

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

September 2007

☞ Bicycle Spoken Here ☞

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

GVCC MEETING: Tuesday, September 4, 6pm, Tucker's Grove. This is the last meeting before PPR and it is important that you attend. You may bring a "sack supper" and munch during the meeting.

THANK YOU! Bill Ball has been taking care of printing The Breeze for many, many months. Due to a career change and loss of contacts, he is no longer able to provide this service. Thanks so much, Bill, for taking care of the GVCC newsletter.

GVCC August 11, 2007 Meeting Minutes: The meeting was held at the home of Doris & Owen following a Newcomer's Ride. The mail folder and ride calendar were circulated. Cheryl presented the Treasurer's Report. Doris announced the next Oborn Trail clean up on October 27, 2007. New Business: We are in need of new printing arrangements for The Breeze; Lori will contact SB County Schools. Old Business: The remainder of the meeting focused on PPR. We still need volunteers.

Submitted by Doris Phinney.

GVCC Website 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. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, gbike@impulse.net.

ASSERTIVE RIDING

- *Ride defensively, but this doesn't mean timidly. Be predictable and ride with a self-assurance that shows. This will help motorists feel comfortable with you.*
- *If you have the right of way at an intersection, don't coast through or drivers may assume they can cut in front of you. Keep pedaling, but be prepared to brake.*
- *When you see a car stopped at a cross street, watch its front wheels, where it's possible to spot even slight forward movement. If you see any, get ready to brake, swerve, or shout.*

From the editors of Bicycling Magazine, 250 Best Cycling Tips

GVCC'er 2007 PPR is just around the corner and people are sign ups are coming in, what we need NOW are baked goods or donations to feed the hungry cyclists at our designated rest stops.

How about baking some breads or cookies; not into baking, then there's Trader Joe's or Costco who do a really good job (maybe even better than Mom's). Monetary donations are always appreciated so we can buy what we need. AND it's never too late to volunteer in helping out on October 7th.

Just call me, Hildy Hoffmann, at 964 0802; your help is most welcome!



HAPPY SEPTEMBER BIRTHDAYS TO...

**Anne Chen
Randy Graves
Dave James
Julie Lopp
Billie Manning
Suzanne Michaud**

NEW MEMBERS THIS MONTH



**Julie Birmingham
Sara Lauderdale**

****Members just a reminder:** if you change your e-mail or other personal mailing info please contact Lori Haney at lhhaney@cox.net. You wouldn't want to miss out on anything**

Magical Journey, China and Tibet 2007

This was my third cycling trip to China for Imagine Tours and with a country as large as China a totally different one than in the past. Our cycling area was in the Yunnan Province, southwest section of China and nearest Tibet and we had the distinction of being the first organized cycling tour to cycle in Yunnan and Tibet.

It's true that China had it's worst flooding in over 150 years during our stay, but we were on the outskirts of the worst weather. July is typically the monsoon season, and yes, we did have rain usually in the late afternoon or at night. Our six days of cycling in China were very diverse in terrain and historical significance. We explored the Dali region home to over 1.5 million Bai minority people; we cycled along Er Hai Lake with the Cang Shan Mountains circling around us; we visited Lijiang listed as a UNESCO World Heritage site and home to the Naxi, an ancient matriarchal society descending from Tibetan nomads. I had never heard of Tiger Leaping Gorge, the world's deepest

gorge, and that it was with the Yangtze River carving a deep path in its wake.

These were but a few of the sights we had the pleasure of seeing from the best vantage point--on a bicycle. We flew to Lhasa, which in Tibetan means "the Holy City" or "Place of the Gods" and is the vortex of Tibetan spirituality. In the center of Lhasa stands the mighty Potala Palace, an empty thirteen story fortress that was once the winter palace of the Dalai Lama. It must be the most photographed structure in that part of the world. One can only imagine what it looked like when it was first built in the 17th century atop the ruins of its 7th century site standing alone in the mountainous region. Today, in the middle of the city of 200,000 inhabitants, it still reigns as a central structure in the Buddhist faith.

Cycling in Tibet has its challenges and one of course is altitude. All of the participants suffered from some type of altitude adjustment to 12,500' but perhaps less so than if we had not been cycling prior to our arrival. Our rental bikes in both China and Tibet were made by Merida and are used by a German mountain bike team. I would recommend them and would not bring my own bike as we had six internal air flights with limited baggage allowance. Our bikes were transported by van to wherever we went.

If you are interested in cycling in an area you've only read about in National Geographic or seen on PBS, I recommend considering an Imagine Tours trip to China and Tibet. Plans are currently in progress to schedule a trip in 2008 after the Beijing Olympics in either late August or September mirroring the 2007 route and including the magical area of Shrangra-la and option of either Xian or Beijing as a post trip extension.

Hildy Hoffmann

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

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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, 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

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	
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533 E. Micheltorena, Ste. 200, Santa Barbara 93103	
FRANK SCHIPPER CONSTRUCTION	963-4359
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KEMP CHIROPRACTIC CLINIC.	966-3344
809 Chapala, Santa Barbara 93101	
MC FARLAND, BOB - ATTORNEY	687-6198
2600 De La Vina #F, Santa Barbara 93101	

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 he 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 leasers of premises on which the Activity takes place, (each considered one of the "releasees" herein) from all liability, clams, 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.