

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

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

DECEMBER 2004

*Come out and ride with us!*

*We are a non-profit recreational association committed to promoting health, fitness, and safety through bicycling.  
For all levels!*

## TYLER HAMILTON'S STRUGGLE WITH DOPING ACCUSATIONS, PAGE 8

### Bicycle Spoken Here

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

**The next monthly meeting of the GVCC will be a Holiday Potluck, held on Sunday, December 12, 4-9pm, at Encina Meadows Recreation Hall.** Bring a potluck dish to share and any 2004 bicycle vacation pictures as well. There will be a brief business meeting. Please contact me if you have items to place on the agenda. **Don't forget to RSVP to Hildy Hoffman, 964-0802.**

#### **Volunteers for PPR 2005, October 9, 2005:**

**Event Coordinator:** Hildy Hoffman

**Road Marking and Signs:** To be filled

**Registration:** Doris Phinney

**Brochures/Artwork:** Jared Dawson

**Patches:** Jared Dawson

**Maps:** Robert Rainwater

**Sags, Ham Radios, First Aid Kits:** Don Jeske

**Publicity and Sponsors:** Hildy Hoffman, Doris Phinney

**Rest Stops:** Kathleen Boehm

**Food Donations** (from members): Connie Styrwoll

**Permits and Park Reservations:** Bob Zimels

**Food Shopping:** Owen Patmor

**Porta Pottys and Trash pickup:** Cheryl Everett

**Food Set Up, Serving, Cleanup:** Mary Lawson

**Inventory of Supplies:** Rosie Thompson

The November meeting was especially gratifying for me and I would like to thank each one of you who attended and volunteered to help with PPR 2005. A very special thanks to **Hildy Hoffman** who volunteered to take the major assignment of coordinator. We have a terrific crew of volunteers already signed up to manage the many facets of PPR. (continued on next page)

## PRESIDENT'S COLUMN (continued)...

**Holiday Ride December 18:** Join Wendy Manning for a festive 10 mile trek down State Street, guaranteed to get you in the holiday spirit. Be sure you have bike lights, as this ride starts at 5pm. And while you're thinking of bike lights, see how creatively you can decorate your bike and/or trailer. By the time you read this edition of The Breeze, you will be well into the holiday eating season. Don't forget to keep your riding schedule up at the same level as your eating schedule. The annual **Jack Carter Memorial Ride on January 1, 2005**, will absolutely burn up several of those extra calories you've consumed. For those who never knew Jack Carter, he was a GVCC member for many years and every New Year's Day he led a ride **up** Old San Marcos, **up** Painted Cave, **up** Camino Cielo past La Cumbre Peak and **down** Gibraltar. Note how many times "up" appears in the ride description and you'll get the picture.

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## HAPPY DECEMBER BIRTHDAY TO...

Lynn Breckenridge

Len Danczyk

David Farber

Maureen Killian

Manny Velasquez

Arnold Zane

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If GVCC members have items for sale phone 687-6218 or [jdawson@silcom.com](mailto:jdawson@silcom.com) for ad submission.

## FROM OUR MAIL BOX...

### **Ride The World Using New Site**

A new site, [www.ridetheroad.com](http://www.ridetheroad.com), created by bike touring aficionados who have ridden all over the world, was designed for the independent bicycle tourist who wants to go just about anywhere. Peter and Sally Blommer, who have been touring the world for over 30 years, devised a bicycle friendliness rating system to grade each of the more than 60 countries in Asia, Africa, Europe, South America and North America they have biked. "We have come up with the 25 best places to bike in the world with this system. We will eventually rate every place we have biked in the world and the US. The 25 best in the world is almost complete (we can't find our route notes on Morocco). Every route has an overall map, the rating explained, photos, route maps and road stories. We simply love bicycle touring and have designed this site so the traveler can download our route maps and ride the road," writes Peter Blommer.

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**The photo contest lives...**Submit a photo of GVCC riders to [gbike@impulse.net](mailto:gbike@impulse.net) or to GVCC, PO Box 1547, Goleta, CA 93116 to win "Bob Rohl's Guide to the Tour de France".

For Sale: Adams Trail-A-Bike, excellent condition, a year old but hardly used because I got a tandem to ride with my grandchildren. New price was \$200, asking \$125. Call Doris at 968-3143 or email [cyclebug@aol.com](mailto:cyclebug@aol.com).

# NOVEMBER MEETING MINUTES...

## GVCC November 6, 2004 Meeting Minutes

1. The meeting was at MOJO's coffee shop and all were welcomed by President **Doris Phinney**.
2. Mail items to review were the PPR bills and the upcoming Holiday Halves ride.
3. VP/Ride Coordinator **Hildy Hoffmann** would like to move to two months advance planning on the ride calendar.  
The December or January meeting could be pot luck. **Hildy** and **Robert Rainwater** will check the availability of the common rooms at their residences.
4. **Cheryl Everett** has finished the calculations for the PPR and a profit was made. There are still outstanding bills that **Kathleen Boehm** needs to forward to **Cheryl**. It was confirmed the GVCC would make its usual contribution to LAB in the amount of \$435 - \$1 for each PPR rider.
5. **Rosie Thompson** reported that last month the rain prevented the scheduled bike path clean up. The November 28<sup>th</sup> clean-up will be a Sunday morning starting from **John and Stephanie Berberet's**.
6. The PPR Report indicated the areas that need improvement for 2005
  - a. There was a complaint about scant BBQ pickings for the late-arriving 100 milers
  - b. The coffee making took up too much time from set up and registration
  - c. More registration volunteers could have been used to get the waivers signed
  - d. PhotoCrazy backed out the day before the ride
  - e. It was suggested to prevent the running out of food items at the stops that sag drivers carry provisions such as fruit, bread, etc.
  - f. One first aid kit (red case) needs to be located
  - g. There were too many store-bought cookies.
  - h. An inventory of existing supplies should have been made before the PPR shopping was done.
  - i. All socks were sold out but few hats were sold. They will now go on sale for \$10.
  - j. The PPR coordinator needs to leave it to others for set up and food prep so as to communicate with all parties needing attention.
7. **David Lawson** took some PPR photos which he will send to **Robert** for the GVCC website. The photo contest to replace the current site photo is still on. **Robert** will add the hat sales to the site.
8. The PPR October 9, 2005 planning was begun. **Doris** will look into having Action.com include our waiver as a form to complete with on-line registrants. **Hildy** agreed to take on the PPR Co-Chair with **Doris** if others agreed to areas of responsibilities. **Connie Styrwoll** will take over the recruitment of homemade goodies; **Kathleen Boehm** will recruit the volunteers for rest stops; and **Don Jeske** will secure sag drivers. It was decided the raffle is too much work and should be eliminated, as should coffee at registration. **Robert** will ask his wife to work on the flyer and patch design. It was agreed the GVCC logo could be used if we do not come up with a new design. **Jared Dawson** will help with the flyer layout and text, as well as mapping. **Bob Zimels** will take on the permits needed. **Owen Patmore** will continue to be the food purchaser and **Doris Phinney** will coordinate registration.
9. The next meeting will be determined by the room availability for a holiday party  
*(We DO HAVE A DATE FOR A HOLIDAY EVENT. Robert Rainwater was out of town but came through for us. Sunday, December 12 4:00pm - 9:00 pm at the Encina Meadows Rec Hall complete with kitchen-EDITOR)*

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

|                                   |                          |          |
|-----------------------------------|--------------------------|----------|
| President                         | Doris Phinney            | 968-3143 |
|                                   | cyclebug@aol.com         |          |
| VicePres./RideCoordinator         | Hildy Hoffmann           | 964-0802 |
|                                   | cyclelady199@cox.net     |          |
| Breeze Editor                     | Jared Dawson             | 687-6218 |
|                                   | jdawson@silcom.com       |          |
| Treasurer                         | Cheryl Everett           | 967-8173 |
| Breeze Distribution               | Owen Patmor              | 968-3143 |
|                                   | cyclebug@aol.com         |          |
| 2005 PPR Coodinator               | Hildy Hoffmann           | 964-0802 |
|                                   | cyclelady199@cox.net     |          |
| Membership                        | Lori Haney               | 964-5822 |
|                                   | lhane@cox.net            |          |
| Webmaster                         | Robert Rainwater         |          |
|                                   | gbike@impulse.net        |          |
| Bike Path Clean Up                |                          |          |
| John Berberet and Stephanie Stark |                          | 681-0048 |
|                                   | johnberberet@hotmail.com |          |

**GVCC Jerseys for Sale**

The club is waiting for a minimum order to make up new jerseys in your size. Thus far we have only 3 requests. If you have not previously requested a jersey and wish to do so, contact Kathleen @ 687-6218 or kboehm@silcom.com. 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 Nancy Hull; please call ahead to arrange a time (965-5392). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Nancy Hull at 963 Fellowship Ln, Santa Barbara, CA 93109; make sure you specify the size.

**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 Jersey & Member Sponsors; they help support our club!**

|  |          |
|--|----------|
| 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 Nancy Hull at 965-5392 or Hull@sbcc.net.

Your GVCC membership provides you with discounts for non-sale items at the following bike shops:

|   |          |
|---|----------|
| <b>15% off parts &amp; accessories at:</b>    |          |
| Open Air Bicycles, 224 Chapala,               | 962-7000 |
| <b>10% off parts &amp; accessories at:</b>    |          |
| Bicycle Bob's, 15 Hitchcock Way,              | 682-4699 |
| Bicycle Bob's, 250 Storke Rd,                 | 685-6799 |
| Bicycles LTD, 155 N Fairview,                 | 964-4913 |
| 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 |

# TYLER HAMILTON'S STRUGGLES WITH BLOOD DOPING ALLEGATIONS

**November 14, 2004**

**By JULIET MACUR, NY TIMES**

*Note: the editor has edited this article for brevity's sake but has tried to keep the neutral balance of the piece intact. We are indebted to the NY Times for this well-written article.*

From the living room of his Colorado dream house, Tyler Hamilton sees miles of rolling hills covered with evergreens. In the distance, snow-capped mountains form the Continental Divide. The sky is muted orange, promising another magnificent sunset.

Behind him, around the neck of a grinning carved wood moose, hangs the Olympic gold medal he won in the cycling time trial at the Athens Games. On the walls are photographs of his golden retriever, Tugboat, who died in July and whose tag Hamilton wore inside his helmet on that winning ride. Next to the couch, a wood box holds Tugboat's ashes, a long lock of his pale tail curling around the lid.

Cycling jerseys stitched for the Swiss team built for Hamilton to win the Tour de France sit neatly stacked in the laundry room. Nine custom bicycles line the walls of his garage.

When he turns away from the windows, he frowns. "This is the lowest point of my whole life," he says. "I could lose all of this."

Hamilton, the American considered the heir apparent to Lance Armstrong, learned in September that he had tested positive for endurance-boosting blood transfusions at the Olympics and at the Vuelta a España. At 33, just as he seemed ready to claim center stage, Hamilton is facing a two-year suspension from competition. His lawyers expect the United States Anti-Doping Agency, which has jurisdiction over the case, to make a formal charge against him soon, and they anticipate going to arbitration in January.

Hamilton's goal of winning the 2005 Tour de France is slipping away. He stands a good chance of missing the Tour, a race Armstrong has won six consecutive times but is expected to skip.

Anti-doping experts involved in the case say Hamilton is guilty, and Olympic officials are not convinced of his innocence. That keeps Hamilton and his wife, Haven, awake at night. They read arcane scientific data on blood doping to learn what they will be up against when

he presents his case. If he loses, he plans to go to the Court of Arbitration for Sport, the highest court of international athletics.

He has a lot at stake. His Swiss team, Phonak, pays him a high-six-figure salary. He also has endorsement deals with companies like Nike, Clif Bar and Oakley, putting his yearly income well above \$1 million. Now sponsors are wary. Some fellow competitors are retreating. And recently, a World Anti-Doping Agency spokesman said Hamilton had kept his Olympic medal only because of a laboratory error. "After the Olympics, my life was really secure, my career was really on track because the gold medal can bring you a lot, you know?" Hamilton says. "Now my life is on hold."

Hamilton, a sliver of a man at 5 feet 8 inches and 130 pounds, makes eye contact as he says: "I would be happier without everything I have, with nothing, if I could just clear my name. If I had to, I'd give up everything, down to my last penny, to have my name back."

## A Test Failed

Hamilton, the first American to win a road racing Olympic gold in 20 years, left Athens in late August and headed for the Vuelta a España. On Sept. 11, he won an individual time trial. Five nights later, he rose from a massage table to be met by Alvaro Pino, the director of his Phonak team.

"You've been accused of transfusing blood from a different person," in the Vuelta, Hamilton said Pino told him.

Homologous blood doping, the practice of transfusing another person's blood to increase the amount of oxygen-carrying red blood cells, has been against the rules in cycling since the late 1980's. It improves athletes' endurance but can spread disease and even cause death.

Hamilton, the first athlete with a positive result since the test's introduction this year, said he was stunned. His requests for additional screening and a DNA test were denied. "This can't be right," he said he told Pino. "Stay calm. We'll work this out, don't worry."

Hamilton dropped out of the Vuelta that day and headed to his condominium in Girona, Spain. Haven, his wife, was in Massachusetts with her family. Tugboat was gone. He opened the door to an empty, painful feeling. Hamilton is known for coping with pain. A year after leaving his job as Armstrong's lieutenant on the United States Postal Service team, Hamilton raced the 2002 Giro d'Italia despite a broken shoulder, grinding 11 teeth

to their nerves. In the 2003 Tour de France, he broke his collarbone early but finished fourth. During the sixth stage of this year's Tour, Hamilton flew over his handlebars and landed on his back. But he did not drop out of the race until the 13th stage, three days after the cancer-stricken Tugboat was euthanized. But that night in Spain, the pain sickened him. On the Internet, he researched homologous blood doping. Hamilton said he was restless, the sleeping pill from the team's doctor useless. His mind raced. Was there a mix-up with blood samples? Were Europeans out to get an American? "We felt like all the air had rushed out of our lungs," Haven, 35, said. The situation worsened two days later, he said, when he learned that a blood sample at the Olympics had also shown evidence of a transfusion. During the next few days, Hamilton twice drove to Switzerland, first for Phonak's news conference on his test results, then to spend two days in a lab watching scientists test his second, or B, samples from the Vuelta and the Olympics. "It was so important to me to see the procedure," he says. "They had my life in that vial."

The Olympics and professional cycling use the same testing procedures. Each blood sample is divided. If the A sample is positive, the B is tested to confirm the initial result. Without confirmation, the entire test is deemed negative.

On Aug. 22, scientists at the Olympic drug-testing laboratory marked Hamilton's A sample negative but labeled it suspicious for a blood transfusion. On the recommendation of external experts called in to examine the results, the I.O.C. declared Hamilton's A sample positive on Sept. 16, nearly a month after he won the gold medal. By then, the I.O.C. knew that a lab technician had frozen Hamilton's B sample, leaving too few red blood cells to analyze. On Sept. 23, the Olympic B sample was called inconclusive, so Hamilton kept his medal, but the B sample from the Vuelta came out positive. Also this year, Hamilton's teammate Oscar Camenzind was suspended for EPO use; another teammate, Santiago Perez, tested positive for traces of another person's blood on Oct. 27. Still, Hamilton insists that cycling "is not a dirty sport" and that the blood-doping test is faulty. But Michael Ashenden, an Australian physiologist and head researcher on a team of scientists who this year developed the test for homologous blood doping, said there was no doubt of its reliability. The World Anti-Doping Agency approved the test for the

Athens Games. The International Cycling Union began using it at this summer's Tour de France.

The original test, Ashenden said, has been used for more than a decade to determine if there is hemorrhaging between a fetus and a mother with an incompatible blood type.

"The knee-jerk reaction of a team that is faced with a sanction is that the test is new, so it's problematic," Ashenden said. "But you just don't use a test a million times and then it suddenly doesn't work. This isn't a new test. It just hasn't been used in sports for very long."

He added: "It's too bad that an athlete very seldom has the moral courage to admit: 'Yes, I did this. I'm guilty.'"

Hamilton vows he's innocent. His wife said: "I want to scream it from the rooftops and say Tyler is innocent. But we have to be methodical now, like we're doing a really hard crossword puzzle."

One American cyclist, Bobby Julich, had other questions. Julich had roomed with Hamilton in Athens and won the bronze medal in the time trial. He said the suspicions about Hamilton "go against everything I've ever known from the guy." But, he added: "The rest of us at the Olympics passed the test. Why didn't he?"

Julich took a deep breath. "I'm sick of people who cheat, sick of cleaning up their mess and trying to explain it," he said. Then, a pause. "There is heavy evidence against him," he said. "With that much evidence, I don't know how he's going to get out of it."

Some friends have not left. Armstrong sent an encouraging e-mail message. Davenport has set up [ww.believet Tyler.org](http://ww.believet Tyler.org), which collects donations on the Web for Hamilton's defense. Just as an injury led him away from skiing and toward cycling, this ordeal may lead Hamilton to another phase of his life. He talks about organizing a union to promote cyclists' rights, including approval of drug-testing procedures.

Whatever may happen, Hamilton has begun training for next season. Pedaling through each workout, he says, he thinks of one thing. Not of his uncertain future. Not of his appeal. Not even of his beloved Tugboat.

He thinks of the Tour de France. He imagines himself wearing the leader's yellow jersey as he cruises down the Champs-Élysées, finally vindicated.

Not a cheater, but a champion.

"Even if I'm suspended for two years, I'll come back just to show those people who doubted me that they were wrong," he says. "I would come back and win the Tour de France, for my sport, for me, for everyone who has believed in me."