing to an island or 2 and a chance to see the great temple to Poseidon at Sounion. This temple to the south of Athens is poorly located for any tour operator to work it into a bike tour. The tour would end in Olympia, the birthplace of the Olympics. I had been there before, but it would be a thrill to be there while the Olympics were being contested in Greece. So I decided to go.

With all of the worries leading up to games about whether or not Athens would be ready, it was a relief to arrive and find everything working well. The airplane was filled with everyone going for the games. The last hour or so before landing the entire cabin was buzzing in anticipation. People were looking for tickets. Others were talking about their plans. I have never experienced anything like this before. I arrived on the 13<sup>th</sup> of August, the day of the opening ceremonies. There were Olympic volunteers all over the airport. The security was efficient and fast. I visited with Bermuda’s Triathlon coach as we waited for our luggage. He was excited about being in the opening ceremony that night.

Some of our tour members went to the opening ceremony. They paid \$800 a ticket. That was the actual price and not a scalper price. Most of us went on shore and watched the event on a large screen TV at a local Taverna. There was a wonderful feeling of sharing between the locals and us.

I have never seen Athens so clean. Also I have never seen the Greek people so happy. Many cars were flying the Greek national flag just like many people flew our flag after 9/11.

The road race course went through the heart of the city on a 13.2 km circuit. The men went around 17 times and the women 9 times. The one hill was tough but not horrible. What made it a challenge were a lot of turns in between tall buildings which held in the stifling heat. The men’s race was contested in 100+ degree heat and the women’s race was in the 90’s. In many ways this was better to watch than the Tour de France. You got to see the contestants many more times. At the TDF, the riders come by once and that’s it. We got to see the races from various vantage points. One of our guides had scouted the route and found a good spot, in the shade, near the top of the Lykavittos Hill climb. That is where we spent the most time. Riders were slowed up enough to nearly identify them. After the last lap came by, we were able to scramble down to a taverna to see the last KM of both races.

The Time Trials were an out and back course along the coastline south of Athens. The women did it once, and the men went twice. Again good scouting helped the tour get the vans within a mile of the start and finish. We were on our own to pick our spots. I got a space in front of the start and only had to go 50 ft. or so to see the finish on the other side of the divided road. Being at the start, I was able to hear each rider announced over the PA. So there was never a chance of guessing who was next. What an experience! It was a thrill to stand among the orange-clad Dutch as they sang their National Anthem in honor of the Women’s gold medallist. I would later get a chance to do the same with our National Anthem for Tyler. The Swiss were there shouting for the Women’s bronze medallist. During the men’s race, Germans cheering for Jan Ullrich surrounded me. There were several men my age or older who claimed to have cycled all the way from Frankfurt, Germany to Athens. Then there were the Australians with their faces painted yellow and green. They had hung a sign up between 2 trees declaring themselves as the Michael Rogers Fan Club. They sang in the usual Aussie bravado: “Six foot two, Eyes of blue, Michael Rogers we love you.” Michael Rogers, a pre-race favorite would finish 4<sup>th</sup>. As the day finished, I was in awe of what I had witnessed. The U.S. had experienced its greatest day in Olympic road cycling with the men finishing first and third. The women finished second and fourth. I had seen 2 awards ceremonies and got to see some of the best time trialists in the world up close. After the race, I got within 5-10 feet of Jan Ullrich before being shoved away by a feeding frenzy of German fans trying to get his autograph. You should have been there.

## The Tour

This was an unusual tour for me. In order to sell the tour, Experience Plus! opened up the tour to non-cyclists as well. This tour was a surprise to the guides. There is a reason that bike tours are not scheduled in Greece during July and August. It is too hot! Most of the guides, for the company, live in Greece and thought that they would have time off during the Olympics. So several of them had purchased tickets to various events. Then their boss in Colorado said he would like to do a tour during the Olympics. They scrambled and put together a nice package. They used 5 guides. This allowed those who had tickets to go to their events. We also had 3 vans. Normally, there would have been just 1. It took a while to get to know everyone since so many would leave to go to a ticketed event. We spent the first 7 days on the Aegeotissa II, a wooden motorboat made to look like a sailboat. The Captain who sailed her built it. The cabins were small but each had its own small bathroom complete with shower. All of our breakfasts and dinner were on board. The cook was the Captain's wife and everything was served family style. We had a good sampling of home cooked Greek meals.

To get to the road races in Athens, we took the vans to the airport and then took the wonderful new rail lines into the city. After walking around the Plaka the first day and getting a quick overview of the most important ancient sites, we had lunch at a taverna next to the race route. There was a stunning view of the Acropolis. The men's race started while we were eating. So as the race came by, we would rush outside to cheer and take pictures and then go back into an air-conditioned room to continue our meal until the race came back in about 15 minutes or so. We watched the first few laps this way. Then we took the subway to the base of Lykavittos Hill and hiked up to our viewing spot.

We would sail to 2 nearby islands to do some cycling. Those who didn't cycle had hiking options. Because the islands are mountainous, the cycling was challenging. The heat and wind didn't help much either. Greece gets a lot of strong northern winds in August. On one of the windiest days when the harbormaster wouldn't let any boat leave the harbor, we cycled south to the gleaming white temple of Poseidon at Sounion. The temple is on a dramatic point overlooking the Aegean Sea. It was the last thing the ancient Greek sailors would see when they left Athens and the first thing they would see coming back. The last 6 miles of the small road that we took was much like riding Camino Cielo except that there are ocean views on both sides of the road.

After the Olympics, we were transported to the Peloponnese and took the dramatic train ride up to the mountain town of Kalavrita. This is a ski resort in the winter. Away from the crowds of Athens and other famous sites, we really got to experience Greek life. The town has a very tragic history going back to World War II when the Nazis massacred all of the men and boys in the town. The next day was spent going over the mountains and into Olympia. This is where the "Welcome Home" signs really had meaning. With 2 rivers meeting, it is one of the greenest regions in Greece. The ancients knew how to pick their important places. Just like 12 years ago, I ran a lap in the 400BC stadium. The heat was the most intense in Olympia, and this was the time of year that the ancient games were held.

I doubt that I will go to another international Olympics. One pays a horrible financial price to do it. My airfare alone was \$2200! However to experience the modern games in country that they were born in was worth the price. I may actually go to Greece again. I enjoyed the sea voyages so much that I am considering doing Experience Plus's! tour of the Cyclade Islands. They use the same boat that we stayed on in Athens. After all, I still have Delos and Delphi to see.



*a view of the ancient Greek stadium at Olympia*