

The Breeze



The Newsletter of the Goleta Valley Cycling Club

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www.goletabike.org

September 2005

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

The Next Monthly Meeting of the GVCC will be held on Wednesday, September 14, at Pepe's in Goleta. Dinner at 6pm, meeting at 630pm.

My Summer Cycling Vacations – RAGBRAI:

DAY 1, Sunday, July 24, Le Mars to Sheldon, 67 miles.

We are up at 530am to get an early start on the day and attempt to beat the heat. There is a heat advisory warning us to stay inside between the hours of 1pm and 8pm. Yesterday the ambient temperature was well over 100. We ride in to Sheldon about 1pm and follow the signs to our campsite at the local high school. Our tent is on a slight slope; that will turn out to be a good thing later. We sit around in the evening talking with our fellow campers and learn that there is a storm watch for later in the night.

The storm is huge! We endure another night of lousy sleep due to weather. (Last night heat kept us awake.) First the lightning lights up the sky continuously for some time then the thunder and wind move in. The Coleman tents provided by the Des Moines Cycling Club cannot handle the wind and driving rain. We later learn that the wind is gusting up to 80 mph. The fly comes off on one side and the tent is trying to lift off the ground. It is truly amazing! Owen and I are inside just trying to hold the sides of the tent down. At one point Owen goes out and reattaches the fly, but we are taking on a lot of water that runs right through the tent.

We hear a voice over a loud speaker making some sort of announcement but the wind is so intense and the tent flapping drowns out the voice. Finally the

wind and rain let up and Michele DeCant comes by and informs us that we are to go to the high school because another storm is coming. I take my polartec blanket and we walk (after wading through knee-deep water in a gully) the two blocks to the school, surveying the damage along the way. The awning on Lori and Stu's RV is completely ripped off. Shower tents have tipped over and there is debris everywhere.

Once inside the school we encounter hundreds of soggy, wet people. It is 230am and we have slept about 2 hours. There is a lull in the storm so we walk back to the cockeyed, leaning tent and grab our thermarests and head back to the school. There is chaos everywhere. Our thermarests get wet as the rain picks up on the return to the school.

We walk around the building and finally plop ourselves down on our thermarests in a hallway. We are lying on wet thermarests with my wet polartec blanket covering our wet bodies. We are able to sleep another hour or so even with people walking by continuously, shoes squeaking on the wet floor. When we get up in the morning we learn that a rider camped near the park was killed when a tree fell on his tent. People's tents are ripped, stakes pulled up and all their stuff is soaked. Fortunately we packed our clothes in zip lock bags and our new red North Face duffels are waterproof. Now I understand the meaning of the phrase - **severe weather conditions**. We experienced one heck of a storm!

Owen and I are concerned that we've talked our friends into doing this wild ride and they're not having the best time at this point. The good news is that after the searing heat and the killer storm, the weather was great and we had six fabulous riding, partying days on RAGBRAI.



HAPPY SEPTEMBER BIRTHDAYS TO...

Anne Chen
Dave James
Julie Lopp
Billie Manning
Suzanne Michaud

WELCOME TO NEW MEMBERS THIS MONTH

No new members this month ☹️

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.

August Meeting Minutes: August 10, Girsh Park

President Doris Phinney welcomed everyone, distributed the mail and circulated the Ride Calendar. Note that Lori's evening rides up Old San Marcos are moving to Tuesdays in September, meeting at Tuckers Grove at 530pm. Jurij and Irene are leading an easy 15 mile ride every Thursday evening in September; meeting at Tuckers Grove at 5:30pm.

Treasurer Cheryl Everett provided the current club financial report.

PPR Update: Doris displayed the T-shirt, red graphics, black lettering on a white shirt.

MS RIDE: Bob Zimels is looking for ride leaders for October 15. Please contact him at 962-3211.

Thorn Report: Jim Elliott via Owen alerted cyclists to the prevalence of goat head thorns. Rosie described the plant as low growing with small leaves and tiny yellow flowers. If you pick up the leafy part of the plant you will see the thorns under the leaves. They're everywhere along the bike paths.

VOLUNTEER FOR THE PEOPLE POWERED RIDE

Put October 9th on your calendar and get your gaucho costume ready

If you have been a regular participant in the GVCC's annual fund raiser you already have an idea of what you would like to do to support your club...help with publicity, set-up, food stops, sagging, serve the BBQ,

clean-up and/or preparing baked goodies. Please let Kathleen Boehm, (kboehm@silcom.com/687-6218) know which task you want.

We need two shifts of 2 at each rest stop: Happy Canyon, Hans Christian Andersen (Solvang), Riverside Park (Lompoc), and Los Alamos. If you have been a regular at one of these locations and wish to reserve your spot please indicate AM or PM as your preference. We want all our volunteers to have a chance to ride and come enjoy the BBQ.

More *RAGBRAI* Remembrances

From Connie Stywroll

In a few words, the week was great, just amazing: full of pie, friendly Iowans, corn, soybeans, fun riders, creativity - a flurry of activity, people and bikes...not much sleep but an epic tour. A ride like no other. It was my third time and I'll do it again as there is nothing that compares to it. It's all about the people, taking the whole day to stop at as many food stops at the farms and small communities along the way. Little kids screaming out at you as you pass by "Where you from?" What's your favorite color? I like your dolphins (on our helmets)! People waving at you all week long, as we were the parade. And Rosie's husband, John gave us outstanding support, even making "showers" for us!

From Kathleen Boehm

RAGBRAI WAS MORE THAN A ROLLING FEAST but one of my favorite days was making a progressive lunch for six. We found the vegetarian food stands a mile or two apart so decided to have a little bit of everything. Of course, we left room for a big church dinner that evening which we had to work off by dancing in the street. I couldn't get enough of those rhubarb pies. The Santa Barbarians aka the dolphin headed team managed to bring half of our group together at the end in Guttenberg to dip our wheels in the Mississippi. (And I thought a dipping spot meant a swim as a reward for the completion of the 485 hot and sweaty miles.)

From Lori Haney

Ragbrai was one of the best tours I've ever done. There were so many interesting people and costumes. I can't wait to return in a few years and ride it on a tandem with my grandchild.

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

President	Doris Phinney	968-3143
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John Berberet and Stephanie Stark		681-0048
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If GVCC members have items for sale phone Laura Newman 687-2588 or email 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.