

# The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

[www.goletabike.org](http://www.goletabike.org)

March 2008

## ☞ Bicycle Spoken Here ☞

**GVCC President:** Doris Phinney, 968-3143,  
[cyclebug@aol.com](mailto:cyclebug@aol.com)

**GVCC MEETING: Saturday, March 8, 9am, Girsh Park, in the meeting room in the building housing the rest rooms.** The meeting will precede the Newcomers Ride described below, so come for the meeting and stay for the ride. **April GVCC Meeting: Saturday, April 5, 11am, location TBA.**

**NEWCOMERS RIDES:** Join me for a leisurely tour of Goleta on **Saturday, March 8, 10am at Girsh Park.** If you are new to the area and would like to meet other cyclists, this ride is for you. No one will be left behind and everyone is welcome. **Saturday, April 5, 9am, Java Station.**

**JOINT RIDE WITH TAILWINDS CLUB: Saturday, April 12, 9am,** Home Depot in Lompoc. Dave Cantero (Tailwinds ex-president) will lead this ride to Jalama Beach, where you can buy the best hamburger. Mark your calendar. On Saturday, February 9, five GVCCers (Lori, Renee, Cheryl, Owen and I) joined with cyclists from Santa Maria Tailwinds and Lompoc Cycling Club for a ride that included the route for the Tour de California Time Trial in Solvang. It was an absolutely perfect day for a ride. We started at Matties Tavern in Los Olivos and rode up Ballard and then down Ballard Canyon for the few miles to Solvang, where we stopped at the Bulldog for coffee and pastries before continuing on the time trial course. Back in Los Olivos we added a few more miles riding out Hwy. 154 to Zaca Station Rd. looping back to Matties Tavern over "the wall" on Foxen Canyon.

**CHOO CHOO CENTURY** needs a coordinator. Lori and Stu are stepping down, so we need a new leader. Lori will provide planning information. Contact Lori at 964-5822 for information.

**PPR 2008 is on the calendar for October 12, 2008.** We will continue with our Wine Harvest Festival theme. To make PPR a success we need lots of volunteers and the key leaders stepped up and volunteered at our Holiday Party. Thank you Kathleen and Jared (rest stop coordinators), Don Jeske (sag coordinator), Cheryl Everett (Porta Johns), Bob Zimels (permit coordinator), Robert and Brigitte (patches, brochures); Yolanda Blue and Barbara Petronis (staff Los Alamos rest stop); Hildy will assist with pre-PPR tasks.

**McFarland Jersey Sale Continues:** If you would like to schedule a "private showing," just let me know and we'll arrange a time. There are literally hundreds of jerseys and shorts left. You will not find a more extensive collection in town, not since Big Gear Bike Gear closed its doors.

**CYCLING TRUTHS, *Bicycling Magazine*, June 2007:**

- 1) *Your handlebar should tilt upward slightly instead of sitting flat.*
- 2) *It's okay to ride if you have a cold.*
- 3) *To confidently ride through sand or loose gravel, shift your weight to the rear of the bike and pedal a bigger gear.*
- 4) *Eat before you're hungry; drink before you're thirsty.*
- 5) *Stop speed shimmy by pressing your knees against the top tube.*
- 6) *For proper bike fit, your forward knee should be directly over the pedal axle with pedals at the 3 and 9 o'clock positions.*



**HAPPY MARCH BIRTHDAYS TO...**

**Stu Haney  
Dan Henry  
Hildy Hoffmann  
Florence Hu  
Doris Phinney  
Arnie Schildhaus**

**NO NEW MEMBERS THIS MONTH**



**\*\*Members just a reminder:** if you change your e-mail or other personal mailing info please contact Lori Haney at [lhhaney@cox.net](mailto: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](http://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](mailto:lhhaney@cox.net)

**GVCC Website** [www.goletabike.org](http://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. Don't forget that if you have a good GVCC cycling photo, get it to Robert Rainwater, [gbike@impulse.net](mailto:gbike@impulse.net)

**Next bike path clean up.**

**Please check the GVCC website calendar.**

## BIKE RIDES

**2008 Great Western Bicycle Rally News  
Memorial Day Weekend**

**May 23 - 26th, 2008  
REGISTRATION IS OPEN**

It's easy to register online



*Laurel King & Sharon Ware  
Great Western Bicycle Rally Co-directors  
To register:*

<https://nt1.adventuresports.com/bike/gwbr/registration.asp>

Info:

[info@greatwesternbicyclerally.com](mailto:info@greatwesternbicyclerally.com)

866-909-4927

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### Ride the Rainbow

**April 13, 2008 in Temecula**

Distance	Climb
50 miles	4300'
25 miles	1800'
10 miles	500'

The ride will be well supported and feature winding country roads and challenging climbs through Rainbow Pass, Live Oak Park Road, Olive Hill, Circle R Drive, Couser Canyon and Rice Canyon. For ride information, please see website: [www.temeculabikeride.org](http://www.temeculabikeride.org) or [www.active.com](http://www.active.com).

### Mountain Drive Ride with Cheryl



**GVCC Minutes**, February 2, 2008 meeting

President Doris called the meeting to order at 11:05am at the Phinney/Patmor residence. The mail and ride calendar were circulated and the treasurer's report presented by Cheryl was received and entered into record. No word on our next bike path clean up since our January date was rained out. Hildy reported that the GVCC reflective cycling vests have been ordered and should be available for our next bike bath cleanup.

Under announcements, Ralph Fertig was not present to talk about blinky lights; we received a thank you letter from Bici Centro for our funding of last year; Bob Zimels will represent us at the LAB National Bike Summit in Washington, DC in March; there's a joint ride with Tailwinds Cycling Club on February 9 and our next monthly meeting is scheduled for March 8<sup>th</sup> at 9am in Girsh Park with a Newcomer's ride following the meeting.

So far no one has stepped forward to coordinate the GVCC Choo Choo Century for this year. Time is running out for obtaining motel rooms and train reservations. PPR scheduled for October 12<sup>th</sup> was discussed and it was decided to select a nominating committee for our June elections. Hildy will check as to the availability of Stowe and Tucker Parks and suitable BBQ arrangements. Robert Rainwater is checking with local bike shops concerning free GVCC membership for cycle purchasers. Saturday, April 5<sup>th</sup>, 9am Java Station on Hollister for a

Newcomer's Ride and a brunch stop to be announced.

There's still time to spruce up your cycling wardrobe; just call Doris or Owen (968-3143) for an appointment to see the best collection of cycling gear since Big Gear Bike Gear closed. All proceeds will go towards funding cycling education and safety in our community.

Respectfully submitted  
Hildy Hoffmann, Recording Secretary

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**FOR SALE**

\$800.00 Black Softride 49CM Frame. Campy Record components, Chris King headset, Time Fork, Racing-T Crank 170 30/42/52, 13-27 8sp cassette, Cinelli Eubios 40CM Bar, 52-42-30 front cog, 27-13. Must see to appreciate.  
Call Lori at 729-1772

**GVCC CLOTHING SALE:** To order contact Doris ([cyclebug@aol.com](mailto:cyclebug@aol.com)) or call 968-3143.  
GVCC Sox, \$8 member, \$10 non-members, size L, only 22 left.

Club Jerseys: \$35 members only. Size Small, only 3 left.

McFarland Jerseys and shorts, each item is \$5.

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**Updating the Regional Bikeway Plan:**

**For more information, call SBCAG at (805) 961-8900.**

The Santa Barbara County Association of Governments, or SBCAG, is holding workshops to receive public comment on updates to the Regional Bikeway Plan.

- ✓ See what issues are receiving new emphasis in the update of the long range bike plan.
- ✓ Learn what bikeways are in the existing plan and what additions are being considered.
- ✓ Let your voice be heard about what you think are the important regional bikeway needs and improvements.

Attend one of the workshops planned around the county:

**Regional Bikeway Plan Update Meeting Schedule**

Date and Time	Region	Location
Thursday February 28, 2008 @6:30 p.m.	Santa Ynez Valley	Solvang City Council Chambers 1644 Oak Street Solvang, CA
Wednesday March 5, 2008 @6:30 p.m.	South Coast	Santa Barbara County Board of Supervisors Hearing Room, 4 <sup>th</sup> floor 105 E. Anapamu Street Santa Barbara, CA

**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:

<b>15% off parts &amp; accessories at:</b>	
Open Air Bicycles, 224 Chapala,	962-7000
<b>10% off parts &amp; accessories at:</b>	
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 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.