

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

March 2006

☞ **Bicycle Spoken Here** ☞

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

GVCC MEETING: The next general meeting will be Wednesday, March 15, Rose Café, 630pm dinner, 7pm meeting. The meeting will include a report from the Santa Barbara Mountain Bike Trail Volunteers.

CONGRATULATIONS on the most positive cycling attitude! Brigitta Van der Raay crashed on a club ride on February 12, 2006. She sent an email (many of you have read it) to the GVCC list the evening of the accident. Her email is reprinted in this issue.

CYCLISTS SHOW SUPPORT:

Assemblymember Pedro Nava held a press conference at the Court House on February 20, to announce the introduction of legislation regarding bike safety. The legislation is in honor of UCSB triathlete Kendra Chiota Payne, who was tragically struck last year, by a passing vehicle which came too close to her on Gibraltar Road in Santa Barbara. Presently, there are no specifications regarding a safe passing distance between bicyclists and motor vehicles. Assemblymember Nava is introducing AB 1941 which will create a minimum 3 foot distance between a motor vehicle and a bicyclist.

GVCC was well-represented at this event along with other cycling organizations: UCSB Trathlon Club, SB Bicycle Coalition, COAST, and California Bicycle Coalition.

People Powered Ride 2006: We're still looking for a volunteer to serve as PPR Chair. At our February meeting we selected a fairy tale theme

“Once Upon a Bicycle”. Please consider making a significant contribution to the success of PPR, our annual and only fundraiser. Thank you to the faithful volunteers who have stepped forward:

Patch/brochure design – Brigitta Van der Raay
Sox design – Brigitta Van der Raay
Rest Stops – Kathleen Boehm
Porta Potties, Trash – Cheryl Everett
Road marking – Dave James
Maps & Brochures – Robert Rainwater
Publicity – Hildy Hoffman, Jody Kamrath
Permits, Park Reservations – Bob Zimels
Food Donations – Hildy Hoffman
Food purchase and staging – Owen Patmor, Hildy Hoffman
Food Set-Up and Clean-Up – volunteer needed
Inventory, pre and post – Rosie Thompson
Sags and on-site mechanics – Don Jeske
BBQ vendor – Hildy Hoffman has already booked him
Registration – Doris Phinney

NEWCOMERS RIDE: Join me for a leisurely tour of Goleta on Saturday, **March 26**, 9am, at Anna's Bakery. If you are new to the area and would like to meet other cyclists, this ride is for you. If you haven't ridden with the GVCC and are concerned that you won't be able to keep up with the pace, this ride is for you. If you are a club member but hardly ever go on a club ride, this ride is for you. If you just want to go for a spin with some really nice people, this ride is for you. No one will be left behind.

GVCC Website: For all the latest in photos and information go to www.goletabike.org. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, gbike@impulse.net.

From "The Quotable Cyclist" Bill Strickland,
Editor

Women in Cycling: What enjoyment to a cramped and warped woman's life is the whirl of the wheel, bringing back as it does God's gift of health, and the memory of childhood's delight in out of door activity. With a sense also of rest to the brain, and by raising the thoughts in gratitude above the household cares and drudgery, it gives a woman for one brief while the chance to rejoice in the feeling of liberty and delight in her own strength.
--*Wheelwoman, 1896*



HAPPY MARCH BIRTHDAYS TO...

Paolo Gardinali
Stu Haney
Dan Henry
Hildy Hoffmann
Florence Hu
Doris Phinney
Arnie Schildhaus
Frank Schipper
Don Truex

NEW MEMBERS THIS MONTH 😊
Stacey Mertus

. Meeting Minutes Saturday, February 11, 2006
At 12:30 pm after a hearty pizza lunch, Doris Phinney welcomed GVCC members bearing their brooms and dustpans, having done a sparkling clean-up on the bike path. The ride calendar was circulated and the treasurer's report received. The deadline for the Choo Choo Century was February 11, but if you're a GVCC member and not registered, give Lori Haney a call at 964-5822.

PPR 2006 was discussed and our theme "Once Upon a Bicycle" was adopted. Brigitta has once again offered to do the artwork for the brochure. It was moved and seconded (MOS) to offer cycling socks for sale at PPR, featuring a color scheme of yellow & blue with pink lettering. We were able to fill the volunteer positions for all the PPR categories, EXCEPT, the CHAIR position. WE URGENTLY NEED A VOLUNTEER TO CHAIR THIS EVENT.

Robert Rainwater filled us in on the upcoming Amgen Tour coming to Santa Barbara on February 24. GVCC has 23 volunteers who will be working in various areas

in and around the finish line along Shoreline Drive. Exact details will not be available until almost race time. We also discussed going to Foster Park on Saturday, February 25 and then riding our bikes up Dennison Grade to a pull-out area and waiting for the racers to come by later in the day.

Under New Business, Bob Zimels suggested that we send a GVCC member to the National Bike Summit Meeting to be held in March in Washington, DC. After much discussion it was decided to table this idea until next year. In the meantime we will solicit applications from GVCC members who might be interested. The selection of the recipient will be made sometime early next year.

Wilson Hubbell agreed to write a letter to the County Board of Supervisors regarding bike path poles (aka. bollards) on creek bridges. These poles act as a deterrent for motorized vehicles but pose a danger to cyclists when entering and exiting the wooden bridges.

Plans have been made to hold a joint ride with Tailwinds and Lompoc bike clubs on February 18 at 9:00am. Meeting place is Mattei's Tavern, Los Olivos. Bob Young (or Bob2 as he's known to distinguish him from Bob Zimels) reported that the Goleta Boys & Girls Club had selected a young girl and boy to receive bicycles courtesy of GVCC. A cruiser for the 14-year old girl and a BMX bike for the younger boy complete with helmets and locks completed the package.

Submitted by Hildy Hoffman

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AMGEN TOUR OF CALIFORNIA

The Tour swept through town with great success. Club volunteers handled crowd control along Shoreline Dr near the end of the day's ride and had a terrific view of the riders and the giant TV screen.

DIARY OF A CRASH by Brigitta Van der Raay

Hi Everybody,

Well, it finally happened to me. Zipping down Gobernador Canyon Road towards Hwy 150 at a nice speed of 25-30 mph, I hit what felt like a pothole, but was actually a round, small diameter, but deep dip in the road, cleverly concealed in the dappled shade, and flipped off the bike. Thanks to my speed, I got to wipe the road for about 30 feet, bumping along with an up close view of the asphalt while wrestling with my bike.

My very first thought, yikes-how deep is the sanding going to go! I popped up immediately with my second thought, get out of the road! I pulled my bike off and plopped down on the side bank to take my time with some shock. Thankfully, I was not too close to anyone and Robert was far enough behind me, that he luckily did not see me go down. (Good practice on downhills- keep some space!)

Cheryl heard me go down, and came back with GVCC reinforcements, as Robert was checking me out. About the shock, it was really hard to think or do anything but sit there and bleed and marvel that I hadn't broken any bones! Thank God! Could have been way worse. When I felt somewhat recovered, I stood up, but found that I still felt seriously woozy. Luckily a very nice fellow in an enormous orange 4X4 truck stopped, and I got a ride into Carpinteria to the urgent care. Which we found out was closed on Sundays. (File that for future info...)

Robert was taking care of me and trying to contact my daughter to come pick me up when the rest of the club showed up and provided me with lots of love and support. Got to hear other interesting crash experiences, look at nicely healed scars, and in general, feel the love and get suitably distracted from my own woes. Special thanks to John Berberet for dashing off to get the most gigantic station wagon I ever saw, however my daughter was already in route. Thanks guys, that's what club rides are for- so you're not alone in your moment of dripping blood, burning raspberries and dismay.

A trip to the Hitchcock urgent care resulted in a Tetanus shot (might want to check and see when you last had one...cause I had no idea- memorized my kids, but not my own!). Got a lot of antiseptic scrubbing (now that's no fun!), and about 4 or 5 stitches just below my elbow, which I thankfully did not hurt at all. I found out that the shock of it all, numbed much of the pain initially. Even found a rather large raspberry under my shorts on my thigh that I didn't tell the nurse about because I didn't feel it anymore. However, the scrubbing woke up a few

nerves, and apparently all my leg nerves are in great shape, as reflex jerking was in full steam as the nerve endings kept sparking off. Happily, the nurse and the doctor patched me up good and set me up to get antibiotics and painkillers. Man, it felt good to be home after it all! A couple of ibuprofen, and I felt much better.

I don't remember where my hands were on the handle bars at the time of "the dip", but in debriefing, Robert and I decided that probably the best place they could have been in the drops. And leaning back in the saddle might have helped minimize the "going over the handle bar" experience when I hit "the dip" in the road. Maybe I could have recovered rather than going down. Maybe not. Slowing down would have been wise....Oh well, just letting you know I'm alive, ticking, and taking Monday off.

Thanks to all who helped me, you are the best! Glad to have had you around me, and planning to make it back on the bike real soon.
Love you all, Brigitta

[Editor's note: Brigitta crashed on February 12, 2006 and sent this note as an email in the evening of the same day.]ⁿ

A New Cycling Event

A new event being put on by the Orange County Wheelmen (OCW) in Irvine, CA. It's called the Cinco de Mayo Fiesta 150 and it goes over May 6th and 7th. Riders leave Irvine and travel 75 miles to Del Mar, CA where they will stay at one of 3 hotels reserved for this purpose. Sat. night (the 6th) there will be a party and dinner for all the riders at a large Mexican Restaurant in Del Mar. It's walking distance from the 3 hotels. On Sunday the 7th they ride the 75 miles back to Irvine. Go to www.ocw.org for more information.



NEWCOMERS RIDE on February 26 was enjoyed by many. Thanks to Robert for the photo.

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

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| | gbike@impulse.net | |
| Bike Path Clean Up | | |
| John Berberet and Stephanie Stark | | 681-0048 |
| | johnberberet@hotmail.com | |

If GVCC members have items for sale phone Laura Newman 687-2588 or email lnewman51@cox.net for ad submission. Also, let her know when it's sold.

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

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|--|--|----------|
| 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 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
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

GVCC Jerseys for Sale

The club is waiting for more orders to make up new jerseys. A very limited number of the club jerseys - 3 dolphins on blue, yellow & green background - are available (no L, XL or XXL). They can be obtained from Doris Phinney; please call ahead to arrange a time (968-3143). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Doris Phinney 223 Saratoga Ct, Goleta CA 93117; make sure you specify the size.

If you are no longer using a club jersey there may be someone else who would be happy to buy it. Why not post it for sale in the Breeze? Contact Laura Newman at 687-2588 or lnewman51@cox.net

**THE CHOO CHOO CENTURY
March 18-19, 2006**



Ride AMTRAK to San Luis Obispo. Peddle back to Santa Barbara.
\$85 per person, includes the following:

- Train ride from Santa Barbara to San Luis Obispo (bring a picture ID and your AAA card to train station)
- Hotel Saturday night in Pismo Beach (double occupancy)
- Light snacks around 6 p.m.
- Sag truck to carry bikes and luggage to SLO and back

Train leaves Santa Barbara on Saturday, March 18th, at 12:30 p.m. Arriving in SLO around 3:30 p.m., peddle 11 miles to Pismo Beach. Stay overnight, ride home on Sunday. Dinner will on your own; however, light snacks will be available at the hotel around 6 p.m. **SAG will not be available during the day or waiting in Buellton for those not wanting to ride all the way to Santa Barbara.**

Goleta Valley Cycle Club members only.

Deadline is Past but call Lori for possible openings-964-5822
(no cancellations)

Call: Lori at 964-5822 or e-mail lhhaney@cox.net,
Connie at 962-4307 or e-mail clstyrwoll@verizon.net

Space will not be reserved without payment. Complete Form Below



The Choo Choo Century - 2006

Name(s) _____

E-mail _____

AAA Member? ____ If so, #: _____

Preferred roommate _____

Detach and mail with \$85.00 check payable to Lori Haney
Lori Haney
6219 Avenida Gorrion
Goleta, Ca 93117

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.