

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116
January 2006

www.goletabike.org

∞ Bicycle Spoken Here ∞

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

HAPPY NEW YEAR! As we start 2006 remember to set some bicycle goals. Owen and I will be setting our sights on riding 6000 miles in 2006. We completed 5000+ miles in 2005. In fact the last seven miles of that 5000 were very special for me. I rode them with my two grandchildren two days after Christmas. Miles (age 5) is the stoker on my Bike Friday tandem and Frances (age 8) rides solo. Owen follows to keep an eye on both children. Miles was reluctant to ride, thinking we were going to ride 5000 miles on that day and across Arizona to boot. ☺

GVCC MEETING: The next general meeting will be Tuesday, January 10, at Madame Lu, 630pm for dinner and 7pm for the meeting. We will be looking for volunteers for PPR 2006.

NEWCOMERS RIDE: Join me for a leisurely tour of Goleta on Saturday, January 14, 9am, at Anna's Bakery. 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.

ANNUAL PARADE OF BIKES in December was a huge success with about 25 cyclists decorating their bikes to ride down State St. Thank you Wendy

for leading this annual ride and to Ralph for publicizing it to the Bicycle Coalition.

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

From "The Quotable Cyclist" Bill Strickland,
Editor

Crashes: One steamy summer at a race in West Virginia I tried to pass a rider by going off the singletrack, and T-boned some tombstone rocks sunk in a mudhole. After I flew over the handlebar I just laid there for a few seconds, letting the warm mud fold over me like a blanket. The sound of treads buzzing by my head was almost soothing. I could've taken a nap—and I think I started to until I felt something wet and warm spurting from the side of my neck. I am dying, I thought. So this is how it will be. I slapped my hand against the pulsing gush and felt the plastic hose of my CamelBak....I finished twenty-sixth out of fifty, just out of the top half, very thirsty, but happy to be alive.

--Bill Strickland_____

If you have any biking experiences you would like to share in the breeze – please email them to Laura Newman at Lnewman51@cox.net



HAPPY January Birthdays TO...

Bill Ball

Andy Barrad

John Berberet

Gerry Ching

Howard Howe

Anna Kammer

Andy Knevel

Don Newman

Laura Newman

Fred Petrucci

Brigitta VanDerRaay

New Members This Month

Rod Pearson 😊

. Meeting Minutes December 3, 2005 at the Encina Meadows Clubhouse

Doris Phinney, President, opened the meeting with a welcome to the 25 attendees. Brigitta had done a beautiful job of decorating the room as well as cooking up a delicious turkey. There was plenty of yummy food and wine with a very festive ambience to the whole evening.

The ride calendar was circulated.

Cheryl Everett, Treasurer, reported on our latest official balance of \$19, 676.07 which included payment of most of the bills from the PPR..

ChooChoo Ride

The ChooChoo Ride for 2006 has been scheduled for March 25th. Further info will be coming, but interested riders can let Lori Haney know.

People Powered Ride

Hildy Hoffmann again thanked everyone for their help with this year's event, which went off very smoothly. A new person is needed to volunteer to Chair this for 2006. Some decisions have already been made regarding next year's ride: No wine or beer will be sold; there will be no "day of event" registration; and riders will wear "hospital" style bracelets for identification. A theme is still needed. A possible theme of Disco or Saturday Night Fever was suggested. Those wishing to volunteer to head the event should call Hildy. She will work out a fair system to decide between all the volunteers.

AMGEN TOUR OF CALIFORNIA

This promises to be a major ride through our area in February. Robert Rainwater took names of those interested in volunteering which he will forward to the event organizers.

Submitted by Laura Newman

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Happy 2006 to All

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

President	Doris Phinney	968-3143
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Webmaster	Robert Rainwater	
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Bike Path Clean Up		
John Berberet and Stephanie Stark		681-0048
	johnberberet@hotmail.com	

If GVCC members have items for sale phone Laura Newman 687-2588 or email 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

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

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.