

TAILWINDS BICYCLE CLUB

July/August 2010 <http://www.tailwindsofsantamariabc.org> Editor: Diana Cantero
Tailwinds of Santa Maria BC is a member of the Santa Maria Valley Chamber of Commerce



FROM THE PRESIDENT

Okay, so the weather is hot and windy. We enjoy the "tailwinds" "but not the big headwinds. Hang in there riders, the wind can't last forever and the temperature has been great for riding.

Janelle's "Pulled Pork" ride was not for the weak . We made it to Buellton in blinding speed but coming back the ride was hilly and windy. It posed a bit of a challenge for us "older folks". However, the great food: the desserts, side dishes and pulled pork made it all worthwhile. Janelle makes a great pulled pork. We have some very good cooks in our club and all our potlucks make our rides and meetings very enjoyable.

As we get closer to THE WINDMILL date, our yearly fundraiser, things are starting to shape up and everything seems to be going smoothly. As of this writing we have 174 registered riders. If you haven't volunteered to help with this event and you want something to do, contact Tom Murphy: 934-3375. or: tommurphy@kcoy.com. This is our big fundraiser for the year and it involves a lot of work and a lot of volunteers. To those of you who have already volunteered: a big "Thank You".

I also want to thank Maia Lewis for the excellent job she did in choosing the three elementary schools and coordinating the process for our Safety Essays and Bike Giveaways. The three schools for this year were: Ontiveros, Miller and Robert Bruce. During the give-aways I enjoyed watching Maia in her teaching element. As a retired teacher herself, she was bursting with pride at the work the children did trying to win a bike, helmet and lock. The children who won were very happy as were their classmates. This is a project that is always well received. It feels good to educate the kids about bicycling safety. They respond well to Victor's talk about his accident and they are always impressed with his banged up helmet. Gary Shaw's talk about locking up their bikes and his blues harmonica rendition of "My Bike Is Gone" is also a big hit.

Don't forget the Pre-Ride for the WINDMILL is on Saturday, July 10 and 11. That is when club members get to ride the WINDMILL route, divided over Saturday and Sunday, for free. Tiny Tim Brookshire will SAG so there's no reason not to do it. Tricia Fertig will lead the ride both days. It will also give us an opportunity to see what the road conditions will be like for the WINDMILL riders.

Ms. Peggy LeDoux is organizing a Picnic/Barbecue ride for Monday, July 5th. She claims that Steve makes the best ribs in town so join us at the Vandenberg picnic grounds. Bring a dish and do your Fourth of July ride with fellow club members. We plan to have about three different rides. Since Monday is a holiday, you can't say you have to work. Call Maureen Black (937-1519) for details. I plan to BBQ and we should have a great time.

By the way, Jim hosp got married on June 19th and I think, when he settles down, he will start riding with us again. At least I hope so since he is the ride leader for the Choo-Choo in September. So give him a call, congratulate him and tell him to get back on his Bike.

Chuy and I will be looking for you on the road: peddling away, enjoying the scenery and "gossiping".

Dave Cantero
President



The 2010 windmill century



July 17, 2010 Santa Maria, CA

Feast on the delicious Santa Maria Style BBQ!

*Get back to nature: bike through scenic canyons,
ranches, and lush rolling vineyards,
still untouched by the city*

Enjoy the cool scenic central coast of California

Reasonable \$55 entry fee includes: colorful T-shirt,
lunch, rest stops, route lists, SAG, sirloin, chicken, or veggie
BBQ , and lunch on the century route

Register now on www.Active.com

Check out our website: <http://www.tailwindsofsantamariabc.org>
Email: tailwindsofsantamariabc.org

RIDE CALENDAR JULY 2010

ALL Tuesdays:	Route to be determined by group	25-30 miles	Loading Dock	8:30 AM
ALL Thursdays:	Guadalupe	24 miles	Master's Donut	8:30 AM

Ride descriptions on page 4

All rides meet at 8:30 unless otherwise stated.

<u>DATE</u>	<u>LEADER</u>	<u>PHONE</u>	<u>DESTINATION</u>	<u>MILES</u>	<u>MEETING PLACE</u>
JULY 3	Dave Cantero	937-4097	Village Café via Harris Grade Ride # 2	34 miles	Loading Dock
MONDAY JULY 5	Peggy LeDoux		Vandenberg Picnic Grounds Ride		Call Maureen Black 937-1519
JULY 10 TWO RIDES SCHEDULED	(1).. Tricia Fertig (2 Tom Murphy)	260-6221 - 934-3375	WINDMILL PRE RIDE First Half of Windmill Pioneer, Bull Canyon, 166, Tepesquet, Cat, Palmer	Los Alamos, Alisos Canyon/ Pioneer Park 50 miles 66.21 miles 3779 feet	PIONEER PARK Edwards Community Center 7:30 AM
JULY 11 SUNDAY	Tricia Fertig	260-6221	WINDMILL PRE RIDE Second Half of Windmill	50 miles	PIONEER PARK
TUESDAY JULY 13 	Dave Cantero	937-4097	TAILWINDS CLUB MEETING	NO POTLUCK THIS MONTH	Edwards Community Center 7:00 PM Social Time 7:30 PM Business Meeting
JULY 17 	THE WINDMILL	THE WINDMILL	THE WINDMILL	THE WINDMILL	THE WINDMILL
July 18 SUNDAY	Tricia Fertig	260-6221	Santa Maria Mesa Ride # 5		Albertsons on Clark/ Bradley
JULY 24	Tricia Fertig	260-6221	San Antonio Triangle	27 miles	Loading Dock
JULY 31	Maureen Black	937-1519	Santa Rosa Road	36 miles	9 AM Home Depot Lompoc

RIDE CALENDAR AUGUST 2010

ALL Tuesdays: Route to be determined by group 25-30 miles Loading Dock 8:30 AM

ALL Thursdays: Guadalupe 24 miles Master's Donut 8:30 AM

Ride descriptions on page 4

All rides meet at 8:30 unless otherwise stated.

<u>DATE</u>	<u>LEADER</u>	<u>PHONE</u>	<u>DESTINATION</u>	<u>MILES</u>	<u>MEETING PLACE</u>
August 7	Gary Shaw	922-6068	Huasna Ride # 9	36 Miles	9 AM Gazebo in Arroyo Grande
Tuesday August 10 	Dave Cantero	937-4097	TAILWINDS CLUB MEETING <u>POTLUCK</u>		Edwards Community Center 6:30 PM DINNER 7:30 PM BUSINESS MEETING
August 14	Steve Powers	937-0168	Los Alamos to Los Olivos	50 miles	Loading Dock
August 21	Susan Nunn	934-4136	TBA		
August 28	Victor Cabatuan.	343-6799	Tour de Nipomo Ride # 14	42.8 miles	Edwards Community Center

Have you renewed your membership for 2010 yet?

RIDE DESCRIPTIONS

2 Village Café Ride 34.3 miles

Loading Dock-8:30 Hwy 101 & return Harris Grade or Reverse route

R. Rice Ranch Rd.	-----.7-----	.7
R. Graciosa Rd.	-----4.2-----	4.9
L. Hwy. 1	-----12.0-----	16.9
L. Constellation Rd.	----- .1-----	17.0
L. into parking center to Village Café	----- .1-----	17.1
L. Constellation	----- .3-----	17.4
R. Burton Mesa Rd.	-----1.6-----	19.0
L. Harris Grade Rd.	-----7.0-----	26.0
L. Hwy 135	-----3.4-----	29.4



5 Albertson's Tepuesquet 28 Mi.

Albertson's (Clark & Bradley) 8:30 for a ride down Clark , Dominion, Palmer, Foxen Canyon, Tepusquet, Santa Maria Mesa Dominion & back to Albertson's. About **28** miles.

R. Clark	----- 4.0-----	4.0
R. Dominion	----- 3.6-----	7.6
L. Palmer	----- 2.5-----	10.1
R. Foxen Cny.	----- 2.5-----	12.6
L. Tepusquet Rd.	----- 1.2-----	13.8
L. Santa Maria Mesa Rd.--	4.5-----	18.3
R. Foxen Rd.	----- 2.5-----	20.8
L. Dominion Rd.	----- 3.2-----	24.0
L. Clark Av.	----- 4.0-----	28.0

9 Huasna Ride 36 mi.

Meet at the Gazebo in Arroyo Grande 9:00. **31 miles**

Bring plenty of water & snacks.

Come ride past the DINOSAURS

R. To Mason St.	----- .1-----	.1
R. Mason St.	----- .3-----	.4
L. Allen St.	----- .2-----	.6
R. GardenSt.	----- .1-----	.7
L. Cherry St.	----- .1-----	.8
R. Branch Mill Rd.	-----2.1-----	2.9
R. Huasna Rd.	-----9.9-----	12.8
R. Hausna Township Rd.--	2.8-----	15.6

Reverse Route For Return: Total 31.2

ALWAYS RIDE SAFELY

Ride single file
on the right side of the
road.

Always pass another
cyclist on the left,
not the right.

Always say "Passing"
when passing an-
other cyclist.

Stop at all STOP signs:

|

t is the law.

It shows respect for self
and others.

The 2010 WINDMILL CENTURY

will be held July 17th. Look for a report and pictures of the event in the September/October issue of the Newsletter.

Thanks to all who volunteered and participated in this wonderful fund raising event the proceeds of which go toward purchasing bikes, helmets and locks for our yearly Bike Giveaway program as well as donations to other charitable organizations

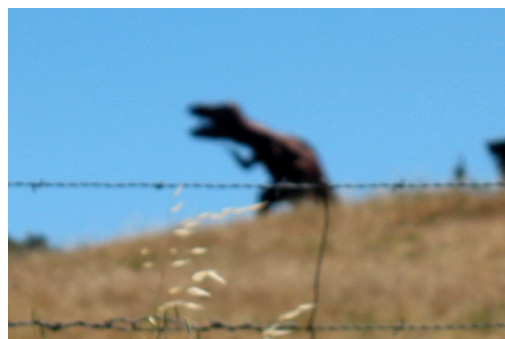


Huasna Ride .

On June 5th the Tailwinds met at the Gazebo in Arroyo Grande for a 36 mile ride to Huasna Township and back to Arroyo Grande. The ride included a view of the Dinosaurs. The temperature reached 103 but the riders stuck it out and everyone had a good time. After the ride the group stopped for a beer, iced tea or lots of water and a little lunch before heading for home. Meet at the Gazebo in Arroyo Grande 9:00. **31 miles**



This guy looks pretty scary standing by the side of the road.



Has anyone seen Barney?



Tiny Tim, Sieve and Maia take a break.



Ashley and Victor look like they're ready to go another 36 miles.

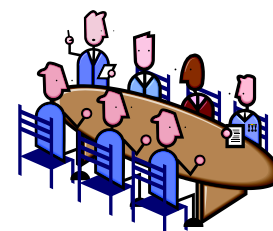
MARK YOUR CALENDARS.....TAILWINDS CLUB MEETINGS

TUESDAY, JULY 13TH,,,,NO POTLUCK THIS MONTH DUE TO THE WINDMILL.

Donuts, coffee and Social time: 7 PM,
Business meeting begins at 7:30 PM

TUESDAY, AUGUST 10TH....POT LUCK MEETING

Bring a dish Dinner at 6:30 PM Business meeting at 7:30 PM.
Agenda will include review of the WINDMILL CENTURY and ideas for next year's event.



TAILWINDS BICYCLE CLUB

Of Santa Maria, CA

MEMBERSHIP APPLICATION

www.tailwindsbc.org

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Phone () _____ Cell Phone () _____

Emergency Contact Person _____ Emergency Contact Phone () _____

Referred By: _____

Tailwinds Bicycle Club has a Club Roster and a newsletter that is sent to members on request.

_____ Send me a Club Roster.

_____ Send me a newsletter.

In the club roster DO NOT list my: _____ Address _____ Home Phone _____ Email Address

Do you wish to receive Club emails? _____ Yes _____ No

T-Shirt size: _____

Membership Dues:

The Tailwinds Bicycle Club operates on an annual membership basis. All memberships run from January 1 to December 31. New members who join between September and December of one year will have a membership that lasts through the end of the following year.

TWO YEARS	ONE YEAR
_____ Single 2 year membership \$30.00	_____ Single 1 year membership \$15.00
_____ Family 2 year membership \$40.00	_____ Family 1 year membership \$20.00
_____ TOTAL	_____ TOTAL

Please sign the waiver on the reverse side and mail it together with a check made payable to:

Tailwinds Bicycle Club of Santa Maria, Inc.

P.O. Box 48

Santa Maria, CA 93456

**LEAGUE OF AMERICAN WHEELMAN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")**

And Tailwinds Bicycle Club of Santa Maria, Inc. Membership Confirmation

The Tailwinds Bicycle Club of Santa Maria, Inc. (The CLUB) is a recreational, social, and sport cycling nonprofit organization committed to promoting safety, health, and fitness through the shared social activity of bicycling. This signed waiver represents membership in The CLUB. Hard helmets (CPSC, CE, ANSI or Snell-approved) are required, and, if you do not wear a specified hard helmet or sign this waiver, you are disqualified from the Ride you are on.

IN CONSIDERATION of my application and being permitted to participate in any way in TAILWINDS BICYCLE CLUB OF SANTA MARIA, INC.-sponsored Bicycling Activities ("Activity") I, hereby take action for myself, my personal representatives, my executors, administrators, assigns, heirs, next of kin, and successors:

1. ACKNOWLEDGE, agree, certify, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, in proper physical condition, and sufficiently trained to participate in such Activity, and have not been advised otherwise by a qualified medical person. 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 other individuals or entities participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there 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. ACKNOWLEDGE, agree, certify, and represent that I understand that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating &/or volunteering in this event I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault, including negligent rescue operations. I further acknowledge agree, certify, and represent to fully comply with the California Vehicle Code.

4. HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND COVENANT NOT TO SUE The CLUB, the LAB, and/or their respective administrators, directors, agents, officers, members, volunteers, and employees, representative, other participants, any event sponsors, event directors, event volunteers, event advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, [including but not limited to Lucas & Lewellen Vineyards, City of Santa Maria Parks & Recreation, Santa Barbara County Parks, and State of California CAL TRANS, (each considered one of the "RELEASEES" herein)] FROM ALL LIABILITY, FOR MY DEATH, DISABILITY, PERSONAL INJURY, PROPERTY DAMAGE, PROPERTY THEFT, OR ACTIONS OF ANY KIND WHICH MAY HEREAFTER ACCRUE (to me or my traveling to and from this event), 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 Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim. This WAIVER shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

5. HEREBY CONSENT to receive any medical treatment, x-ray exam, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care, which is deemed advisable by and to be rendered under the general or special supervision of any physician and surgeon, licensed under the Provision of Medicine Practice Act, or any dentist licensed under the Dental Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or dentist, at the hospital, or elsewhere, which may be deemed advisable in the event of injury, accident and or illness during this event. This authorization will remain effective while en route to or from involved or participating in the Windmill Century, Holiday Halves, Ragged Point Ride, or any other "CLUB" events, unless revoked in writing by undersigned and delivered to aforesaid CLUB.

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.

I CERTIFY THAT I HAVE READ THIS RELEASE IN ITS ENTIRETY AND HAVE SIGNED BELOW.

PRINT NAME	SIGNATURE	DATE

PARENT OR GUARDIAN WAIVER FOR MINORS (Under 18 years old) SIGN BELOW

And I, the minor's parent and/or natural or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasee's from all liability, claims, demands, losses, or damages on the minor's 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 further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

I CERTIFY THAT I HAVE READ THIS RELEASE IN ITS ENTIRETY & HAVE SIGNED BELOW AS LEGAL PARENT OR GUARDIAN OF SAID MINOR.

PRINT MINOR'S NAME	AGE	SIGNATURE OF PARENT/GUARDIAN	DATE

THE BIKE GIVEAWAY AT ONTIVEROS ELEMENTARY SCHOOL

Was held April 30th. Tailwinds members showed up to award the kids with their bikes, helmets and locks. Dave Cantero and Jim Hosp brought in the bikes, purchased at Pedal Power Bicycle store, on Broadway, and gave a talk on bike safety. The awards were presented at two different assemblies due to the size of the presentation area.



Dave Cantero talks to the students about bicycle safety and wearing their helmets.



Oh Oh! Looks like Dave's speech put Jim Hosp to sleep. Wake up Jim!!



Dave Cantero congratulates a bike winner while Dave's grandson Chris watches.



Dave confers with school principal, Mrs Ontiveros, before the giveaway.



The happy winners with their new bikes and helmets



5th

Bike Riding Tips

Bike riding is healthy, but it can also be dangerous.

It is important to be careful when riding your bike so you won't get hurt.

Before you ride your bike, you need a helmet. Once you have a helmet, it has to fit you properly. If you fall down and you're wearing your helmet, the helmet protects your head. It's also a law to wear a helmet.

Before you use your bike, you need to make sure all of your equipment works. You need to make sure that your tires work properly, and check that the handle bars are tight. Make sure that the seat is put on right and tight.

Before you go on the street, you need to be ready to ride carefully. When a vehicle is

Juan
Jara

accelerating, you should not get close to the vehicle. When you cross the street, look around for vehicles. Never ride your bike on a very busy street.

Riding a bike can be healthy, but also dangerous. Bike accidents can even be fatal. You need to wear a proper helmet, make sure that all of your equipment works, and look out for traffic. I do not want to get hurt because I want to be a fire fighter and I have to be in a good condition to help people.

The above Essay was written by one of the winners at Robert Bruce Elementary school.

BOARD OF DIRECTORS 2009

President: David Cantero...
dd.cantero@verizon.net

Vice President: Tom Murphy
tommurphy@kcoy.com

Treasurer: Janelle Hann...
jhann10683@aol.com

Secretary: Maureen Black
mm42@hotmail.com

Newsletter Editor: Diana Cantero
tailwinds@tailwindsofsantamariabc.net

WELCOME



NEW MEMBERS

GERALD AND ELIZABETH JONES

WINDMILL SUPPORTERS 2009

Chumash Casino

Cycle Star Bicycles

Main Street Cycles

Pedal Power

Central Coast Cyclery

Ira's Bike Shop

Coca-Cola

Home Town Buffet

Marian Medical Center

Wal-Mart

Toyota of Santa Maria

Honda of Santa Maria

Driscoll's Strawberries

Culligan

Llewelyn Winery

Conoco Phillips Refinery

L'Equipe Arielle (Los Olivos)

Make Dreams Real

Mosaic Business Services

NOT RECEIVING club emails or a copy of the newsletter? It may be because we do not have your correct address. Please notify us of mail changes to: Tailwinds Bicycle Club, PO Box 48 or: tailwinds@tailwindsofsantamariabc.org

TAILWINDS BICYCLE CLUB

P.O. BOX 48

SANTA MARIA, CA 93456

MEMBERSHIP

Single 1 year membership \$15.00Family 1 year membership \$20.00

For your convenience: Application and waiver may be found on pages 7 and 8 of this newsletter and on our website:
<http://tailwindsofsantamariabc.org>

Please sign both and return along with your check to:

TAILWINDS BICYCLE CLUB OF SANTA MARIA, P.O. BOX 48, SANTA MARIA, CA 93455

