

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

January 2007

☞ Bicycle Spoken Here ☞

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

GVCC HOLIDAY PARTY: Sunday, January 7, 6-9pm, at Encina Meadows Recreation Hall, on Encina Drive in Goleta. Encina Drive runs parallel with Calle Real, one block north between Kellogg and Fairview. Parking is on the street. This is a potluck event, so please bring food to share. There is a fully equipped kitchen. Please RSVP to Doris, 968-3143 or cyclebug@aol.com.

HAPPY NEW YEAR! Don't forget to set some cycling goals for 2007. Owen and I set a goal of riding 6000 miles in 2006. Owen reached that magic number early in November and I got to 6000 on December 2, on the PPR route check ride. As I write we still have more than a week to ride in December, so I'll report our final 2006 mileage next month. Our goal for 2007 is 7000 miles.

Tip from Bicycling Magazine's 250 Best Cycling Tips: Goals – "To maintain your motivation, keep a training diary and use a cycle computer. Log your daily mileage (and other data) and tally the miles each week."

Owen recorded his mileage daily and I recorded mine at the end of each month. What worked for us was developing habits of using our bicycles for our daytime errands. We found we were more motivated to go for a ride if we had a purpose other than just adding miles. We began doing our grocery shopping using our Burley trailer (the grandchildren have outgrown it) and even doing our Christmas Shopping on our bikes. Of course, it's a tad easier for us retired folks to ride during

the daylight hours than those on a 9 to 5 work schedule.

PPR 2007 Planning: Now's the time to put your creative genius to work and suggest a theme for next year's PPR. It's not too early to think about volunteering for one of the main jobs. Please contact me if you have any ideas for a theme and any suggestions for improving our ride.

On Saturday, December 2, we took a test ride of a portion of a potential new route for PPR. Our goal is to simplify the rest stops, eliminate so many crossings of Highway 154 and eliminate Drum Canyon due to the poor road surface.

GVCC Website www.goletabike.org: Be sure to check the events calendar on the web for the latest ride information. Sometimes rides are changed so please check the website or call the ride leader to confirm the ride.

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

🚲 RIDE INFORMATION 🚲

2007 WELLS FARGO STAGECOACH CENTURY, Saturday, January 13, 2007, in Ocotillo, CA. You may register on active.com. For more information and to download a registration form: go to <http://www.shadowtour.com>.



HAPPY JANUARY BIRTHDAYS TO...

- Bill Ball**
- Andy Barrad**
- John Berberet**
- Gerry Ching**
- Beverly Ching**
- Howard Howe**
- Anna Kammer**
- Don Newman**
- Laura Newman**

NEW MEMBERS THIS MONTH 😊

- Kenneth Starobin**
- Carla St Romain**
- Mike Willis**

Meeting Minutes: There was no meeting in December.

CLOTHING SALE: To order send an email to Doris (cyclebug@aol.com) or call 968-3143

PPR 2005 T shirts, Tour de Tango, \$5, sizes L, XL and 2XL.

PPR 2004 Caps, \$5, one size fits all.

GVCC Sox, \$8 member, \$10 non-members, sizes M & L.

Club Jerseys: \$35 members only. Sizes XS, S and M

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If GVCC members have items for sale, please email Laura Newman at newman51@cox.net for ad submission. *Also, please let her know when it's sold.*



Kid's Bicycle Safety

Here is a link to the Children's Hospital of Pittsburg site for teaching kids bicycle safety.

<http://www.chp.edu/besafe/kids/01biking.php>

Pass this along to any kids and their parents

Biking the Internet

Using the internet to find out more about cycling can be both rewarding and exhausting. Here is one site I discovered that seems to have info on almost any bicycling topic:

<http://www.mikebentley.com/bike/>

Be safe, Laura

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

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John Berberet and Stephanie Stark		681-0048
	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	
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 Calle 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 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 \$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.