

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

January 2008

☞ Bicycle Spoken Here ☞

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

HOLIDAY PARTY: Sunday, January 13, 6-9pm, Encina Meadows Recreation Hall.

Our annual event will again be a potluck dinner, so bring something to share. There is a fully equipped kitchen. **Please RSVP** to Doris, 968-3143 or cyclebug@aol.com. The hall is located on Encina Drive which runs parallel with Calle Real, one block north, between Kellogg and Fairview. Parking is on the street.

GVCC MEETING: Saturday, February 2, 11am, Anna's Bakery. The meeting will follow the Newcomers Ride described below, so come along for the ride and stay for the meeting. We will move to my house for the meeting if the weather indicates. PPR 2008 is on the calendar for October 12, 2008. To make it happen we need lots of volunteers. Be sure to attend this meeting to finalize decisions about PPR, our one and only fundraiser. Read the comments from PPR 2007 elsewhere in this newsletter.

NEWCOMERS RIDE: Join me for a leisurely tour of Goleta on **Saturday, February 2, 9am** at Anna's Bakery in the Camino Real shopping center. If you are new to the area and would like to meet other cyclists, this ride is for you. No one will be left behind and everyone is welcome.

Happy New Year!!

Resolution Suggestions for 2008:

1. Ride my bike more often in 2008. Check the GVCC calendar for rides.
2. Bike to work. (Start with once a week.)
3. Set a realistic bicycle mileage goal for 2008. To stay motivated, use a cycle computer and log your daily mileage and tally the miles weekly and monthly.
4. Volunteer to lead a GVCC ride. (You get to pick the route, start time, meeting place, etc.)
5. Attend GVCC meetings and get involved in club business and activities.

2008 Means 8000 Miles? We'll see.

Owen and I have reached our goal of 7000 miles for 2007. As of November 30, Owen had 8500 miles and I had 7934. I'll report the final mileage in the February *Breeze*, since we still have two weeks left in December.

GVCC Website www.goletabike.org: Be sure to check the events calendar on the web for the latest and most complete ride information. We are no longer printing ride descriptions in *The Breeze*, so call the ride leader or click on the calendar date on the website. 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.



HAPPY JANUARY BIRTHDAYS TO...

Andy Barrad
John T. Berberet
Gerry Ching
Fran Finney
Howard Howe
Anna Kammer
Don Newman
Laura Newman

NEW MEMBERS THIS MONTH



David Peckham

****Members just a reminder:** if you change your e-mail or other personal mailing info please contact Lori Haney at lhhaney@cox.net. You wouldn't want to miss out on anything**

Rides Needed!!!!

Hi GVCC Members,

We always need ride leaders. Check the calendar at www.goletabike.org and pick a date any month to lead a ride of your choice, of meeting place, distance, starting time, etc.

Contact Lori Haney, lhhaney@cox.net



PPR 2007 COMMENTS: *This one is special.*

"Many thanks to you and your fabulous bike club for hosting a wonderful ride! It was a particularly meaningful experience for me because it was my first group ride since my husband died two years ago. He and I rode thousands of miles during our wonderful but too-short life together; we rode a number of PPR centuries and always looked forward to and enjoyed them.

After my husband died, I couldn't imagine ever riding without him, so our bikes sat in the garage collecting dust. In August, at a time when I was really missing him, I decided that I wanted to revisit some of the areas we'd traveled together, so I started riding again. When I remembered that PPR was held in the Fall, and that it was a relatively small "cozy" ride with delicious home-made goodies, I decided to try it.

I signed up for the 30-mile route; but when I reached the first rest stop at 15 miles, I felt strong enough to continue; so I told myself I'd ride an additional 10 miles and then turn around, for a total of 50 miles. At the end of those 10 miles (25 cumulative miles), I found myself at the base of Harris Grade, which I fondly remembered my husband enjoyed riding (he was an excellent rider, and a very strong climber). So I decided to see how far up the grade I could go ("you can just coast downhill" I told myself); and when I made it to the top of the grade, I felt elated and went on to the second rest stop. After lunch, I decided I might as well go on, as it would have been about the same distance to go back. I won't kid myself or anyone else... the last 12 miles of the 70-mile ride were the loneliest and toughest miles of my life; and it took all my strength NOT to ask the SAG vehicle to pick me up.

I'm not sure how I made it up that last long climb back to the finish, but I did. And I'm still patting myself on the back for accomplishing much more than I ever dreamed that day... it gives me hope that I can do other things... things that my husband would want me to do. I'm grateful to all of you for making the ride and my positive experience that day possible. Thank you so much.

Looking forward to many more PPRs, Cathie"

Congratulations Cathie-that was a tough ride!

MEETING MINUTES, December 8 meeting

With the smell of freshly brewed coffee and muffins still warm from the oven, President Doris called the GVCC December meeting to order at 11:30am. The club mail and ride calendar were circulated and Cheryl's treasurer's report was received. We're still awaiting word from John Berbert as to the date for our first bike path clean up in January 2008.

A reminder of a post holiday pot luck party on Sunday, January 23, Encina Meadows Rec Room from 6-9pm where besides eating and having a good time we will need to discuss an important issue: will we have our annual fund raiser People Powered Ride in October 2008. So mark your calendars for this date and join us for the evening.

The February GVCC monthly meeting was scheduled for Saturday, February 2, meeting at Anna's Bakery at 9:00 for a Newcomer's Ride with Doris and the meeting at Anna's (weather permitting) at 11:00am. If the rain gods dictate, the meeting will be at the home of Doris and Owen, 223 Saratoga Ct, Goleta.

Plans for the annual Wendy Manning/Holiday Ride down State Street were discussed with the start and finish this year being at the Granada Parking Garage on Anacapa Street across from the SB County Administration Building. Start at 5:00pm.

A suggestion by Robert Rainwater to offer a year's free membership to our club from participating bicycle shops upon the purchase of a new bicycle was discussed. No action was taken at this time.



Next bike path clean up.

Title: It's Winter! Sweep/Clean Bike Path,
John B. 681-0048

Description: Date: Saturday, January 26. Meeting Time: 10:00am to clean bike path, 12 noon for Pizza Mizza. Meeting Place: John & Steph's, 5071 D Rhoads Ave. Contact: John Berberet and/or Stephanie Stark at 681-0048

And happy holidays to all!

GVCC CLOTHING SALE: To order contact Doris (cyclebug@aol.com) or call 968-3143. GVCC Sox, \$8 member, \$10 non-members, size L, only 22 left.

Club Jerseys: \$35 members only. Size Small, only 3 left.

A New GVCC Leader in Training



Meet Doris' granddaughter Frances, who tandemed with her in the GVCC Parade down State St., Saturday, December 15.

If you have any club bike photos, please forward them to Laura Newman at lnewman51@cox.net.

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

President	Doris Phinney	968-3143
	cyclebug@aol.com	
VicePres./RideCoordinator	Lori Haney	729-1772
	lhhaney@cox.net	
Secretary	Hildy Hoffman	964 0802
	cyclebelle199@cox.net	
Breeze Editor	Laura Newman	687-2588
	lnewman51@cox.net	
Treasurer	Cheryl Everett	967-8173
Breeze Distribution	Owen Patmor	968-3143
	cyclebug@aol.com	
Membership	Lori Haney	964-5822
	lhhaney@cox.net	
Webmaster	Robert Rainwater	
	gbike@impulse.net	
Bike Path Clean Up		
John Berberet and Stephanie Stark		681-0048
	johnberberet@hotmail.com	

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
 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

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	
KEMP CHIROPRACTIC CLINIC.	966-3344
809 Chapala, Santa Barbara 93101	
MC FARLAND, BOB - ATTORNEY	687-6198
2600 De La Vina #F, Santa Barbara 93101	

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.