

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

September 2011

☞ **Bicycle Spoken Here** ☞

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

NEWCOMERS RIDE: : Saturday, September 3,
930am, Java Station, Doris, 968-3143. Everyone
is welcome to join this leisurely paced ride
around Goleta. No one is ever left behind. You
must wear a helmet to ride with the Goleta
Valley Cycling Club.

GVCC MEETING Saturday, September 17, 12
noon, the lower picnic grove at Rancho Santa
Barbara Mobile Home Park, 333 Old Mill Road.
Before the meeting there will be a potluck lunch, so
bring food to share. There is a BBQ grill at the
picnic sight so you may bring your own meat
(BYOM). The club will supply the charcoal and
some beverages.

Please RSVP to me (cyclebug@aol.com or phone
968-3143) by September 15, if you plan to attend.

RIDE ON THE WILD SIDE: Sunday, October 9,
Leadbetter Beach. GVCC is forming a team for this
event sponsored by the Environmental Defense
Center. You may choose from three routes: 10
miles, 30 miles and 60 miles. Our team number is
2665. You may register at

www.race360.com/16053 For ride information
go to

<http://www.competegreen.com/rideonthewildside>

Contact me for more information.

**SANTA BARBARA CENTURY, Saturday,
October 22:** GVCC is supporting this ride by
staffing a rest stop at Goleta Beach. Please contact
me if you can work a few hours, the more people,
the less we each have to work. **Volunteers**

include Robert, Jared, Kathleen, Owen, Rosie, Zip
and Don J. You may also offer support by donating
baked goods: Michele is the first volunteer to
bake. Finally, you may also support this ride by
signing up and riding. Go to
www.santabarbaracentury.org for more
information and to register.

The \$7 Item Every Cyclist Needs

Marty Munson For Active.com

If changing a bike tire makes you sweat more
than the workout does, a little plastic tool can
change your life. The Crank Brothers Speed
Tire Lever makes tire changing the easiest
thing you'll do all day. Yes, even if your ride is
50 percent downhill.

Why I have a crush on this tool:

1. It's easy.

The tool looks like a joke, but don't let it fool
you. There's a super small spatula-shaped bit
of plastic at the end that makes it a cinch to
scoop the tire off the rim. After you scoop that
under the bead of the tire, the real magic
happens.

2. The telescoping body hooks onto the hub.

This is more revolutionary than you think. Once
you have a bit of the tire off the rim, all you
need to do is sweep the tool around the tire;
the fact that it's anchored on the hub makes
the work swift and easy. It's kind of like
sweeping your finger under an envelope flap

that's not very sticky—a little pressure just lifts it right up.

3. It's especially chick-friendly.

You don't need to have thumbs of steel to get even tough tires back onto the rim. After you pull the old tube out and replace it, flip the tool over, and this tire lever tucks the tire right back into the rim. OK, sometimes it's not quite that easy and you need to use a little strength, but tires I have to fight with when I use regular tire levers can be coaxied right back onto the rim by applying firm pressure to this tool.

4. It's cheap!

I've seen it sold for anywhere from \$3 to \$8. The downside to that? It's cheap. But in the four years I've been using them, I've only broken one (not at a critical moment, but others haven't been so lucky).

Oh, and did I mention that it makes tire changing really, really easy? There's that. Buy it now, thank me later.

Marty Munson is a USAT Level 1 triathlon coach. Her writing has appeared in Health, Prevention, Marie Claire, Shape.com and RealAge.com. Find more triathlon tips and strategies from her and other experts in the field at trieverything.wordpress.com

Local Cycling Website:

Ralph Fertig has established this website to serve cyclists wanting to bike around Santa Barbara county: Ralph continues to update information. Check it out: <http://www.bike-santabarbara.org>

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.

Hi GVCC Members,

Check out the calendar for our new 'No Stop' rides starting at 8:00. For those who have busy lives and just want to ride this is the one for you.



Happy September Birthdays to

ANN CHEN
JULIE LOPP
BILLIE TEELE
SUZANNE MICHAUD

NO NEW MEMBERS THIS MONTH

Pictures from the Newcomers ride on August 6



For Sale

One of the last Lighthouse custom bikes made, Columbus tubing, 51cm frame, Sachs shifting, triple 52,39, 28, Phil Wood Hubs, new re-built Mavic wheels, Chris King headset many other custom features. \$750 Hildy 964 0802

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

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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	
FREEDOM SIGNS	
816 Reddick Ave, Santa Barbara	965 1410
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 \$20.00 OR _____ 2-Year Membership \$35 (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.