

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

NOVEMBER 2004

Come out and ride with us!

We are a non-profit recreational association committed to promoting health, fitness, and safety through bicycling.

For all levels!

Bicycle Spoken Here

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

The next monthly meeting of the GVCC will be held on Saturday, November 6, 8:30am at the home of Doris & Owen.

Rosie will lead a ride following our business meeting. Please contact me if you have items to place on the agenda.

Welcome to our new Webmaster, Robert Rainwater; thank you for volunteering. Thank you, Dave Lawson, for your many years of service as our webmaster.

PEOPLE POWERED RIDE 2004: We did it again and this was one of the most successful years in recent memory! A very special thank you to **Kathleen Boehm**, who put it all together, and to **Brooks Firestone** for his continuing support of the PPR. Thanks to Brooks we have the most incredibly beautiful staging area for our ride. Not only did Mr. Firestone sponsor Bella Nova, a women's cycling team, but he actually rode the metric route.. Thank you to all the busy volunteers who worked to make PPR the best ride in the Santa Ynez Valley (in my humble opinion). We manned the rest stops, we baked goodies, made pasta salads, worked registration, served food, drove sags, got permits, marked the route, designed the flyer, distributed the flyer around the state, and lots of other tasks that contributed to the success of PPR 2004. Volunteers, pat yourselves on the back.

Here are some statistics from the last three PPRs:

	2002	2003	2004
Registered Riders	343	318	460
30 mile riders	66	62	77
Metric riders	124	125	203
Full Century	151	130	172
Sox/Caps sold	40 sox	40 sox	16 caps
Xtra BBQ tickets	20	27	49
Raffle ticket sales	553	592	712
Raffle Income	\$397	\$412	\$502

THANK YOU-THANK YOU-THANK YOU-THANK YOU-THANK YOU

The success of our 25th People Powered Ride was due in a great deal to all of you who worked so diligently and provided your donations. As **President Doris Phinney** has said it takes many hands and much effort to make such an event a success. If she and **Cheryl Everett** weren't keeping the books we couldn't have such an orderly process. Thanks to **Nancy Hull's PPR Guidebook** and **Rosie Thompson's** route sheets we had a much easier time of making a step by step evolution. Kudos to **Peter and LuAnn Nicklin** and their band of radio operators and to **Connie Styrowoll** for organizing the food stop posses. **Wilson Hubbell** kept us straight with the law. One of our members, **Don Jeske**, did double duty by not only marking the routes with **Dave James** but also worked all day sagging those same roads. **Ralph Fertig** provided the PPR flyer and patch logo back in March and saw us through the PPR clean up past sundown. This latter service in particular is typical of Ralph's selfless dedication and was much appreciated.

Getting the word out was assisted by **David Lawson** who carried our brochures to all the surrounding century rides. We had the support of the **Santa Barbara Bicycle Coalition** and the other area club members.

GVCC received PPR donations from the following businesses:
Hazard's Cycle Sport, 110 Anacapa, Santa Barbara, CA 93101
Jack's Bagels, 3891 State St, Santa Barbara, CA 93105
Cathedral Oaks Athletic Club, 5800 Cathedral Oaks Rd, Goleta, CA 93117
Big Gear Bike Gear, 324 A State St, Santa Barbara, CA 93101
Bicycle Bob's, 15 Hitchcock Way, Santa Barbara, CA 93105
FasTrack Bicycles, 118 W. Canon Perdido, Santa Barbara, CA 93101
Trader Joe's, 5767 Calle Real Goleta, CA 93117
Dr. J's Bicycle, 225 McMurray Rd #E, Buellton, CA 93427-9573
VeloPro Cyclery, 633 State St, Santa Barbara, Ca 93101
Brooks Firestone, Firestone Winery, POB 36, Los Olivos, CA 91331
Max's Restaurant, 3514 State St, Santa Barbara, CA 93105

It would be great if all GVCC members will support these businesses in return.

Our November 6th meeting will be a critique of the 2004 PPR and looking forward to improvements. If you cannot attend and wish to provide input you may send it to kboehm@silcom.com or call 687-6218. This will be an opportunity to be in on the coordinating for the future.

PPR riders are asking for photos to be posted on our goletabike.org site. If you have them for scanning send them to GVCC, POB 1547, Goleta, CA 93117 or send them electronically gbike@Impulse.net.

If you worked for the PPR and did not receive your PPR cap, please let me know. Caps remain for sale. See the September *Breeze* for a photo of the cap. Kathleen Boehm, 687-6218

If GVCC members have items for sale phone 687-6218 or jdawson@silcom.com for ad submission.

For Sale: Adams Trail-A-Bike, excellent condition, a year old but hardly used because I got a tandem to ride with my grandchildren. New price was \$200, asking \$125. Call Doris at 968-3143 or email cyclebug@aol.com.

OCTOBER MEETING MINUTES...

The meeting on October 6th at Rusty's Pizza was well-attended. **Robert Rainwater** was warmly greeted and was thanked for taking over our website duties. (The editor also noticed how helpful and steadfast he was as a mechanic during the MS ride on the 16th).

Most of our business was predictably concerned with our People Powered Ride on the 10th. There is a tentative date of Sunday, October 9th, 2005, for our PPR ride for next year. It remains to be seen who might volunteer in the role of the overall coordinator. We will revisit this need in future meetings.

Ralph Fertig of the Bicycle Coalition showed us the bike lights that will be distributed to kids as a result of our contributions to their worthy efforts in promoting bike use and safety.

IDYLL IN THE SAN JUAN ISLANDS...

The first lucky ten that jumped at **Lori Haney's** sister's plans to bicycle tour Whidbey and the San Juan Islands the last week of September were blessed with a wonderful trip. **Debby Grant's** preparations made for smooth pedaling, delicious dining, and picturesque accommodations. The perfect weather, the beauty of the islands, and the transportation by ferry made all seem magical. We didn't get to see the pod of 82 Orcas that had visited the day before we got to Lime Kiln State Park but we did see dolphins, bald eagles, kingfishers, ravens, and plenty of gulls.

We missed Stu Haney's wit and wisdom, as he was still recovering from his recent accident. However, with enough chocolate our spirits were high as we pedaled through the autumn foliage while appreciating a slower way of life. One can see the attractiveness of living off the mainland in a time zone defined by ferry arrivals.

Thanks to all our cycling companions, especially Debby, for making our one bicycle trip of the year so memorable.

Kathleen Boehm and Jared Dawson

HAPPY NOVEMBER BIRTHDAY TO...

Amy Frease
Lori Haney
Mark McClure
Bob McFarland
Teele Manning
Frances Miller
Bob Pedinoff
Bob Zimels

Friday Harbor, San Juan Island, Washington



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

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GVCC Jerseys for Sale

A very limited number of the 'new' club jerseys - 3 dolphins on blue, yellow & green background - are available (no L, XL or XXL). They can be obtained from Nancy Hull; please call ahead to arrange a time (965-5392). The cost is \$55. If you choose to have a jersey mailed, mail a \$60 check, payable to GVCC, to Nancy Hull at 963 Fellowship Ln, Santa Barbara, CA 93109; make sure you specify the size.

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 Jersey & Member Sponsors; they help support our club!

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 Nancy Hull at 965-5392 or Hull@sbcc.net.

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
Bicycles LTD, 155 N Fairview,	964-4913
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

Note: the following article was forwarded by our new webmaster, Robert Rainwater; this trip is presented as is, with no direct experience or club recommendation; it does provide some interesting ideas- editor

To All Bicycle Tourists.....

Every year since about 1975 there has been a more or less informal bicycle ride from the California border down the length of Baja to Cabo San Lucas. The last time that I rode it was 1991.

The changes that I hear about over the years for the ride are; 1) more traffic, 2) more places to stay, 3)an off-road group leaves 3 days early from Jacumba along the Eastern edge of Baja and they meet up with the roadies about a third of the way down in Rosarito and continue on the road from there.

Here is a brief synopsis and my personal opinion of the "road" ride; This is a VERY DIFFICULT, but very rewarding ride. It is best to be stoic and get in the mind set of pedaling every mile from the border to "Kilometer 0" in Cabo. It is approx. 1100 miles, done in about 14 bicycling days and 3 rest days. I will be taking the paved road all the way. The beginning and end dates and number of rest days are subject to change slightly and the traditional route is as follows;

Day 0 Dec 29 Tecate 0 miles
Day 1 Dec 30 Tecate to Ensenada 72 miles
Day 2 Dec 31 Ensenada to Colonet 75 miles
Day 3 Jan 01 Colonet to El Rosario 78 miles
Day 4 Jan 02 El Rosario to Catavina 76 miles
Day 5 Jan 03 Catavina to Rosarito 96 miles
Day 6 Jan 04 Rosarito to Vizcaino 97 miles
Day 7 Jan 05 Vizcaino to San Ignacio 44 miles
Day 8 Jan 06 San Ignacio to Mulege 83 miles
Day 9 Jan 07 Mulege to Loreto 85 miles
Day 10 Jan 08 Loreto 0 miles
Day 11 Jan 09 Loreto to Constitution 88 miles
Day 12 Jan 10 Constitution to Conejo 88 miles
Day 13 Jan 11 Rancho Conejo to La Paz 43 miles
Day 14 Jan 12 La Paz 0 miles
Day 15 Jan 13 La Paz 0 miles
Day 16 Jan 14 La Paz to Todos Santos 54 miles
Day 17 Jan 15 Todos Santos to Cabo SL 50 miles
TOTAL 1029 miles

The paved road, although 2 lanes and narrow, is usually good with an occasional stretch that is a mess. The Mexican drivers are usually very good and cautious, especially the trucks. The California motor homes can be about the same as armed terrorists and most of the buses are in a hurry. I recommend using a rear view mirror.

In the "old" days we used to camp quite often, but now you can almost do the whole ride and stay in rooms, but everyone carries basic lightweight camping gear even if only for emergency use. Trust me, carry it. There is no SAG, but you never know if an interested spouse or friend might follow along. Some folks take some cooking and food supplies. This is optional, as it is no problem to get by, food and water wise, in the towns and markets and small "truck stop" type ranchos along the way. Yes, there is bottled water and you should make use of it unless you grew up in Vietnam.

There is a north-south mountain range that we cross about 3 times, maybe getting as high as 3,500 feet or so; NOT AN EASY RIDE.

The climate changes as we trek south. The north is like Southern California, some vineyards, can be cool and rainy or delightful. In the central part there is a high desert type of environment with some very interesting rock gardens and vegetation (Boojum). Further south, the beaches from the Gulf side south are warm and inviting (bring your swim suit).

The Mexican people are terrific, muy simpatico. No one I know has had any bad experiences (read no banditos) and there is safety in numbers anyway. The off-road ride leaves from Jacumba, CA on the morning of December 27th and meets the road group on January 3rd in Rosarito.

The road ride starts in Tecate, MX on the morning of December 30th. Most people stay in a motel in Tecate the night before the start. Tecate is about 45 miles East of San Diego. On the 29th, I'll probably be taking a train from my home in Oceanside to San Diego and then bicycling up to Tecate.

Here are some of the trip and logistical options; Keep in mind Tijuana is just across the border from San Diego and both have airports. Riders can fly back from Loreto, La Paz or San Jose del Cabo (20 miles from Cabo San Lucas). You can take a bus back. You can hitch hike back. You can bike back. You can take a ferry from La Paz over to the mainland of Mexico and continue your tour. There is another road on the Southern tip that loops back to La Paz. In the past we have stayed in Los Barriles on the Gulf of California side of the peninsula. Or you can find a beach that you like, set up your tent, and have your social security check forwarded.

One other thing; THE COST IS FREE, NADA, ZIPPO. You will be paying as you go for your food, rooms, and transportation. In the past people have doubled and tripled and quadrupled up (very cozy). Flexibility is important on this ride. An itinerary is issued so that riders will have the option of riding together or just meeting up in the evening for meals and/or rooms or camping, whatever.

The reason that I am spouting off about this ride is that I would like everyone interested to at least know about it and because the bigger the group, the more fun, in my opinion.

A brief word about equipment. You should know some basics about keeping your bike rolling and have the required tools along to do so. Wheels are probably the area where most people have made mistakes in the past. "Skinny" wheels with less than 36 spokes are not good for fully loaded touring. Even mountain bike wheels should have at least 36 spokes. The first year that I tried the Baja in 1981 or so, I was hitch hiking almost every other day with broken spokes in the rear wheel. Not using a front pannier didn't help the weight distribution either.

So, I'm counting on whoever reads this to at least spread the word about this great Winter vacation.

For further info contact either Burt Reiff 760-732-3938 BURT4754@YAHOO.COM or Paul Griffith 760-728-8908 GRIFFITHPAUL@HOTMAIL.COM