

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

Oct 2008

☞ Bicycle Spoken Here ☞

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

NEXT GVCC MEETING: Saturday, October 4, 11:30am, Rosie's, 4634 Mint Lane. The meeting will follow the Newcomer's Ride.

NEWCOMERS RIDE: Saturday, October 4, 9am, Java Station. Everyone is welcome to join this leisurely paced ride around Goleta. No one is ever left behind.

REPORT ON SEPTEMBER NEWCOMER'S RIDE: Special thanks to GVCC members Hildy, Bob Young, Annemarie, Don Jeske, Hank and Joan, and Owen for coming out for our ride from Java Station. The "newcomers" who joined us for our loop around Goleta: Frank (wrote a nice column in the SBNP and rode last month), Paula and Roy (new members), JC, Jim, Julie (not really new but a member we haven't seen in a while).

SEPTEMBER MEETING REPORT (the minutes are posted elsewhere in this issue): Hildy was our gracious host for the meeting as we sat on the patio of the Rancho Santa Barbara Rec Building. What a lovely place for a meeting. Hildy served a delicious lunch and those of us who rode were very happy to eat. Thank you, Hildy!

BOB McFARLAND PEOPLE POWERED RIDE: Registration is open and our website contains all the information you need and a link to Active.com. The date is Sunday, October 12 at Crossroads Estate, Firestone Meadow. Volunteers, please check the listing elsewhere in this newsletter to confirm that your name is listed, if not, contact Doris. If you haven't signed up, we need you.

From Bicycling Magazine's 250 Best Cycling Tips: Skills – Road Hazards: Cross railroad tracks near the side of the road. It's less worn there than in the center. Always cross with your wheels perpendicular to the rails, and be extremely careful if they're wet.

Perhaps the simplest way to stop an attacking dog when you can't outspurt it is to yell, "No!" or "Go Home!" Repeated several times in a strong voice, these commands mimic the dog's owner and may put an abrupt end to the chase.

Don't ride through a puddle if you can avoid it. It's not uncommon to find a gaping hole under the water.

Be especially cautious when rain begins, particularly if it's been dry for a few days. Oil and dust will float to the road surface, making traction treacherous. But as rain continues and washes this slippery stuff away, traction may become almost as secure as on a dry road. Painted lines and steel surfaces (manhole covers, grates, railroad tracks, bridge decks) are always slick when wet.

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.





HAPPY OCTOBER BIRTHDAYS TO...

Jack Chestnutt
Jared Dawson
Kim Fox
Dan Macken

NEW MEMBERS THIS MONTH



Peter Loomis
Paula & Roy Phillips
Patricia Starr

****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**

From Bicycling Magazine's 250 Best Cycling Tips: Health – Feet: Relieve your feet by occasionally not pushing down for several strokes. By only pulling up, you reduce pressure on your soles and enhance blood circulation.

At the first sign of foot discomfort on a long ride, slightly loosen your shoelaces or straps. Feet tend to swell as the miles go by, and it's the resulting tightness and restricted blood flow that causes pain and the sensation of heat.

Hands: To prevent numbness in the hands caused by the compression and hyperextension of the nerves passing through the wrist into the palm, cushion the pressure points. Padded gloves and handlebar covers go a long way toward solving the problem.

Change your hand position every 3-5 minutes. On a road bike, go from the tops to the lever hoods, to the hooks, to the drops, and all points between. Each change alters the angle of your back, neck, and arms, bringing some muscles more into play as others are stressed less. This is a key to comfort on long rides. On a mountain bike, move your hands to difference parts of the grips or install bar ends.

Rides Needed!!!!

Hi GVCC Members,
We always need ride leaders. 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 a mocha/latte/espresso/double espresso.

Contact Lori Haney, lhhaney@cox.net

Minutes GVCC September 6, 2008 meeting

With hurricanes Hanna and Ike barreling through the Caribbean and heading towards the eastern US, we had our own hurricane forces descend upon us on Saturday, September 6th for the monthly Newcomer's ride. Usually this is an "oldcomer's ride" but with a turnout of 14 able-bodied riders, the peloton rode the streets of Goleta in grand style. Afterwards our monthly meeting was held on the patio of the Rancho Santa Barbara Clubhouse where those in attendance had a burrito brunch. President Doris called the meeting to order at 12:30pm. With our upcoming annual People Powered Ride seemingly under control, we addressed the issue of what to do with the McFarland jersey funds and decided that we needed more time. It was resolved however to upgrade our signage for PPR especially at the entrance to the Meadows.

Our next GVCC monthly meeting and last one before PPR will be held at Rosie Thompson's on Saturday October 4th at noon following the monthly Newcomer's ride (see president's column for more details). Meeting adjourned at 12:45pm.

Respectfully submitted,
Hildy Hoffmann, Recording Secretary

PEOPLE POWERED RIDE 2008

October 12, 2008.

We will continue with our Wine Harvest Festival theme. To make PPR a success we need lots of volunteers; please let me know if you are available to help on the day of the ride or if you can assist with preparations prior to the ride day.

<< PPR 2008 Volunteer List >>

1. Doris Phinney Coordinator Registration
 - a. **Day of ride check-in and set-up**
 - Rosie Thompson
 - Hildy Hoffman
 - Jeanne Antrim
 - Frank Newton
2. Bob Zimels Coordinator, Park permits, community contact, other permissions
3. Hildy Hoffman Coordinator BBQ, Food setup and service
 - a. **Food setup and service VOLUNTEERS NEEDED**
 - Dave Lawson
 - Ed and Pat
4. Cheryl Everett Coordinator for trash and porta-potties
5. Kathleen Boehm Coordinator for Rest Stops
6. Jared Dawson Coordinator for Rest Stops
 - a. **Rest Stop VOLUNTEERS NEEDED**
 - Dave Cantero & Tailwinds River Park Rest Stop
 - Yolanda Blue Los Alamos Rest Stop
 - Barbara Petronis Los Alamos Rest Stop
 - Karen Cottriel + friend Santa Maria Mesa Rest Stop
 - Michele DeCant Hans Christian Andersen
7. Dave James Coordinator for course marking
8. Don Jeske Coordinator for sags and mechanics

SAG VOLUNTEERS NEEDED, GVCC will reimburse you for gas

- a. Bill & Wendy, Jack & Cheryl

9. Owen Patmor Food buyer, and anything else we ask of him.

Please contact Doris Phinney (968-3143 or cyclebug@aol.com) to volunteer your help on October 12, 2008.

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, only 3 left.

ADVENTURE CYCLING MAPS: GVCC has received a set of 8 bicycling maps, the complete set for the Lewis & Clark Bicycle Trail. If you are interested in borrowing these maps, please contact Doris.

Free Bike Bells



Wilson Hubbell has been handing out some of the bike bells that were funded by GVCC. So far he's distributed 90 bells at the junction of the Maria Ygnacio and Obern trails. People are really grateful to get them (hey, they're free!), and lots of nice comments about GVCC and SB Bike Coalition for making this happen.

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
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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:

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.