

# The Breeze



*The Newsletter of the Goleta Valley Cycling Club*

po box 1547 goleta ca 93116

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

Dec 2008

## ☞ **Bicycle Spoken Here** ☞

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

**NEXT GVCC MEETING: Thursday, December 13, 6pm, Fresco Cafe North in Goleta at 5940 Calle Real.** Come for dinner, stay for the meeting.

**NEWCOMERS RIDE: Saturday, December 13, 9am, Anna's Bakery.** Everyone is welcome to join this leisurely paced ride around Goleta. No one is ever left behind.

**HOLIDAY BIKE PARADE DOWN STATE STREET: Saturday, December 20, 5pm, Meeting Place: Granada parking lot.** Jingle your bikes along State Street to SB Roasting Company and back. Description: Decorate your bike for the holidays. Be sure to bring a good bike light along with your holiday lights. Ride Co-sponsored by GVCC and Bici Centro.

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**From League of American Cyclists ROAD I training course:**

### **Tools for the Road**

There is no official list of tools a bicyclist should always carry on every bike ride. To determine what tools are right for you, ask yourself these three questions:

#### **What do I know how to repair?**

Carrying tools that you don't know how to use will help only if someone who knows about bikes happens along. Only carry tools for work that you know how to do.

#### **How well do I maintain my bike?**

A lack of maintenance at home ensures a greater likelihood of a specific bike failure occurring. Be sure to check your tires for proper inflation before

each ride and maintain adequate lubrication of the chain.

#### **How far from civilization will I be riding?**

If you only ride close to home, flat tire tools and a cell phone or money for a pay phone may be enough. For loaded touring, you'll probably want a larger kit with more repair parts.

Although each bike has different tool needs, most bikes today are standard to the extent that the following list will handle the majority of on-road repairs and adjustments:

- Allen wrenches of 4, 5 and 6 mm
- Spare tube and patch kit
- Tire pump
- Tire levers

Bicycle specific multi-tools usually have everything that you need, including a chain tool.

Look this list over and compare it with your needs for such things as your derailleurs, brakes, handlebar or rack,, wheel removal, and saddle. Be sure you understand what tool is needed for each fitting on your bike and then alter the above list of tools as needed. Remember that tools don't fix things – people fix things.

Some additional items should also always be carried for safety's sake:

- Identification – if you are riding alone, the attendants need to know who to contact
- Small first aid items – at least one Band-Aid and prepackaged antiseptic
- Dollar bill – to boot a tire if needed
- Cell phone or coins for a phone call

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**ADVENTURE CYCLING MAPS:** GVCC has received a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. To borrow these maps, please contact Doris.

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## **HAPPY DECEMBER BIRTHDAYS TO...**

**Lynn Breckenridge**  
**Frank Breckenridge**  
**David Farber**  
**Ed France**  
**Manny Velasquez**

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**NO NEW MEMBERS THIS MONTH**



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## **Rides Needed!!!!**

Hi GVCC Members,  
We always need ride leaders. Check the calendar at [www.goletabike.org](http://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 either a *Easy/Intermediate/Advanced/Express*.

Contact Lori Haney, [lhane@cox.net](mailto:lhane@cox.net)

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## **FOR SALE**

**GVCC CLOTHING SALE:** To order contact Doris ([cyclebug@aol.com](mailto: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, 3 left.

### **BikeFriday**

Red BikeFriday Tourister, 54 cm frame, pedals, saddle, extra set of tires, case and tools for \$800? This bike comes apart and fits in a piece of luggage. Call Kathleen 687-6218 for details.

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### **Classic Italian Road bike**

Classic Italian Road bike -lugged steel frame with purple and chrome (Bottecchia finish). The bike is in very good condition. Specifics include: 57cm frame size, Columbus tubing, STI shifters, mixture Campagnolo and Shimano parts, chain rings are 53/39, 16 speed, Asking \$400 obo. Email [steph\\_stark@yahoo.com](mailto:steph_stark@yahoo.com) or call Stephanie at 805.681.0048.

## **Minutes GVCC November 1, 2008 meeting**

On Saturday October 4<sup>th</sup> we had our monthly GVCC meeting and it had rained earlier in the day; on Saturday November 1<sup>st</sup> it rained a little just in time for our GVCC meeting. Perhaps we should schedule more monthly meetings and we might get a lot more rain.

It was standing room only in the living room of John and Stephanie's and the aroma of hot pizza permeated the air. Having eaten every slice there was and almost devouring the cardboard boxes, our meeting was called to order by President Doris at 12:20pm The mail was circulated and Lori did the same for the ride calendar. A few GVCC'ers did the bike cleanup today and John and Steph are busy planning next year's dates. Upcoming rides were discussed referring to the "Breeze" electronic calendar for updates.

The November meeting is always considered a "wrap up" meeting for PPR, a time to discuss the pros and cons of our last event. With almost all of the expenses recorded, our net profit was around \$4,000 and this was actually a good amount considering that we had 240 riders. Doris reported on years past with 2005 being the highest amount of cyclists in recent times, 470, so the 240 for 2008 was quite a bit lower. However, economics most certainly played an important part in the lower figure, higher gas prices certainly must be factored in. Other issues including Caltrans permitting, thanks to volunteers and members, were also discussed.

It was decided that we will have PPR again next year; however, we will need to seek another venue as Crossroads will no longer be available reflecting the recent change in ownership from the Firestone family to J.E. Carey Vineyards. Several members volunteered to scout out potential sites in the Santa Ynez Valley and will report back in December.

We will once again celebrate the 2008 holiday season in January 2009 or you could call it an early 2009 holiday party with the probable date being Sunday January 11. More info to follow in later newsletters.

There being no more issues to discuss and all the pizza gone, the meeting was adjourned at 1:30pm.

Respectfully submitted,  
Hildy Hoffmann, Recording Secretary

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

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Bike Path Clean Up		
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	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	
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:

<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
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 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.