

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

October 2005

## ☞ **Bicycle Spoken Here** ☞

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

**The Next Monthly Meeting of the GVCC** will be held on Wednesday, October 6, 7pm, at Jared & Kathleen's, 945 N. Hope Avenue 687-6218.

Last meeting before PPR, be sure to attend !

**TOUR DE TANGO**, People Powered Ride: Sunday, October 9, Firestone Meadow. Please check our website for complete information and registration. It's not too late to volunteer to help orchestrate this event; we need SAG drivers. Contact Hildy Hoffman, 964-0802 or [cyclebelle199@cox.net](mailto:cyclebelle199@cox.net).

**HOLIDAY HALVES**, Saturday, November 5. The Tailwinds Bicycle Club of Santa Maria sponsors this annual ride. This year the ride is "Invitational" and has been restructured for all bicycle clubs. Cycling clubs are all invited and must be pre-registered as a team.

The ride will NOT be supported by rest stops, SAG, T-shirts, or patches. Riders will have a ride list, port-a-potties midway through the ride and self-directed no host rest stops. Riders will be treated to a Santa Maria Style BBQ at the end of the ride. No day of ride registration will be accepted. Cost per rider is \$10.

Michele DeCant is the GVCC ride leader for Holiday Halves; please contact her at 965-8907 or [mdc8907@cox.net](mailto:mdc8907@cox.net). Deadline for receipt of your check for \$10 payable to Michele DeCant is October 21.

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### From "The Quotable Cyclist" Bill Strickland, Editor

It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle. *Ernest Hemingway*

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**IF YOU HAVE ANY BIKING EXPERIENCES YOU  
WOULD LIKE TO SHARE IN THE BREEZE -  
PLEASE EMAIL THEM TO LAURA NEWMAN  
AT [LNEWMAN51@COX.NET](mailto:LNEWMAN51@COX.NET)**



## **HAPPY OCTOBER BIRTHDAYS TO...**

**Kim Fox**  
**Dan Macken**  
**Marta Richardson**  
**Don Irby**

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## **WELCOME TO NEW MEMBERS THIS MONTH**

*Erik Jensen* 😊

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### **Meeting Minutes September 14, 2005 at Pepe's in Goleta**

Doris Phinney, President, opened the meeting with a welcome to the 19 attendees

The mail was distributed and those who wanted took the magazines received by the club.

The ride calendar was circulated. **THE PPR PRE-RIDE IS OCTOBER 2<sup>nd</sup>.**

Cheryl Everett, Treasurer, reported on our latest balance, which does not show any of the PPR expenditures.

### **BIKE PATH CLEANUP**

The next bike path clean up was scheduled for October 15<sup>th</sup> but will be moved to Sunday the 16<sup>th</sup> so as not to conflict with MS ride. The clean up will be from 10-noon with pizza for volunteers to follow.

### **MS RIDE**

Bob Zimmels reported he could use more volunteers for the MS 30 and 12 mile routes. .

### **PEOPLE POWERED RIDE**

Bob Zimmels has completed all the permits needed for PPR. The CHP will require traffic monitors at the Hwy 154 crossing so four more volunteers will be needed.

The PPR *Tour de Tango* T-shirt was shown. All volunteers will receive a T-shirt for their efforts. Others will pay \$10 to receive one.

Rosie Thompson will complete the current supplies inventory. More signs will be needed and Bob Young was given the go ahead to get some made.

Bob Zimmels will check to see what he can borrow from the MS Chapter.

Connie Styrwoll will put out the notice of the need for baked goods. Currently there is none in Rosie's freezer. Michele De Cant has six dozen cookies ready. Several members volunteered to bring pasta and like type salads for River Park.

Don Jeske is looking for more sag volunteers.

### **HOLIDAY HALVES**

The Santa Maria Tailwinds sent out an invitation to the Holiday Halves, which is to be Sat. November 5<sup>th</sup>. They now require teams to sign-up ahead of time. Michele De Cant is the GVCC team leader. Anyone interested should contact her at 965-8907.

AS A DONOR TO THE PRESERVATION OF THE ELLWOOD MESA, THE GVCC WILL BE LISTED ON A RECOGNITION MARKER.

**THE HEALTH NET CYCLING TEAM WILL MAKE A PUBLIC APPEARANCE AT THE UCSB LIBRARY QUAD 11:30-12:30, October 4<sup>th</sup>.** The team has some of the greatest national road cyclists.

Submitted by **Kathleen Boehm**

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**GVCC Website:** For all the latest in photos and information go to [www.goletabike.org](http://www.goletabike.org). Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, [gbike@impulse.net](mailto:gbike@impulse.net).

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### **ITEMS FOR SALE**

**PLEASE LET LAURA NEWMAN KNOW IF THE ITEMS LISTED IN THIS MONTH'S BREEZE HAVE BEEN SOLD OR NEED TO CONTINUE AS LISTED. ALL THE ITEMS WERE ALSO LISTED LAST MONTH SO THE LIST NEEDS TO BE UPDATED.**

**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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Webmaster	Robert Rainwater	
	gbike@impulse.net	
Bike Path Clean Up		
John Berberet and Stephanie Stark		681-0048
	johnberberet@hotmail.com	

**If GVCC members have items for sale phone Laura Newman 687-2588 or email [lnewman51@cox.net](mailto:lnewman51@cox.net) for ad submission. Also, let her know when it's sold.**

**Bike for sale.** 2001 Marin Point Reyes 17.5" Balck \$700 Excellent condition. Black, 700 x 25c tires XTR Gruppo, V-Brakes, Bottom Bracket, Crank, 9 speed shifter, braker lever. Easton Carbon Handle Bar, magnesium stem, Thompson seat post. Call Karch 259-5082, Too many bikes, need to get rid of some.

**For Sale** - "InSTEP Foldable Bike Trailer & Stroller in One". Seats two children. Never used but needs partial assembly. Asking \$75. If interested, call Micki @ 967-7977.

**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	
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 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...Anyone want to sell a used Large Size?**

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

## 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.