

The Breeze



The Newsletter of the Goleta Valley Cycling Club

po box 1547 goleta ca 93116

www.goletabike.org

September 2009

☞ **Bicycle Spoken Here** ☞

GVCC President: Doris Phinney, 968-3143,
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NEWCOMERS RIDE: Saturday, September 12, 9am, Tuckers Grove, 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 SEPTEMBER POTLUCK MEETING: Saturday, September 12, 3pm, Tucker's Grove. Mark your calendar for the first meeting of the 2009-10 year. Bring your ideas and food to share. Will we stage PPR in 2010? Where will we stage it? Think about it and bring other ideas for fundraising.

WEAR YOUR HELMET: There has been some recent discussion about choosing (or not) to wear a helmet. My personal opinion is that cyclists of all ages should be required to wear a helmet because it saves lives and reduces head injuries. Motorcyclists must wear helmets and we are required to "buckle up" in the car. It makes no sense to me that children are required to wear helmets when bicycling, but adults aren't.

Here's an account of a recent incident in which I was involved with helmet use. Owen and I were camping at June Lake in the Sierra and took our Bike Fridays along to hopefully keep up with our mileage goals for the year and enjoy the June Lake Loop. Among our fellow campers we made some new friends who brought bicycles along.

Ken (not his real name) drove down from Oregon to camp with his son and grandsons. He's an experienced cyclist having toured across the country

and nearly every state, self contained. He was prepared to go for a short ride along the June Lake Loop.

Karen (not her real name) lives in Santa Barbara and barely escaped losing her home in the Jesusita Fire. She brought a nice converted-to-commuter mountain bike. She also wanted to ride a stretch of the June Lake Loop. She didn't bring a helmet, but suggested that it would be okay since we weren't riding very far.

On the morning we were preparing to ride, Owen decided to rest his knee and hang out by the Lake. Ken and Karen and I met in our campsite and then I noticed that Karen didn't have a helmet. She asked if I thought it really necessary for her to wear a helmet on this short ride. "I never ride anywhere without my helmet." I replied. Somewhat reluctantly she agreed to let me fit Owen's helmet on her head and we started out.

The June Lake Loop is very scenic with four lakes to ride by. The road is narrow, but on a weekday there is little traffic and the locals are used to cyclists. I have never felt threatened on any of the many loops I've ridden. It was soon apparent that Karen was not as experienced a rider as I thought.

After a short climb out of June Lake Village there is a lovely descent and since I love to go fast I soon left Ken and Karen behind. I stopped, as promised, at a market to wait for them to catch up. Ken came along and we chatted and waited for Karen. I assumed that she was riding cautiously down the grade. Eventually some people in a motor vehicle stopped and asked if we were riding with a woman. Apparently Karen had crashed, but she was not seriously injured. (continued)

Ken and I leapt on our bikes and pedaled like crazy back up that grade until we found Karen on the side of the road with some other kind motorists. She appeared to be a little shaken up, but suffered only a minor bit of road rash. She had been riding too close to the edge of the pavement and went off and lost control. We called one of our fellow campers to come and pick her up; we were only about a mile and a half from the campground.

With Karen and her bike loaded up, Ken and I continued around the loop. It wasn't until we returned to the campground and were talking with Karen that we checked the helmet and realized that, in fact, her head had hit the ground. We were all pretty happy, especially Karen, that she had worn Owen's helmet.

Moral: Don't be shy about insisting that other people wear a helmet when riding with you. They may very well end up thanking you, as Karen did.

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 lhane@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.



HAPPY SEPTEMBER BIRTHDAYS TO...

**Anne Chen
Julie Lopp
Billie Manning
Suzanne Michaud**

NO MEMBERS THIS MONTH

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.



From *Momentum is Your Friend*, by Joe Kurmaskie:

“The best car safety device is a rear view mirror with a cop in it.”

—Dudley Moore

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
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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 \$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.