

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

March 2007

☞ Bicycle Spoken Here ☞

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

GVCC MEETING: Saturday, March 3, 11am, Anna's Bakery. The meeting will follow a Newcomers Ride that will start at 9am at Anna's Bakery.

2007 Means 7000 Miles: I'd like to hear from GVCC members who have set mileage goals for 2007. If you track your mileage monthly, let me know what you have accomplished.

People Powered Ride, October 7, 2007: Our theme for 2007 will be **Wine Harvest Festival Ride**; our three routes are being revised and will be labeled "Chardonnay, Merlot and Cabernet".

Please contact me if you are willing to volunteer for PPR. This is our only fund raising event and we need as many volunteers as possible to assist with organization and planning prior to the event as well as volunteers on the day of the event to set up for registration and the BBQ, work rest stops, drive sag vehicles, serve food, and clean up.

Thank you to the following early bird volunteers: Hildy, Rosie (registration, etc.) Cheryl (coordinator for trash and porta-potties), Kathleen & Jared (rest stop coordinators), Yolanda (rest stop worker), Dave James (course marker), Don Jeske (coordinator for sags and mechanics), Owen (food buyer and lots more).

Quote from Marla Streb (guest speaker for National Girls and Women in Sports Day at UCSB): *The most important thing that mountain biking taught me is that if I can climb a mountain, I can do anything. Mountain biking taught me that I am strong, tough and brave. That I am never too old.*

That I like to get dirty and play like a child. It's taught me that guys like women who can beat them at something. That there's a lot more beauty in the world than what you can see from the sidewalk or the driver's side window.

GVCC Website www.goletabike.org: Be sure to check the events calendar on the web for the latest ride information. Sometimes rides are changed so please check the website or call the ride leader to confirm the ride.

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

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CLOTHING SALE: To order send an email to Doris (cyclebug@aol.com) or call 968-3143

PPR 2005 T shirts, Tour de Tango, \$5, sizes L, XL and 2XL.

PPR 2004 Caps, \$5, one size fits all.

GVCC Sox, \$8 member, \$10 non-members, sizes M L.

Club Jerseys: \$35 members only. Sizes XS, S and M

For Sale:

Specialized Allez Elite Road Bike – 58CM
Purchased New Winter 2005 , Low Miles, Great Condition
Shimano 105 Component Group
Columbus SLX Aluminum Frame with Carbon Fork
Must Sell: \$675
Contact Paul 680-0741, paul@pdonohoe.com



HAPPY MARCH BIRTHDAYS TO...

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

NEW MEMBERS THIS MONTH

Jere & Kimberly Short
Scott & Rachelle Connell

****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**

Meeting Minutes:

There was standing room only on John and Steph's patio on Saturday, February 3. There was a grand array of pizzas and sodas for the tired and hungry GVCC'ers who labored on the cleaning the bike path and who came to meet and eat.

President Doris called the meeting to order at 12:35pm. The club mail along with the ride calendar were circulated. Among the many topics discussed were the upcoming clinics and appearance by Marla Streb here in Santa Barbara. She will also speak at the National Girls & Women in Sports Luncheon, Monday, February 5, 11:30am at Earl Warren Showgrounds and later that evening at the Corwin Pavillion at UCSB at 7:00pm.

The Amgen Tour of California scheduled for February 23 here in Santa Barbara is looking for volunteers both here and in Solvang. But it will be too late for you if you're reading this now, since the event is long gone.

It's never too early to talk PPR and our list of volunteer opportunities has once again presented

itself. This is a GOOD thing, especially for all you new GVCC members. This is our money making event, where we take our profits and re-invest them into our community for the betterment of cycling. We can use your help. Contact Doris or any GVCC member for more information on how YOU can help and be an active member in YOUR club.

Condolences go to Robert Rainwater and family on the passing of his mother. Also on the mend after a serious cycling accident is Robert Young; and nursing bruises is Rene DeJong. Our best wishes for speedy recoveries to you both.

By the time you read this newsletter it's entirely possible that the doors to "Big Gear, Bike Gear" will be closed--permanently. Barry the proprietor and long-time supporter of GVCC, is cycling into the sunset. Thanks, Barry, for having had the best cycling apparel store in Santa Barbara County. Where will Doris go to buy socks???

Meeting was adjourned at 1:40pm

Respectfully submitted, Hildy Hoffmann, Acting Recording Secretary

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If GVCC members have items for sale, please email Laura Newman at lnewman51@cox.net for ad submission. *Also, please let her know when it's sold.*

 **RIDE INFORMATION** 

Choo Choo Century **Saturday, March 31st, at 12:30 p.m.**

There's still time to sign-up for the Choo Choo Century to San Luis Obispo and back on March 31st. We'll be taking the train to SLO at 12:30 pm, staying overnight, and riding home on Sunday to SB. If you don't want to ride the whole way back, make your own arrangements to stop along the way. There is no SAG for the ride on Sunday. Get to the train station early to get your bike loaded onto the truck. See application below.

Sea Otter Classic Road Bike Tours
Sunday, April 15, 2007
Century (100-mile) and 15-mile Options

Sea Otter Classic Road Bike Tours start at daybreak on Sunday, April 15, 2007. Choose from two ride options of different distances. The challenging century route will take you on the scenic back roads of the Monterey and Salinas Valley areas or the shorter option will take you throughout the closed roads of Fort Ord.

Included In Your Entry Fee

On either route, riders will enjoy well-appointed rest stops and SAG support, a hearty end-of-ride BBQ, entrance to a **fantastic bicycle consumer expo** and a raffle loaded with prizes.

Top pro athletes and coaches will be riding along offering riding tips to all participants.

Register Online: www.seaotterclassic.com

Great Western Bicycle Rally

The 43rd Annual Great Western Bicycle Rally is **Memorial Day weekend, May 25-28th, 2007** at the San Luis Obispo Fairgrounds in the scenic setting of Paso Robles, CA.

The Rally is a large, friendly, family-oriented bike event extravaganza and affordable "mini vacation" dedicated to recreational cycling that transforms the Paso Robles fairgrounds and the surrounding countryside into a pedaler's paradise. Lots of activities included in the entry fee.

Cost: \$40/person or \$80/family

Camping: \$12/person/night or \$30/family/per night, showers included. Hotels: There are lots of hotels in the area, but book early!

Online registration:

www.greatwesternbicyclerally.com

Brochure request or questions: 1-866-909-4927

Amgen's Tour of California



Many GVCC members participated as volunteers or biked to vantage points along the race course.

Amgen's Tour of California
Returns to the Central Coast



Under sunny skies in Solvang, Calif (Stage 5), Discovery Channel Pro Cycling Team's Levi Leipheimer, of Santa Rosa, Calif., further built on his overall lead in today's critical time trial, besting Team CSC's Jens Voigt (GER) by 18 seconds after an eagerly awaited showdown between the two cyclists.



Stage 6 of the Amgen Tour of California saw the toughest racing, the warmest weather and the biggest crowds of the seven racing days so far, as the peloton of world-class cyclists competed along a hilly route from Santa Barbara to Santa Clarita. Team CSC's Juan Jose "J.J." Haedo (ARG) won a sprint to the finish line in Santa Clarita to take his second stage, with overall race leader, Discovery Channel Pro Cycling Team's Levi Leipheimer (USA) close behind, maintaining possession of the Amgen Leader Jersey going into Sunday's final stage in Long Beach, Calif.

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

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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		
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 Calle 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 31-April 1, 2007



Ride AMTRAK to San Luis Obispo. Peddle back to Santa Barbara.

\$100 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 31st, 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 Friday, March 23rd
(no cancellations)

Call: Lori at 964-5822 or e-mail lhane@cox.net,
Michele at 965-8907 or e-mail mdecant@ci.santa-barbara.ca.us

Space will not be reserved without payment.

The Choo Choo Century - 2007

Name(s) _____

E-mail _____

AAA Member? ____ If so, #: _____

Preferred roommate _____

Detach and mail with \$100.00 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 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.