

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

March 2010

Bicycle Spoken Here

GVCC President: Doris Phinney, 968-3143,
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NEWCOMERS RIDE: Saturday, March 6, 930am, Java Station, 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.

GVCC MEETING: Tuesday, March 16, 6pm, Fresco Cafe North in Goleta at 5940 Calle Real. Come for dinner, stay for the meeting.

PEOPLE POWERED RIDE 2010: Mark your calendars for Saturday, October 9, staged at Hans Christian Andersen Park in Solvang. Remember we will need many volunteers to successfully stage this event.

ANOTHER CRASH: On Groundhog Day I crashed into yet another student as I rode along the El Colegio bike path to play tennis at UCSB. In November I crashed into a student in about the same location near San Clemente Housing. In November the female student hit the ground while I managed to stay upright while roaming through the newly planted landscaping. I suffered a bruise on my thigh and she got up slowly and decided she was okay.

I wasn't so lucky on Groundhog Day. I managed to land in the new, thick, soft, long tufts of grass in the parkway, but my forearm got creamed by the ridiculous handlebar of the oncoming bike and I broke a rib. Of course the student had only a scratch. Oh to be eighteen and indestructible. It took lots of stitching to get my arm patched up and the rib got no treatment. All you can do for a rib is avoid coughing, sneezing and laughing.

My doctor is a cyclist and told me I could ride whenever I felt up to it, so I was back on my bike five days later to lead the February Newcomers Ride and I've been riding ever since with only minor discomfort. I really try to avoid UCSB on weekdays and especially during class changes, but I work there two days a week and play tennis another day. Oh, I've delayed going back to tennis; no sense in being overzealous.

*From Los Angeles Times, November 2, 2009 by
Christie Aschwanden.*

RIDERS STAY ON THE DEFENSIVE:

Here are some other tips to help you stay safe on the road.

Be Visible: Wear bright clothing and ride in motorists' line of sight. Always use a front and rear light at night.

Ride Predictably: Never Weave in and out of cars or make sudden moves. Use hand signals to indicate your intentions to motorists [and other cyclists and pedestrians].

Claim your space: Ride too far to the right and you blend into the surroundings. You also put yourself in the risky debris and gutter zone. If the lane is 13 feet wide or narrower, it's generally not shareable and you're best off claiming your legal right to the entire lane.

Make eye contact: Never assume the motorist sees you. Look for a nod or glance that indicates that you've been seen.



(Continued on next page)



HAPPY MARCH BIRTHDAYS TO

**STU HANEY
DAN HENRY
HILDY HOFFMANN
DORIS PHINNEY
ARNIE SCHILDHAUS**

NO NEW MEMBERS THIS MONTH

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.

NEED RIDES

Hi GVCC Members,
Ride Leaders needed. If you'd like to do a particular route and lunch stop e-mail me lhhaney@cox.net your request and I'll put you on our ride calendar. You pick the start time/location, where you plan to ride and what pace you'd like to keep.

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.

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

(President's Column continued from front)

Be wary of parked cars: Ride the distance of a door-length from parked cars and be on the lookout for people inside them. Bicyclists have been killed by car doors swinging open. Also look out for parked cars suddenly pulling out into the lane.

Obey traffic laws: Bicycles have all the rights and responsibilities of any other vehicle.

Ride with, never against, traffic: It's against the law and you increase your risk of a head-on collision.

Wear a helmet and consider using a rear view mirror: A helmet won't prevent an accident, but can save your life in a crash.

Avoid escalation: Never antagonize motorists, even if they act aggressively. Escalation only increases your risk of injury. When it's you versus 4000 pounds of steel, the odds are against you, no matter how right you are. Keep your finger where it belongs: on your handlebars. If you absolutely must use your finger, use it to dial the police.

Plan your route: Look for back roads and side streets that will get you to your destination without navigating major intersections. You'll avoid traffic and noise, and often the back roads will get you there just as fast as the congested main roads.

[More safety tips to come in April.]

The Bike Trader - Reminder

The BikeTrader has added our club as a link on their site. Here is a brief description of the site.

"Used Bicycle Buyers

The Bike Trader is a bicycle classifieds listing site for new and used bicycles, bicycle frames, bike gear, components and accessories. If you're looking for new or used bicycles for sale you've come to the right place! "

"Used Bicycle Sellers

You can even place an ad for **FREE!** "

Here is the website for more info:

<http://www.thebiketraderonline.com/>

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

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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	
FREEDOM SIGNS	
816 Reddick Ave, Santa Barbara	965 1410
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 \$20.00 OR _____ 2-Year Membership \$35 (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.