

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

Jan 2008

☞ **Bicycle Spoken Here** ☞

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

NEXT GVCC MEETING: Sunday, January 11, 5-9pm, Encina Meadows Recreation Hall. Please RSVP, Doris – 968-3143 or cyclebug@aol.com. Our annual event is a potluck dinner; please bring something to share. There is a fully equipped kitchen.

NEWCOMERS RIDE: Saturday, January 3, 9am, Java Station, Doris, 968-3143. Everyone is welcome to join this leisurely paced ride around Goleta. No one is ever left behind.

HAPPY NEW YEAR!

Resolution Suggestions for 2009:

1. Ride my bike more often in 2009. Check the GVCC calendar for rides.
2. Bike to work. (Start with once a week.)
3. Set a realistic bicycle mileage goal for 2009. 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.

These suggestions were also posted for 2008. Let me know if you accomplished a specific cycling goal in 2008 and/or if you have cycling goals for 2009.

2008 Means 8000 Miles.

Owen and I are still chalking up miles toward our goal of riding 8000 miles in 2008 and we still have a couple of weeks. I'll post the final mileage totals in the February *Breeze*. As of November 30, Owen

had ridden 8599 miles (I'm hiding his bicycle). It appears that he will again exceed 9000 miles. I, on the other hand, as of November 30, had 7339 miles and will reach my goal of 8000, barring incessant rain, an attack of laziness and/or other unforeseen issues.

People Powered Ride 2009 needs your direction. At the December meeting, I announced that it is time for someone else to take over the leadership for PPR. This is my fifth year as GVCC president and PPR ride director/co-director. I will continue to coordinate pre-ride registration, advertising, and work from dawn to dusk on the day of the ride. We have additional work to be done for PPR 2009 and I have prepared a brief job description for the Ride Director. In addition I have copious notes and a timeline and am willing to assist with the transition. **Please give serious consideration to volunteering to keep PPR on the calendar in 2009.** We have many faithful volunteers who help each year, so the first item listed below is not difficult. Items 2 through 5 are new for this year and we must start working on them very soon. We will need to make a final decision about PPR 2009 at our January meeting.

Ride Director – Job Description, PPR 2009

1. Oversee PPR organization and identify and assist volunteer coordinators as needed
 2. Secure a site for staging PPR, by end of January
 3. Revise route sheets, by end of March
 4. Produce maps for each route, by end of March
 5. Obtain Caltrans permit, begin process after 2, 3, and 4 are completed.
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HAPPY JANUARY BIRTHDAYS TO...

- Andy Barrad**
- John Berberet**
- Gerry Ching**
- Fran Finney**
- Howard Howe**
- Anna Kammer**
- Don Newman**
- Laura Newman**

NO NEW MEMBERS THIS MONTH



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.

****Ride leaders** tell if your ride will be either a *Easy/Intermediate/Advanced/Express*.

Contact Lori Haney, lhane@cox.net

FOR SALE

GVCC CLOTHING SALE: To order contact Doris (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.

Classic Italian Road bike

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

MEETING MINUTES December 11, 2008

meeting: Amidst the hustle and bustle of holiday shopping, the monthly meeting of GVCC was called to order by President Doris at 7:05pm at Fresco Café North in Goleta on Thursday, December 11.

As per usual, the mail envelope was circulated, along with the ride calendar by Lori, and the Treasurer's report by Cheryl who reported that as of this date we had a profit of \$4,000 from PPR. Our first bike path clean-up of 2009 will be on Saturday, January 10th; see future newsletter for more details.

Announcements included the Newcomer's Ride on Saturday, December 13th and the upcoming Holiday Parade on Bikes, 5:00pm, Saturday, December 20th at the Granada Parking Structure. All bikes decorated appropriately for the holidays and night-time riding are welcome.

The focus of this meeting was PPR 2009; Doris is stepping down (or is it out) as ride director/coordinator and kudos are in order for a job well-done these past several years. Where will PPR 2009 be held? So far, it appears that there are only two options, River Park or Los Alamos Park. Does anyone else have any ideas they would like to pursue? Also, are there any volunteers to do any of the volumes of paperwork before the ride starts? These are important questions and we need answers before any real planning can begin.

Is there interest in doing the Choo Choo ride in 2009? Any volunteers to handle the train tickets, transportation of luggage and hotel arrangements? This is your chance to step up to the plate and help your club continue some past traditions. Call Doris at 968-3143 or Lori at 964-5822 to volunteer.

Doris read a letter from Traffic Solutions congratulating GVCC on being a "super sponsor" for the Commute Challenge held last fall. Having exhausted all topics for discussion, the meeting was adjourned at 7:45pm.

Respectfully submitted,

Hildy Hoffmann, Recording Secretary

From League of American Cyclists ROAD I training course:

Adjusting Your Bicycle

Bicycle fit: *It shouldn't hurt!* Riding should be fun, not painful. A few minor adjustments can really improve the pleasure of the experience.

Seat Height

With the ball of the foot on the pedal, there should be a slight flex in the knee when the pedal is at the very bottom of the pedal stroke. If your hips rock when pedaling, the seat is too high.

Seat Angle

The nose of the saddle should be level with the rear of the saddle.

Seat Position

The forward or backward position of the saddle should be adjusted so that your knee is directly above the pedal spindle when the cranks are horizontal.

Handlebars

Handlebar angle should be adjusted for comfort in the top or up position. The top of the handlebar, when viewed from the side should be about level.

Brake Position

Adjust for comfortable reach to apply brakes in forward position and comfortable hand position on brake hoods, if desired.

Additional adjustments may be made to your bike to further enhance your riding pleasure. These may require the purchase of new components.

Handlebar stem

Length and rise should be determined on the basis of riding style. Generally, longer and lower for more aggressive riders, shorter and higher for more relaxed riding.

Saddle

A saddle should support your pelvic bones and be narrow enough to prevent chafing when pedaling. Saddles are available for male or female anatomy.

Handlebars

Come in a variety of shapes and sizes. Select handlebars that are approximately the same width as your shoulders or wider.

Toe Clips/Clipless Pedals

Provide comfort (keep feet aligned on the pedals), more power with each stroke, safety (keep your feet from slipping off the pedals), and convenience (enable you to raise a pedal when stopped).

Cranks

- Different lengths, chain-ring combinations and crank set-ups are available.

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
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	cyclebug@aol.com	
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	lhhaney@cox.net	
Webmaster	Robert Rainwater	
	gbike@impulse.net	
Bike Path Clean Up		
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	
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:

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, 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 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.