

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

May 2009

☞ **Bicycle Spoken Here** ☞

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

**NEXT GVCC MEETING: Tuesday, May 5,
6pm, Café Fresco North on Calle Real in Goleta**

**NEWCOMERS RIDE: Saturday, May 30, 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.

**JUNE ANNUAL MEETING: Sunday, June 7,
Stow Grove, Area 3, members only.** Please RSVP
to me: cyclebug@aol.com or 968-3143. Participate
in the annual election of officers and enjoy the BBQ
catered by Bruce Nix.

COMMUTE CHALLENGE, a friendly
competition that runs for May and June, with five-
member teams making trips using sustainable
transportation instead of driving alone. Log each
day you use an eligible mode (Bus, Bike, Walk,
Carpool, Vanpool, Telecommute, Train, or Skate).
Great prizes such as cash, iPod Shuffles, iPhones,
and more for the team with the most trips logged,
the top 101 teams, the weekly raffle winners, and
the five employer winners. For more information go
to: www.trafficsolutions.info

**GREAT WESTERN BICYCLE RALLY: May
22-25** in Paso Robles. Cycling fun on Memorial
Day weekend. For more information and online
registration, go to
www.GreatWesternBicycleRally.com

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:**

BICYCLE HANDLING BASICS

Steering a Straight Line: If started in motion
carefully, a bicycle without a rider can coast all the
way across a parking lot before it eventually falls
down. [Don't try this by Costco!]

Caster Effect: The wheel of a moving bike tends to
line up in the direction of motion.

Lean Effect: If the bike leans to the right, the wheel
will tend to steer itself to the right, and if the bike
leans to the left, the wheel will steer to the left,
assuming no force on the handlebar is applied.

On a bike that is moving and upright, the caster
effect keeps the wheel lined up in the direction of
motion. A lean effect will steer the front wheel of
the bicycle in the direction of a lean, thus tending to
correct for the lean by steering the bike into a gentle
turn in that particular direction. This explains why
riding a bike without touching the handlebars is
simply a matter of leaning the bike in the direction
you wish to travel. [This also explains why I get a major
upper body workout when riding my tandem with my
grandson, who engages in a lot of random leaning.]

Steering, therefore, becomes a matter of leaning the
body to lean the bike and help initiate a turn using
the lean effect. The rider's job, when riding upright,
is to steer the front wheel so as to keep the bike
directly under the center of gravity of the rider at all
times.



HAPPY MAY BIRTHDAYS TO...

**Kathleen Boehm
Cheryl Everett
Ellen Herman
Wilson Hubbell
Rosie Thompson**

**NEW MEMBER THIS MONTH
Janaki Wilkinson**

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

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.**

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.

MEETING MINUTES Spring has sprung, bikes are being dusted off and cleaned, chains oiled, tires inflated and tired, old, creaky bodies adorn cycling lycra in vibrant colors and are seen flying along our Santa Barbara roads. It's a beautiful sight and many of those folks attended the April 4th monthly meeting of GVCC at Café Fresco North.

In between bites of her chicken Caesar salad, President Doris opened the meeting at 12:10pm and welcomed those present including Arthur and Chris Gossard, Jeannie Antrim and Ralph Fertig. Our overflowing mail folder was circulated, along with our ride sign up calendar for upcoming weekly rides. Our treasurer's report presented by Cheryl Everett was received and filed into record. Mention was made of our next bike path clean up to be held on Saturday, April 11th hosted by John and Steph.

Sunday, June 7th has been confirmed at the date of our annual meeting once again to be held at Stowe Grove, Area 3. Bruce Nix will be serving our delicious BBQ lunch around 1:00pm. More details in upcoming newsletters. President Doris said since we will not be having our annual PPR fund raiser this year, GVCC will not be soliciting Request for Proposals (RFP) and fund distributions will be allocated solely by membership vote at the general meeting. Once again we will be electing officers to this prestigious organization and now is the time to volunteer your time and talents. Nominations will be solicited in advance or can be made from the floor at the meeting.

Ralph talked about upcoming Earth Day preparations being held this year at Alameda Park and UCSB's major overhaul of their alternative (cycling) transportation plans for the future. Register now for the Windmill Century, July 18th through Active.com. and unfortunately by the time you read this the deadline set for registering for our Choo Choo Century has past.

The GVCC members present voted to give \$500 to the Commute Challenge which will be occurring in our area within the next few weeks. This event sponsored by Traffic Solutions promotes using alternative means of transportation throughout our area.

We had a drawing for a polar water bottle, lucky recipient was Jeannie (see folks it pays to come to the meetings). Our next meeting will once again be held at Café Fresco in Goleta on Tuesday May 5, 6pm for dinner

Hildy Hoffmann, Recording Secretary



This picture was taken on April 16 at a Helmet fitting at Ellwood School. Standing are Bob Zimels, GVCC; Kim Stanley-Zimmerman, Safe Routes to School Coordinator; Matt Dobberteen, SB County; and seated is Doris Phinney, GVCC.



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	
VicePres./RideCoordinator	Lori Haney	729-1772
	lhane@cox.net	
Secretary	Hildy Hoffman	964 0802
	cyclebelle199@cox.net	
Breeze Editor	Laura Newman	687-2588
	lnewman51@cox.net	
Treasurer	Cheryl Everett	967-8173
Breeze Distribution	Owen Patmor	968-3143
	cyclebug@aol.com	
Membership	Lori Haney	729-1772
	lhane@cox.net	
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 Coia, 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 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.