

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

October 2006

☞ Bicycle Spoken Here ☞

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

NEXT GVCC MEETING: Our next meeting will be Tuesday, October 17, Rusty's Pizza, 270 Storke Rd., 6pm to eat, 6:30pm meeting.

NEWCOMERS RIDE: Saturday, October 14, 9am, Anna's Bakery. Please join me for a leisurely ride around Goleta. No one will be left behind. You need not be a GVCC member to ride with us. You must wear a helmet.

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

It's here! October 8, 2006. Remember you must pre-register as there will be no day-of-ride registrations. Visit our website for complete information and to register.

And if you don't plan on riding, we can always use volunteers on ride day. Contact me.

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

"To be a cyclist is to be a student of pain. Sure the sport is fun with its seamless pacelines and secret singletrack, its post-ride pig-outs and soft muscles grown wonderfully hard. But at cycling's core lies pain, hard and bitter as the pit inside a juicy peach. It doesn't matter if you're sprinting for an Olympic gold medal, a town sign, a trailhead, or the rest stop with the homemade brownies. If you never confront pain, you're missing the essence of the sport." --**Scott Martin**

People Powered Ride Still Needs Volunteers

If you have been a regular participant in the GVCC's annual fund raiser you already have an idea of what you can do to support your club...help with set-up, food stops, sagging, clean-up and /or preparing baked goodies. Please let Kathleen Boehm, (kboehm@silcom.com/687-6218) know which task you want. Don't miss this "high holy day" of the Goleta Valley Cycling Club.

Please drop off your baked goods to either Rosie's by Friday, October 6th, 4634 Mint Lane, #964-2339 or to Doris/Owen's on October 7th, Saturday morning, 223 Saratoga Street, #968-3143.

🚲 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 OCTOBER BIRTHDAYS TO...

- Jack Chestnutt**
- Jared Dawson**
- Kim Fox**
- Don Irby**
- Dan Macken**
- Marta Richardson**

NEW MEMBERS THIS MONTH 😊

- Adam Melero**
- Chuck Talmadge**

Meeting Minutes: President Doris Phinney called the Monthly GVCC meeting to order at 6:45pm, Wednesday, September 13. Several members were present for the pot luck which started at 6:00pm which consisted of some delicious salads and yummy desserts.

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

Doris read several thank you notes received from recipients of our annual donation allocations; they included Adventure Cycling, Traffic Solutions-Team Bike Challenge, and COAST.

Short of modeling our new PPR socks, Doris passed around a newly fabricated pair. They are available for purchase at the PPR for \$8.00. Registrations are falling short of the 2005 event but there's still time for folks to register.

Our next monthly meeting will be Tuesday, October 17, 2006 at Rusty's Pizza near Bike Bob's in the K-Mart Shopping Center. Eat at 6:00, meeting at 6:30pm.

Upcoming rides include the Holiday Halves, Sat. November 18 sponsored by Tailwinds Bike Club. Your \$15.00 admission includes a "no frills" ride of either 20 or 52 miles, a BBQ at finish and 1 porta potty along the course. Register at Active.com. The Wells Fargo Stage coach Century is January 13, 2007 in Ocotillo.

There will be a memorial ride on Saturday, September 16, 9:00am in honor of Jake Boysel who was killed recently on Calle Real. Meet at Camino del Remedio in front of the county buildings.

There being no additional items for discussion, meeting was adjourned at 7:20pm.

Respectfully submitted, Hildy Hoffmann, Acting Recording Secretary

For Sale

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 email Laura Newman at lnewman51@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	
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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

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.