

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

JULY 2004

Come out and ride with us!

*We are a non-profit recreational association committed to promoting health, fitness, and safety through bicycling.
For all levels!*

Bicycle Spoken Here

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

The next monthly meeting of the GVCC will be held on Saturday, July 10, 8:30am at Girsh Park (*in Goleta just south of the "big box"-ed*). Jared and Kathleen will lead a ride following our business meeting. Please contact me if you have items to place on the agenda.

Welcome to our "new" officers for 2004-05: President: Doris Phinney (that's me).

Vice President/Ride Coordinator:
Hildy Hoffman

Newsletter Editors: Jared Dawson and
Laura Newman, back up support.

Treasurer: Cheryl Everett

Breeze Distribution: Owen Patmor

Membership: Lori Haney

Bike Path Cleanup: John and Stephanie
Berberet (starting in September)

Web Master: David Lawson

Our Annual Meeting, held at Tuckers Grove, was well attended and we were well fed. Thank you, Kathleen and Jared, for organizing the feeding and Hildy for the chocolate cake. Decisions were made regarding the several requests for

funding (for details see elsewhere in this newsletter).

As outgoing VP/Ride Coordinator I expressed my thanks at the Annual Meeting to all of the ride leaders who have volunteered over the past year. Many people have led rides and I'm grateful to all of you for your help in filling up the Ride Calendar. Special thanks to three faithful leaders who have consistently volunteered in response to a last minute phone call or email as I was mounting the calendar on the website: Lori Haney, Connie Styrwoll, and Rosie Thompson. However there is one person, Lori Haney, who can be counted on to lead a ride nearly every month. Usually she contacts me after looking at the calendar and volunteers to fill in some blank dates. She leads road rides, mountain bike rides, beginner rides, Farmer's Market rides, moonlight rides up Gibraltar, and more. In the past year Lori has led more rides than any other GVCC member, even three times as many rides as the closest second. As an expression of my gratitude I proclaim Lori Haney, GVCC Ride Leader of the Year. (By the way, Lori, I have a gift certificate to Starbucks for you, so contact me when you read this.)

"Think of bicycles as rideable art that can just about save the world." –Grant Peterson

Goleta Valley Cycling Club was well represented the weekend of June 18-20 by members volunteering their time and talents for the **American Lung Assn.** There were 4 ride leaders/sweepers including **Connie Styrwoll, Hildy Hoffmann, Luann Nicklin and Bob Zimels.** **Pete Nicklin** and his band of "happy Hams" were there electronically connected once again offering the best possible available link for communication and safety. It was a great weekend and a most worthy cause. --Hildy

Way to Go GVCC, making a difference!!

IN THE PREVIOUS TWO YEARS THE GVCC HAS FUNDED OVER **\$10,000** FOR BICYCLE SAFETY EVENTS, AFFORDABLE HELMETS, TRAIL MAINTENANCE, AND BICYCLING FACILITIES. GVCC MEMBERS ACTIVELY VOLUNTEER THROUGHOUT THE YEAR TO CLEAN THE OBERN TRAIL BICYCLE PATH IN ADDITION TO SUPPORTING LOCAL FUNDRAISERS SUCH AS ASAP CAT RESCUE, MULTIPLE SCLEROSIS, DIABETES, AND THE AMERICAN LUNG ASSOCIATION. (See Page 8 for the current year's allocations.)

Happy July birthday to...

Ashe Coutts
Patsy Dorsey
Jean Fawcett
Chris Gossard
Ron Kemp
Art Shapiro
Micki Stern
Connie Styrwoll
Warren Warner

And welcome to new member...

Andrew Hamitt

THE 25TH ANNUAL PEOPLE POWERED CENTURY, METRIC AND 30-MILE RIDES TAKE PLACE ON OCTOBER 10, 2004.

If you are attending a bicycling or other athletic event where you can distribute PPR flyers, please contact Kathleen Boehm at 687-6218 or e-mail kboehm@silcom.com. Do you have ideas for publicity or news coverage? Let me know who to contact.

More PEOPLE POWERED RIDE volunteers are welcome. Those who want to sign up to arrange the coffee at registration, work a food stop, sag, serve the B-B-Q, clean-up only need to identify what job is preferred. Workers will not only receive the pre-ride wine tasting event but will also receive a souvenir "25th PPR" cap. Working the event is always a joy as the riders express appreciation for what you do.

Julian de Anda, an Assistant Engineer for the City of Goleta, was quick in responding to our concerns about the too-fast green light at Phelps and Storke, and the overgrown Class 1 bike path along the westernmost portion of Cathedral Oaks. They will look into the light situation and promise to clean up the bike path this summer. Remember to speak up about biking hazards that you encounter (see next page) --Jared

Mark your calendar - Bike Yard Sale!!!

Sat Aug 14th
8:30am – 12:00pm

Bring all your unwanted parts and pieces to sell or trade. For more information contact Lori Haney at 964-5822.

FOR SALE: Litespeed "Classic" - 52cm, Shimano Dura Ace, Rolf wheels, carbon fork. Low mileage & excellent condition. Asking \$2300. Call Bill or Nancy at 965-5392 for more info.

If GVCC members have items for sale contact at 687-6218 or jdawson@silcom.com for ad submission.

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

President	Doris Phinney	968-3143
	cyclebug@aol.com	
VicePres./RideCoordinator	Hildy Hoffmann	964-0802
	cyclelady@worldnet.att.net	
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	kboehm@silcom.com	
Membership	Lori Haney	964-5822
	lhhaney@cox.net	
Webmaster	David Lawson	967-2081
Bike Path Clean Up	Rosie Thompson	964-2339
	rosie@nbdca.net	

GVCC Jerseys for Sale

A very limited number of the 'new' club jerseys - 3 dolphins on blue, yellow & green background - are available (no L, XL or XXL). They can be obtained from Nancy Hull; please call ahead to arrange a time (965-5392). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Nancy Hull at 963 Fellowship Ln, Santa Barbara, CA 93109; make sure you specify the size.

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 Jersey & Member Sponsors; they help support our club!

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 Nancy Hull at 965-5392 or Hull@sbcc.net.

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
Bicycles LTD, 155 N Fairview,	964-4913
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

SANTA BARBARA CITY PRAISES BICYCLING

A Bike Week proclamation was presented to Ralph Fertig and Rob Dayton by Santa Barbara Mayor Marty Blum on May 18 at a regular City Council meeting. An excerpt follows:

WHEREAS, the City of Santa Barbara actively encourages bicycling as an important mode of transportation in preserving its quality of life; and...

WHEREAS, the Santa Barbara Bicycle Coalition, the Goleta Valley Cycling Club, and numerous other community members have worked diligently over the past years to improve the system of bikeways, to educate the public about bicycling, and to promote safe bicycling for recreation and transportation,

NOW, THEREFORE, I, Marty Blum, ...encourage every citizen of this community to ride a bike to school, to work, to shopping, ... and join your fellow residents in sharing this healthy and pollution-free form of transportation.



In praise of our new President and her family; the text and photo is courtesy of the SB Bicycling Coalition (thanks, Ralph), who scooped us on this one!

Nineteen years ago **Owen Patmor** and **Doris Phinney** met on a Goleta Valley Cycling Club ride, and they have been cycling together ever since. Their rides have not all been short, casual ones, but some great ones like cycling across the United States in 2000, or riding the Davis Double, a 200-mile ride in one day. How do they do it? By lots of training rides like one from their home in Goleta to Ventura, Santa Paula, Ojai and back over Casitas Pass. These are two accomplished cyclists! Doris, raised in Ventura and Santa Barbara, recalls that she got her first bike when she was only four years old. Back in those days in Santa Barbara's Westside, bikes were left unlocked on the porch—and even the houses were left unlocked. Owen came here from Wisconsin where he too biked as a kid, traveling 4 miles to school by either bike or foot. After college, his job with Delco brought him to Goleta when the company moved here, and after a brief time of car pooling, he started biking to work. Doris, meanwhile, was working at UCSB and likewise commuting by bicycle each day. Bike commuting is like drinking a double espresso in the morning, and a double martini after work—so she tells us. Owen and Doris have supported the Bicycle Coalition [*and GVCC!*] from our early years....What is most important in their view? —to make conditions safer for kids to bike to school. Who could argue with that? Thanks to them, our bicycling community is a better place.

MORE ON THE JOYS OF BIKE COMMUTING...

*GVCC member **Suzanne Michaud** was published in the S.B. News Press May 20 with an article about bike riding to work. The article, titled "Pedal pusher extols virtues of riding bike to work" appeared on the editorial page as a Voice from Santa Barbara piece. Suzanne submitted it in honor of Bike to Work Week, and as an assignment for her writing class. She gets an A+!*

I'm one of the lucky ones. A bike path is right outside my bedroom window and I can use it to get to work. I've made a promise to do this at least once a week. Sure, it's not as easy as grabbing my car key and making the 10-minute drive up the freeway, but the 25-minute ride on my bike is such a pleasant experience that each time I do it I say to myself, "I really should do this every day."

My bike ride to work begins at Walnut Avenue, on the newly named Obern Trail, and ends at Los Carneros and Hollister Avenue.

The bike path follows the Atascadero Creek to Goleta Beach and goes up through the UCSB campus and out the other side. Other than crossing a few roadways, I can ride along for five miles car-free.

Taking this bike path allows me to go from commuting to communing, with nature that is. Along the way, it's not unusual to see a blue heron hunting for breakfast in a field nearby, or a white egret gracefully gliding down the creek. Last week I saw a rabbit cross the bike path at the exact same spot and time as a few days earlier.

And who wouldn't want to start the day by riding a bike to the beach, breathing in the ocean air and taking in the beautiful sight of our shoreline. This is all part of the experience on this particular bike path.

My ride goes from wildlife to student life as I enter the UCSB campus. Bike traffic thickens with students riding to and from class. And on my way home, I like to count how many games I see being played -- volleyball, soccer, softball, racquetball, basketball, tennis. It's a virtual wide world of sports, and great to see so many students being active.

How fortunate we are to live where a system of bike paths and bike lanes make it somewhat safer and easier to ride. Thank you to those who had the vision to build these, and who maintain and improve them over the years. And because I ride it and live next to it, I can attest to the number of people who use the bike path and enjoy it every day.

I'm not as virtuous as many who do this everyday. But by committing to doing it just once a week, it's a goal that's been easy for me to achieve. It does take a few extra minutes to pack along my work clothes, and change when I get to work. But now that I have figured out what works best for me, this has become as routine as taking the car.

If you haven't given yourself the luxury of riding a bike to work, give it a try, especially if you live near the bike path I use. It's a good habit to form, not only for the environment and the exercise. It's just a great way to start a work day and end it.

Announcing: July 18th

Don & Laura Newman's anniversary ride.

Meet at 11:00 AM La Cumbre Jr. High , 2255 Modoc Rd for a 2 hour ride around town. Following the ride is a B-B-Q and spa party at Don & Laura's.

Call 687-2588 to RSVP and get directions.

GVCC 6/13/03 ANNUAL MEETING MINUTES

ADMINISTRATIVE

Treasurer's Report

Funds needed for PPR before distribution is \$5,000

Reimbursement policy: must have prior club approval, recipients name on the receipt, and purpose of purchase

Presentation of Funding Requests:

SB MS Tour - \$1000

UCSB Adaptive Programs - \$6,000

SB Bicycle Coalition - no amount specified

Bike to School lights - \$1240

City of SB Fire - helmets for kids \$750

SB Co. Public Health - helmets/no amount specified

GVCC member Bob Young - bikes for kids give to local club or school

League of American Bicyclist - extra \$\$\$ above PPR per rider contribution

Awarded:

SB Bicycle Coalition - \$1,000

Bike to School lights - \$900

City of SB Fire - helmets for kids \$500

SB Co. Public Health - helmets \$750

Bikes for kids give to local club or school \$600

Photo Contest

Submissions will go to David Lawson at or sent to GVCC, POB 1547, Goleta 93116 Attn: Photos. Laura Newman will contact David to arrange for display of photos at goletabike.org.

GVCC members will vote for the one to be on the home page of goletabike.org. The prize will be "Bob Roll's Guide to the Tour de France".

BIKE PATH CLEAN UP - There was good member turn out for the June cleanup, Jared Dawson will contact Steve Wagner, City of Goleta, regarding the Cathedral Oaks and San Jose creek sections needing weed cutting. The short light on Phelps at Hollister will also be mentioned to Mr. Wagner. (see page 2 for the quick response-Ed.)

PEOPLE POWERED RIDE 2004

Pre-Ride & Wine Tasting Planning - not yet set

Sponsorship requests - club members will deliver a number of the requests for donations

Volunteer Forms - no new volunteers were recruited

Raffle Prizes - no further potential sponsors were identified

Map as souvenir - members voted not purchase maps for resale

PEOPLE POWERED RIDE 2005

Kathleen Boehm was authorized to talk to individuals and other clubs about co-directing the ride.

JERSEYS

The member registration form will include a place to express interest in ordering a jersey once a minimum order and time to secure sponsors occurs

Connie Styrvoll volunteered to keep track of who/how many/sizes for future jersey orders. Connie can be reached at clstyrvoll@aol.com or 962-4307.

ELECTIONS-see the new President's list on Page 1

NEW PRESIDENT'S WELCOME

See Doris Phinney's President column

Lori Haney was recognized for her ride leadership