

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

Sept 2008

☞ **Bicycle Spoken Here** ☞

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

NEXT GVCC MEETING: Saturday, September 6, 11:30am, RSVP to Hildy, 964-0802. The meeting will follow the Newcomer's Ride.

NEWCOMERS RIDE: Saturday, September 6, 9am, Java Station. Everyone is welcome to join this leisurely paced ride around Goleta. No one is ever left behind.

REPORT ON AUGUST NEWCOMER'S RIDE: Special thanks to GVCC members Cheryl, Connie, Lori with TJ on the Bike Friday tandem, Kathleen, Jared (almost rode), and Owen, the not-so-newcomers, for coming out for our ride from Anna's Bakery. The newcomers who joined us for our loop around Goleta: Frank (friend of Michele DeCant), Jocelyn (a real newcomer from Dallas), Hank and Joan (who rode last month as well). It was a beautiful day for a ride, so Jared went bird watching because he had a flat, borrowed a tube and tools from the ride leader then pinched the tube. Some days are like that.

BOB McFARLAND PEOPLE POWERED RIDE: Registration is open and our website contains all the information you need and a link to Active.com. The date is Sunday, October 12 at Crossroads Estate, Firestone Meadow. Volunteers, please check the listing elsewhere in this newsletter to confirm that your name is listed, if not, contact Doris. If you haven't signed up, we need you.

AUGUST MEETING REPORT: Our meeting, August 9, was on the patio at Doris & Owen's. In the absence of the Secretary (Hildy is getting drenched in New Hampshire), Doris has prepared these notes. **Announcements:** The remaining McFarland bicycle clothing has been delivered to Bici Centro. GVCC took in \$885 from the sale of this donated apparel. We are soliciting ideas for items to purchase for PPR, using the proceeds of the sale of McFarland clothing. Please contact Doris if you have a suggestion. **Thank You Notes:** from COAST, LAB, Rails to Trails and Adventure Cycling for the GVCC donations. The \$200 to Adventure Cycling was in support of the Pacific Coast Route in California. A mile of the route has been dedicated in honor of GVCC, specifically Map 4, Mile 1595, 12 miles north of Santa Barbara, CA. You may check it out on their website. **PPR:** The remainder of the meeting centered on a discussion of PPR with reports from coordinators Kathleen and Jared, Rest Stops, Don Jeske, Sag Support, Bob Zimels, community contact for park permits, etc., and Doris, registration.

Following the meeting Doris & Owen served produce from their yard, peaches, tomatoes and fresh squeezed orange juice along with bagels from Anna's. Jared successfully changed his tire and finally got to ride...home, by himself.



HAPPY SEPTEMBER BIRTHDAYS TO...

Anne Chen
Julie Lopp
Billie Manning
Suzanne Michaud

NEW MEMBERS THIS MONTH



Sara Spataro
Joan & Hank Moravec

****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**

From Bicycling Magazine's 250 Best Cycling Tips: Health – Feet: Relieve your feet by occasionally not pushing down for several strokes. By only pulling up, you reduce pressure on your soles and enhance blood circulation.

At the first sign of foot discomfort on a long ride, slightly loosen your shoelaces or straps. Feet tend to swell as the miles go by, and it's the resulting tightness and restricted blood flow that causes pain and the sensation of heat.

Hands: To prevent numbness in the hands caused by the compression and hyperextension of the nerves passing through the wrist into the palm, cushion the pressure points. Padded gloves and handlebar covers go a long way toward solving the problem.

Change your hand position every 3-5 minutes. On a road bike, go from the tops to the lever hoods, to the hooks, to the drops, and all points between. Each change alters the angle of your back, neck, and arms, bringing some muscles more into play as others are stressed less. This is a key to comfort on long rides. On a mountain bike, move your hands to different parts of the grips or install bar ends.

Rides Needed!!!!

Hi GVCC Members,
We always need ride leaders. Check the calendar at www.goletabike.org and pick a date any month to lead a ride of your choice, of meeting place, distance, starting time, etc.
****Ride leaders** tell if your ride will be a mocha/latte/espresso/double espresso.

Contact Lori Haney, lhhaney@cox.net

PEOPLE POWERED RIDE 2008

October 12, 2008.

We will continue with our Wine Harvest Festival theme. To make PPR a success we need lots of volunteers; please let me know if you are available to help on the day of the ride or if you can assist with preparations prior to the ride day.

<< PPR 2008 Volunteer List >>

1. Doris Phinney Coordinator Registration
- a. Day of ride check-in and set-up**
VOLUNTEERS NEEDED
2. Bob Zimels Coordinator, Park permits, community contact, other permissions
3. Hildy Hoffman Coordinator BBQ, Food setup and service
- a. Food setup and service** **VOLUNTEERS NEEDED**
4. Cheryl Everett Coordinator for trash and porta-potties
5. Kathleen Boehm Coordinator for Rest Stops
6. Jared Dawson Coordinator for Rest Stops
- a. Rest Stop VOLUNTEERS NEEDED**
- b. Dave Cantero & Tailwinds River Park Rest Stop
- c. Yolanda Blue Los Alamos Rest Stop
- d. Barbara Petronis Los Alamos Rest Stop
- e. Karen Cottriel + friend Santa Maria Mesa Rest Stop

f. Michele DeCant Hans Christian Andersen

7. Coordinator for course marking —Are you there Dave James?

8. Don Jeske Coordinator for sags and mechanics

SAG VOLUNTEERS NEEDED, GVCC will reimburse you for gas

a. Bill & Wendy, Jack & Cheryl

9. Owen Patmor Food buyer, and anything else we ask of him.

Please contact Doris Phinney (968-3143 or cyclebug@aol.com) to volunteer your help on October 12, 2008.

GVCC CLOTHING SALE: To order contact Doris (cyclebug@aol.com) or call 968-3143.

GVCC Sox, member price is \$5, non-members \$10, size L, only 22 left.

Club Jerseys: \$35 members only. Size Small, only 3 left.

ADVENTURE CYCLING MAPS: GVCC has received a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. If you are interested in borrowing these maps, please contact Doris.

On August 1st, a group of 50 cyclists took off from Santa Barbara for a three day ride to San Diego. Nothing too unusual except that 11 tandem bikes were included, consisting of a sighted ³captain² and a blind or vision-impaired ³stoker.² The ride was the fourth annual, 200-mile Cycling for Sight.

The purpose of the ride was to raise awareness about blindness and retinal diseases, and help fund the Braille Institute's Youth and Career Services program.

Michael Lazarovits, director of the Santa Barbara Braille Institute, commented that San Diego has a strong cycling program, and most of the Cycling for Sight riders came from there. He would love to offer local young people a similar opportunity, however they currently have no tandem bikes nor volunteer captains.

This fall, Lazarovits would like to put together a program that would entail training from next January to August for the 5th annual Cycling for Sight. If you have a bike you wish to donate, or want to help youngsters enjoy bicycling, contact Lazarovits at 682-6222 or at mrlazarovits@brailleinstitute.org. The ride website is www.cyclingforsight.org.

~~ Ralph Fertig, President

~~ **Santa Barbara Bicycle Coalition**



Greetings from the rain drenched state of New Hampshire.

Well, here I am drenched to the skin in N. Conway New Hampshire. I have fond memories of this very same trip that I did in 1994 under ideal conditions, warm and sunny. But this trip, this time, was not to be a repeat. This is the second wettest summer in the history of New Hampshire and that goes back a loooooong time. I did get to ride a few times earlier in the week sharing the riding in half day increments with Nancy Redpath owner of Imagine Tours. This is a working/riding trip for me and when I'm not riding the Friday I'm driving the U-Haul.

We're a hearty group of 19 riders from all over the country and even a couple from England. But today was one heck of a day. We had to transport 19 people, 19 bikes, all the luggage and food over 3 mountain passes (albeit, no passes like out west, but passes just the same) in flash food conditions, with the state highway being closed because of flooding. But we made it. Our hope is that the weather improves (doesn't seem likely) so that people can ride. Tomorrow we're scheduled to be at Mt. Washington which is a very picturesque ride, but not in the rain.

Guess I'll just have to add "2008" after my "1994" pictures and be happy with it.

Hildy Hoffmann

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

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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	
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	

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, 110 Anacapa,	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

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.