

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

July 2008

☞ **Bicycle Spoken Here** ☞

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

NEXT GVCC MEETING: Wednesday, July 9, 6pm, Rusty's Pizza in Goleta. The agenda will include some unfinished funding proposals from our June Annual Meeting.

NEWCOMERS RIDE: Saturday, July 19, 9am, at Java Station. Everyone is welcome to join this leisurely paced ride around Goleta. No one is ever left behind.

JUNE ANNUAL MEETING REPORT: We began at 11am **Sunday, June 8** at Stow Grove with games and prizes organized by **Lori Haney**, who not only organized but transported all the necessary "equipment" in her Burley trailer, even a unicycle. The Hula Hoop contest was won by **Brigitta Van Der Raay**. **Ed France** won both the tire changing and the unicycle contests (he was the only one willing to try the unicycle). Members formed three teams for an "under/over" contest involving the relaying of a wet sponge. For those intellectually inclined members there were multiple teams competing to complete a crossword puzzle. And finally there was an egg hunt.

The BBQ prepared by Bruce Nix was served at 1pm. During lunch we were treated to a presentation from member **Gaston Bustinza-Renjel** on his recent visit to Costa Rica. After his talk he also held a contest, won by **Bob Zimels**, for answering correctly questions about Costa Rica.

Welcome to three new members who joined GVCC at the meeting, **Jennifer Grayson, Tony Telles** and **Ed France**.

GVCC members voted to honor member, **Bob McFarland**, generous donor to our club, by adding his name to our People Powered Ride. We will use the funds from the McFarland Jersey Sale to purchase items needed for PPR. If you have any suggestions, please contact Doris.

Election of Officers: The proposed slate was approved.

President – Doris Phinney
Vice President/Ride Coordinator – Lori Haney
Secretary – Hildy Hoffman
Treasurer – Cheryl Everett

Volunteer Positions: The current members have agreed to continue another year.

Breeze Editor – Laura Newman
Breeze Distribution – Owen Patmor
Membership – Lori Haney
Webmaster – Robert Rainwater
Bike Path Clean Up – John Berberet,
Stephanie Stark

Funding Proposals: GVCC voted to donate \$6,637 (see chart for details). At our July meeting we will consider two proposals, pending receipt of more information. The remaining jerseys and shorts in the McFarland collection will be donated to Bici Centro.

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. If you have a good GVCC cycling photo, get it to Robert Rainwater, gbike@impulse.net**



HAPPY JULY BIRTHDAYS TO...

- Ashe Coutts**
- Chris Gossard**
- Annemarie Horner**
- Ronald Kemp**
- Art Shapiro**
- Micki Stern**
- Connie Styrwoll**
- Scott Turnbull**

NEW MEMBERS THIS MONTH



- Ed France**
- Jennifer Grayson**
- Tony Telles**

****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.

****Ride leaders** tell if your ride will be a mocha/latte/espresso/double espresso.

Contact Lori Haney, lhhaney@cox.net

PEOPLE POWERED RIDE 2008

October 12, 2008.

We will continue with our Wine Harvest Festival theme. To make PPR a success we need lots of volunteers; please let me know if you are available to help on the day of the ride or if you can assist with preparations prior to the ride day.

<< PPR 2008 Volunteer List >>

- 1. Doris Phinney Coordinator Registration

**a. Day of ride check-in and set-up
VOLUNTEERS NEEDED**

- 2. Bob Zimels Coordinator, Park permits, community contact, other permissions
- 3. Hildy Hoffman Coordinator BBQ, Food setup and service

a. Food setup and service VOLUNTEERS NEEDED

- 4. Cheryl Everett Coordinator for trash and porta-potties
- 5. Kathleen Boehm Coordinator for Rest Stops
- 6. Jared Dawson Coordinator for Rest Stops

a. Rest Stop VOLUNTEERS NEEDED

- b. Dave Cantero & Tailwinds River Park Rest Stop
- c. Yolanda Blue Los Alamos Rest Stop
- d. Barbara Petronis Los Alamos Rest Stop
- e. Karen Cottriel + friend Santa Maria Mesa Rest Stop
- f. Michele DeCant Hans Christian Andersen

- 7. Coordinator for course marking —Are you there Dave James?

- 8. Don Jeske Coordinator for sags and mechanics

SAG VOLUNTEERS NEEDED, GVCC will reimburse you for gas

- a. Bill & Wendy.

- 9. Owen Patmor Food buyer, and anything else we ask of him.

Please contact Doris Phinney (968-3143 or cyclebug@aol.com) to volunteer your help on October 12, 2008.



From **SPOKESONGS**, by Willie Weir

I attacked Highway 2 south out of Delhi. I felt as if all 8.4 million residents of that city were on the same road: buses, cars, motor scooters, bicycles, pedestrians, carts pulled by oxen, horses, camels, even an elephant—all dodging and swerving in a vast sea of noise

I made my own small contribution to the din, ringing my sturdy two-pound, Indian-made bicycle bell. In the subcontinent, if you are not making noise, you do not exist. I remember the phrase drummed into my head in primary school—“Stop, look, and listen.” In India, it is “stop, listen, go.” Within the first fifteen minutes of pedaling I had nearly run over three elderly women, five students, and two dogs. In each instance, I had stopped ringing my bell to rest my throbbing thumb, thus rendering myself invisible.

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, only 3 left.

ADVENTURE CYCLING MAPS: GVCC has received a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. If you are interested in borrowing these maps, please contact Doris.

Subject: Even old hands do dumb things

One would think that after riding bikes for nearly 60 years, there would be nothing I didn't already know about our beloved sport. Well, let me tell you, there's always something one can learn.

About 7 years ago, a friend of mine, of Irish-Italian descent, invited me to her home for a St. Patrick's day dinner. She's an excellent cook, so I couldn't refuse, nor did I want to. I told her I'd be there around 5PM. Since she lives in Solvang, where Lance used to train, I thought I'd leave Santa Barbara early, drive over the hills to the Santa Ynez Valley, go for a ride, and have plenty of time to make it for dinner.

I left Ballard, about 5 miles from Solvang, and rode out to Happy Canyon Road, which turns into Figueroa Mountain Road and eventually runs past Michael Jackson's Neverland Ranch. I'd never ridden this route, but before I left home I checked a map and calculated I'd have a 25 mile ride, half of which was up-hill. I figured 3 hours was plenty of time for the ride and the short drive to Solvang. It was 85 degrees when I left Ballard, and the first several miles were easy. Then the climb started and kept on going and going and going. I ran out of water, and my bike computer went on the fritz, and as I stopped to try to fix it, a compassionate camper came by and offered me a bottle of ice-cold water.

I still hadn't reached the summit, and it was already after 5PM. This was in the days before I had a cell phone, my wife didn't know where I was, and I had no way of contacting my hostess to let her know I was running late. I kept on climbing, and by 6PM still hadn't reached the top of this damned mountain. Since it was only mid-March, the sun was starting to set and it was getting chilly. The only clothing I had on was a short sleeved jersey and bike shorts. Furthermore, Figueroa Mt. is home to mountain lions, rattlesnakes and tarantulas, and the prospect of spending a cold night on an unfamiliar mountain with these not-too-friendly denizens didn't appeal to me.

Finally, I flagged down a couple in a van, only the 3rd automobile I'd seen in 4 hours, and they gave me a lift back to my car (They didn't have a cell phone either). I called up my friend from the Ballard Inn and apologized, but she said to come on over anyway and she'd heat up some dinner for me, which I did.

Just exactly what did this old foggie learn from this?

- 1) Never bike alone on an unfamiliar route without telling someone you trust, where you'll be.
- 2) No matter how warm it is at the bottom of a mountain, it's usually colder at the top, especially if the sun has set.
- 3) As easy as a ride may seem, if you've never done it before, ask someone who has ridden the course to tell you all about it.
- 4) If you're riding away from civilization, carry a cell phone.
- And 5) Always carry way more water than you think you'll need.

Since that fateful ride, I've become an LCI, and I teach kids bike safety. I never relate this story to them.

Bob Zimels, Santa Barbara, Ca., LCI#992

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 | |
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| 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 | |
| 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.