

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

[www.goletabike.org](http://www.goletabike.org)

April 2006

## ☞ Bicycle Spoken Here ☞

**GVCC President:** Doris Phinney, 968-3143,  
[cyclebug@aol.com](mailto:cyclebug@aol.com)

**GVCC MEETING:** The next general meeting will be Saturday, **April 15**, following 10am bike path Clean Up, at Stephanie and John's, 5071 Rhoads Ave, Unit D. The meeting will include the usual pizza lunch and fun raffle. **Please RSVP** to Stephanie Stark or John Berberet, 681-0048.

**CHOO CHOO Century:** Tailwinds forever!  
Saturday, March 18, we board the train to San Luis Obispo under cloudy skies, hoping that we will not get too wet on the short ride from SLO to Pismo Beach. It is chilly and very breezy as we step off the train at 330pm, but no rain. This is the first time in years that the Coast Starlight actually arrives in SLO on time.

Stu and Lori arrive in the truck with our bikes and we head for Pismo with a strong tailwind pushing us along. It is too windy and cold to have our Happy Hour on the upstairs deck and so the hotel management (Pismo Beach Hotel) invites us to use the lobby. After many snacks some of us go back to our rooms and others go out to dinner.

Sunday greets us with more cold and breezy weather. It's 35 degrees at 7am. We pack up and Kathleen, Cheryl, Rosie, Owen and I go have breakfast and then head on our way south on Highway 1. We ride to Buellton with lovely tailwinds until we turn west on 246. Our truck is parked at a friend's home and we ride about a quarter mile west into brutal headwinds. I'll remember this Choo Choo as one of the best!

**Thank you Lori, Stu, and Connie for all your work on yet another great Choo Choo.**

**NEWCOMERS RIDE:** Join me for a leisurely tour of Goleta on Saturday, **April 8**, 930am, at Java Station. We'll have some coffee and conversation and then go for a ride. If you are new to the area and would like to meet other cyclists, this ride is for you. If you haven't ridden with the GVCC and are concerned that you won't be able to keep up with the pace, this ride is for you. If you are a club member but hardly ever go on a club ride, this ride is for you. If you just want to go for a spin with some really nice people, this ride is for you. No one will be left behind.

**GVCC Website:** For all the latest in photos and information go to [www.goletabike.org](http://www.goletabike.org). Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, [gbike@impulse.net](mailto:gbike@impulse.net).

From "The Quotable Cyclist" Bill Strickland,  
Editor

**Descending:** "On scary sections, you need to make your body and mind agree with each other. Both have to say, 'Let's go there.'"

--**Franck Roman**

"When I'm godawful close to the edge—a cliff, a tree—I try to get through it by believing in myself and saying, 'I can pull this off,' rather than hitting the brake."

--**Missy Giove**

---



**HAPPY APRIL BIRTHDAYS TO...**

- Stewart Holden**
- Bill Hull**
- Nancy Hull**
- Don Jeske**
- Jody Kamrath**
- Art Knapp**
- Owen Patmor**
- Stephanie Stark**

**NEW MEMBERS THIS MONTH**



- Michèle Peterson**

**. Meeting Minutes** Wednesday, March 15, 2006  
 Doris Phinney welcomed GVCC members after food was ordered and mostly eaten at State & A. restaurant. The ride calendar was circulated and the treasurer's report received. The Choo Choo Century scheduled for March 18th, riders were to give Lori Haney a call at 964-5822 if they needed a ride to the train or back to town.

PPR 2006 was discussed. We were able to fill the volunteer positions for all the PPR categories, EXCEPT, the CHAIR position. WE URGENTLY NEED A VOLUNTEER TO CHAIR THIS EVENT.

Under New Business, the next meeting was scheduled for April 15<sup>th</sup> after Bike Path Clean-up. Drew Hunter and Wilson Hubbell gave a presentation urging members to speak up for Measure D and improved biking conditions at their city council meetings in March. Robert Rainwater discussed the Googlegroups list regarding who should be allowed on the list. It was decided that this should be restricted to members only. Also, members using this were encouraged to both sign their names (since some providers don't include the originators email address) and send only to those pertinent individuals and not the whole group. Clicking on "Reply" usually sends the response to the whole group. To avoid this, a sender may need to cut and paste an email address into the "To" box.

Plans to hold a joint ride with Tailwinds and Lompoc bike clubs have been rescheduled to April 22 at 9:00 am. Meeting place is Mattei's Tavern, Los Olivos.

Submitted by Laura Newman



**People Powered Ride 2006: We're still looking for a volunteer to serve as PPR Chair.** Our fairy tale theme is "Once Upon a Bicycle." Please consider making a significant contribution to the success of PPR, our annual and only fundraiser. Thank you to the faithful volunteers who have stepped forward:

- Patch/brochure design – Brigitta Van der Raay
- Sox design – Brigitta Van der Raay
- Rest Stops – Kathleen Boehm
- Porta Potties, Trash – Cheryl Everett
- Road marking – Dave James
- Maps & Brochures – Robert Rainwater
- Publicity – Hildy Hoffman, Jody Kamrath
- Permits, Park Reservations – Bob Zimels
- Food Donations – Hildy Hoffman
- Food purchase and staging – Owen Patmor, Hildy Hoffman
- Food Set-Up and Clean-Up – Dave Lawson
- Inventory, pre and post – Rosie Thompson
- Sags and on-site mechanics – Don Jeske
- BBQ vendor – Hildy Hoffman has already booked him
- Registration – Doris Phinney

**Choo Choo Ride 2006**

As Doris mentioned in her column, the ride was a great success. About 25 riders enjoyed the terrific views on the train, the social time at the hotel and the incredible weather during the ride the next day.



## A New Cycling Event

A new event being put on by the Orange County Wheelmen (OCW) in Irvine, CA. It's called the Cinco de Mayo Fiesta 150 and it goes over May 6th and 7th. Riders leave Irvine and travel 75 miles to Del Mar, CA where they will stay at one of 3 hotels reserved for this purpose. Sat. night (the 6th) there will be a party and dinner for all the riders at a large Mexican Restaurant in Del Mar. It's walking distance from the 3 hotels. On Sunday the 7th they ride the 75 miles back to Irvine. Go to [www.ocw.org](http://www.ocw.org) for more information.

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

President	Doris Phinney	968-3143
	<a href="mailto:cyclebug@aol.com">cyclebug@aol.com</a>	
VicePres./RideCoordinator	Hildy Hoffmann	964-0802
	<a href="mailto:cyclelady199@cox.net">cyclelady199@cox.net</a>	
Breeze Editor	Laura Newman	687-2588
	<a href="mailto:lnewman51@cox.net">lnewman51@cox.net</a>	
Treasurer	Cheryl Everett	967-8173
Breeze Distribution	Owen Patmor	968-3143
	<a href="mailto:cyclebug@aol.com">cyclebug@aol.com</a>	
2005 PPR Coodinator	Hildy Hoffmann	964-0802
	<a href="mailto:cyclelady199@cox.net">cyclelady199@cox.net</a>	
Membership	Lori Haney	964-5822
	<a href="mailto:lhane@cox.net">lhane@cox.net</a>	
Webmaster	Robert Rainwater	
	<a href="mailto:gbike@impulse.net">gbike@impulse.net</a>	
Bike Path Clean Up	John Berberet and Stephanie Stark	681-0048
	<a href="mailto:johnberberet@hotmail.com">johnberberet@hotmail.com</a>	

**If GVCC members have items for sale phone Laura Newman 687-2588 or email [lnewman51@cox.net](mailto:lnewman51@cox.net) for ad submission. Also, let her know when it's sold.**

## 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](mailto: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](mailto: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.