

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

June 2009

☞ **Bicycle Spoken Here** ☞

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

NEXT GVCC MEETING: ANNUAL MEETING
Sunday, June 7, 11am, Stow Grove, Area 3,
members only. Kenneth from Bicycle Bob's will
be our special guest speaker. There will be games, a
BBQ catered by Bruce Nix and a brief business
meeting to conduct the election of officers. **Please**
RSVP by Wednesday, June 3, if you plan to eat:
cyclebug@aol.com or call me – 968-3143.

NEWCOMERS RIDE: Saturday, June 6, 9am,
Anna's Bakery, Doris, 968-3143. Everyone is
welcome to join this leisurely paced ride around
Goleta. No one is ever left behind. You must wear a
helmet to ride with the Goleta Valley Cycling Club.

Report on the **CHOO CHOO CENTURY:** Thanks
to Lori for organizing a terrific event. We met on
Saturday (May 2) at the train station and loaded our
bikes into Lori's RV. Lori and Stu met us at the San
Luis Obispo train station where we unloaded and
rode to Pismo Beach with a tailwind. After much
effort getting bikes in the old elevator (you should
have seen Don and Laura maneuvering their new
tandem) and to our rooms at the historic hotel just
up from the pier, we enjoyed Happy Hour hosted by
Lori, in the lobby.

Sunday was a beautiful day for a ride, sunny with
more tailwinds. We took our time, stopping in
Guadalupe for a snack/potty break. We continued
along Highway 1 to the golf course where we took
another extended break, then on to Los Alamos for
our final snack before heading out on Highway 101
to Buellton. Michele and Connie took the "scenic"
route over Drum Canyon; they're tough. We met up

again to eat again at Ellen's. Owen was there to
pick up me, Cheryl, Jeannie and Rosie. Others had
also made arrangement to end the ride in Buellton
or Santa Ynez.

— Upcoming Ride —

WINDMILL CENTURY, July 18, Pioneer Park,
in Santa Maria, sponsored by Tailwinds Bicycle
Club. Register now online at active.com. For more
information go to the website:

www.tailwindsofsantamariabc.org

**From League of American Cyclists ROAD I training
course:**

BICYCLING IN TRAFFIC

As a bicycle rider, you are recognized as a legal
driver of a vehicle in all states. Therefore, drive
your bicycle as you would any vehicle. **Obey all
traffic laws.** Even though the bicycle is very
maneuverable, this does not mean that the cyclist
should violate traffic laws.

Lane Position Rule: Ride just to the right of the
motorized traffic when the lane is wide enough to
safely share. When lanes are too narrow to safely
share, ride in the center of the lane or just to the
right of the center in the right hand tire track. If the
bicyclist is traveling at the same speed of the flow
of traffic, use the entire lane (take the lane).

Intersections – Turn Lane Rule: Ride in the right
most lane that goes to your destination. In single-
destination lanes, ride on the right-hand side of the
lane. In multiple-destination lanes, ride in the side
of the lane appropriate for your destination and
current traffic conditions.

(Continued on next page)



HAPPY JUNE BIRTHDAYS TO...

**Art Gossard
Harlan Green
Rod Pearson
Patricia Starr**

NO NEW MEMBERS THIS MONTH

Changing Lanes Safely: The theory is really an attitude; a strong belief in the rights that cyclists have as legitimate users of the roadways. The cyclist needs to have this attitude as well as the necessary knowledge and skills. You must be confident and assertive, but not reckless. In order to successfully change lanes in traffic the cyclist must:

- Plan ahead
- Look behind, perhaps several times
- Signal your intention
- Act carefully, smoothly and deliberately
- Negotiate as necessary
- Never move in front of another vehicle so close as to constitute a hazard

The method employed to change lanes is dependent upon the cyclist's speed relative to the speed of the traffic. When the surrounding traffic is moving at least as fast as the cyclist but not more than 15 mile faster than the cyclist, the cyclist should negotiate with overtaking motorists and make two moves per lane. Look behind and change position as traffic permits.

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MEETING MINUTES:

Tuesday, May 5, 6pm, Café Fresco North on Calle Real in Goleta

The main item of business was that the club voted to provide a \$30 scholarship for a homeless person attending a Street Skills Class.

2009 Choo Choo Ride



Rides Needed!!!!

Hi GVCC Members,
We always need ride leaders. I'm having great difficulty finding members to lead our weekly rides. I spent some time reading old newsletters and realized that this has always been an issue. It's understandable that people may not want to commit in advance or they are unsure about their responsibility as a ride leader. The best part of leading a ride is you get to pick the route and lunch stop.
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

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

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.

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.

BIKE WANTED

**Entry level road bike.
58cm to 60cm +/- (for 6'-2" rider)
\$500 +/- budget.**

Contact Alan at ajwat@earthlink.net



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

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FRANK SCHIPPER CONSTRUCTION	963-4359
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FREEDOM SIGNS	
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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

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

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 the 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 lessors of premises on which the Activity takes place, (each considered one of the "releasees" herein) from all liability, claims, 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.