

July/August 2012 <http://www.tailwindsofsantamariabc.org> Editor: Diana Cantero

Club Masthead Designed by Rich Seidenberg

Tailwinds Bicycle Club of Santa Maria is a member of the Santa Maria Valley Chamber of Commerce



## FROM THE PRESIDENT

Confucius say:

Cyclist who rides in front of car gets tired;  
Cyclist who rides behind car gets exhausted.

We are approaching a very important time of year for our bicycle club – The **Windmill Century**. Our annual ride is our main fund raiser so that we can provide bikes, locks, and lids for kids throughout the year. Putting on the ride is a monumental task, and even though the same dependable people have been involved for years, it takes a lot of support from all members. If you haven't volunteered to help with the Windmill this year, please step up and help out. Please contact Tom Murphy at 805-934-3375 or [sisquoctom@yahoo.com](mailto:sisquoctom@yahoo.com).

At our June monthly Club meeting we had Officer Rob Wallace from the CHP talk with us about **bike safety** in our area. Rob indicated that they are seeing more and more cycling accidents and, as Public Information Officer, he is working hard to encourage the safety of cyclists through various programs aimed at both motorists and cyclist. He asked our support as cyclists by riding single file on the right side of the road when a car approaches from behind, obeying all traffic laws, and stop at stop signs. **Remember; stopping at stop signs is the law, is safe, and is good PR for cyclists.**

On the subject of safety, the so called "**3 foot law**" is working its way through the California legislature and is expected to become law. It provides that motorists are required to stay 3 feet away from cyclists when passing. The passing vehicle would legally be allowed to cross a double yellow line in order to make the pass.

Remember the **RULES OF THE ROAD** as put forth by the League of American Bicyclists:

Follow the law  
Be predictable  
Be conspicuous  
Think ahead  
Keep your cool

The Santa Barbara "**County Bicycle Master Plan**" will be discussed at the August monthly meeting of the Tailwinds Bicycle Club. The Bicycle Master Plan "is intended to catalog existing infrastructure and identify the improvements necessary to enhance the bicycle transportation network throughout the County". Courtney Dietz, Project Manager, and Matt Dobberteen, County Public Works, are scheduled to attend our meeting and discuss the Plan and get our input. The Plan was originally developed in 1999 and updated in 2005. You can view the draft of the Plan text and maps at: [www.countyofsb.org/pwd/pwroads.aspx?id=39304](http://www.countyofsb.org/pwd/pwroads.aspx?id=39304). Please plan to attend this important meeting on Tuesday August 14, and hear about the County plans for bicycle transportation and give your input of what needs to be done to enhance our biking experience.

Ken Dally



## **RIDE CALENDAR**

All rides start at the Loading Dock in Old Orcutt unless otherwise specified. Be ready to ride at 8:30AM.

Tuesday and Thursday rides require the rider to be able to maintain a minimum speed of 10-16 mph. These rides vary from 25 to 35 miles with occasional climbs.

The Saturday "Social Rides" are a two hour long, local ride, on the second and fourth Saturday of each month. These rides are designed for riders who are interested in a shorter ride and for beginners. Faster, more energetic riders can start out with the group and then continue further and faster if they wish or a second, more challenging ride, may also be posted for the same day. Some Saturday rides may be more difficult/longer and may require .the ability to climb well in order to keep up with the group and/or maintain a pace line.

To post the Saturday rides, Ride Leaders are needed. If you would like to lead a ride, contact

Maureen Black at: blackmm42@hotmail.com or

Rich Seidenberg at: rbseid@comcast.com

### **TUESDAY AND THURSDAY RIDES**

Tuesdays Show and Go...Meet at The Loading Dock in Old Orcutt...8:30 ...A 25 to 30 mile ride with the destination to be decided by the group. At times there may be some climbing....Ride Leader is Dave Cantero

Thursdays...The Larry Moore "Breakfast in Guadalupe" ride...Meet at Master's Donuts, Betteravia and Miller, at 8:30 ... Ride to Guadalupe, stop for coffee and/or breakfast and return to Santa Maria....This ride is mostly flat and good for beginners who ride at least 12 to 16 MPH.... Some, more energetic riders, may choose to continue up to the Pt Sal Gate.

### **SATURDAY/SUNDAY RIDES**

May be found on our website: <http://tailwindsofsantamariabc.org/>

### **TAILWINDS CLUB MEETINGS**

The second Tuesday of every month. Meet at Edwards Community Center, 809 Fremont Drive (North of Pioneer High School), at 7 PM.

### **PARTICIPATING BIKE SHOPS**

These bike shops offer a 10% discount to Tailwinds members on most stock items Please show your membership card to the sales person prior to the sale.

PEDAL POWER 349-2294 1740 S, Broadway, SM

MAIN STREET CYCLES: 922-5577 311 E. MAIN ST. SM

CENTRAL COAST CYCLERY: 934-2003 1157 E. CLARK, STE 1, ORCUTT

TRINITY CYCLERY: 473-8324 1343 W. GRAND, A.G.

BICYCLES UNLIMITED: 736-4064 660 N. H STREET, LOMPOC

HART VELO BIKE SHOP: 929-2258 150 N. THOMPSON, NIPOMO

IRA'S BIKE SHOP: 489-2621 107 BRIDGE, A.G.

ART'S CYCLERY: 540-7969: 181 SUBURBAN ROAD S.L.O.

THE BIKE CONNECTION: 736-4849 200 W. OCEAN, LOMPOC

CYCLE STARS 347-1950 COLLEGE SQUARE, STARBUCK'S SHOPPING CENTER, SM

WALLY'S BIKE SHOP 544-4116 306 HIGUERA ST, SAN LUIS OBISPO,



**“THANK YOU” TO ALL THE VOLUNTEERS OF THE 2012 WINDMILL CENTURY**

It takes a lot of people, working together, to put on our yearly fund raiser. Special thanks to our Captains and their crew:

- Chairperson: Tom Murphy
- Registration: Victor Cabatuan
- SAG: Sue Nunn;
- Rest Stops and Lunch: Jim Hosp and Janelle Hann
- Tee shirts: Maia and Steve Lewis
- Sponsors: Maureen Black
- Advertising: Diana Cantero
- Course Layout and marking: Tom Murphy;
- BBQ: Dave Cantero.

To all who volunteer to do the smallest of jobs. To all who volunteer to do the toughest of jobs.

Pictures and a report on the 2012 Windmill were not available as of this issue. Look for lots of pictures in the September/October issue of the Newsletter. Next year’s WINDMILL will be held on July 20th so get ready everybody. Let’s aim for Bigger and Better!!!



The 2011 Registration Team.

**TAILWINDS JERSEYS**



Have you ordered your Tailwinds Jersey yet?

Do you need a new/extra one?

**They make a nice Christmas gift!!**

Jerseys will be on sale at the Windmill

or you can order from Janelle Hann

(phone: 934-4279) or email: [jhann10683@aol.com](mailto:jhann10683@aol.com)

## Gene Cerise Memorial Country Coast Classic Bike Ride

Pictures by Victor Cabatuan

The “Cambria Ride” as most of us call it, was held on Saturday June 23<sup>rd</sup>. Many Tailwinds Club members participated in the ride, which started in 2001 as a volunteer-driven event, Its proceeds benefit Cambria teens through the support of a teen community center. The ride is in partnership with the San Luis Obispo County YMCA which operates programming for the Cambria Teen Center.



## HOW TO RIDE IN A PACELINE

By Patrick Brady • [Red Kite Prayer](#) .....From Active.com Newsletter

*Below is an excerpt from the book "The No-Drop Zone: Everything You Need to Know About the Peloton, Your Gear, and Riding Strong" by Patrick Brady. The 250-page book outlines all aspects of road cycling for beginners, from riding skills to bike gear to the cycling lifestyle. Learn more about the book [here](#).*

The first step toward riding in a group is learning to draft another rider. Drafting can cut your effort by a third—sometimes more—depending on how close you follow the rider ahead of you and how large that rider is. The bigger the rider, the better the draft. The best way to learn how to draft is to ride in a pace line.

### *Riding in a Paceline is a Basic Cycling Skill*

The simplest form of group riding to learn is the single paceline. Single pacelines are usually made up of a small group of riders—they can be hard to keep organized with more than 10 or 12 riders. Your turn at the front is like playing locomotive to a train and it is called "taking a pull." This isn't literal, of course, but your effort is referred to as your "pull." After pulling at the front for a period of time (some groups might choose 30 seconds, a minute, or more depending on speed, fitness, or other factors such as traffic), the rider will "pull off," meaning the rider moves either to the left or right out of the line and drops to the back of the group. In this version, riders line up single-file and the rider at the front pulls the group for a period of time (again, the length of time may be dictated by speed, fitness, or road conditions) and then rotates off and drops back. For the safety of the group, it is generally best to pull off to the left after checking the traffic behind the group.

### *Basic Skills for Group Riding*

The pace should remain consistent when you get to the front. If the pace is high—higher than you are accustomed to—it is preferable to take a shorter pull at the higher pace than a longer pull at a slower pace. Do not slow until you have pulled off, that is, until you have moved far enough to the left or right that the rider just behind you may pass unimpeded. When you drop back, begin to accelerate when you are even with the last rider so that you move smoothly into that rider's draft. If you wait to accelerate until that rider is ahead of you, you are likely to have trouble getting back into his draft.

Riding in a pace line is easier to learn if the other riders are experienced. Initially, the most difficult skill to learn is how to keep a constant pace that matches the speed of the rider in front of you. Many riders try to learn with other inexperienced riders; it's nearly impossible to learn how to maintain a consistent pace if the rider you are following doesn't know how to do it either. A single paceline is an easier circumstance to learn in because if you find yourself gaining on the rider in front of you, you can move either to the left or right of the rider.

Try to maintain a distance of three to six feet behind the rider you follow. As you become more comfortable drafting, you can shrink that distance. Experienced riders can ride inches from the rider ahead of them. Most skilled riders will maintain a safety margin of a foot to the rider ahead. Try to limit your side-to-side distance from their line to a maximum of one foot to either side.

Peel off before you feel you need to. Until you have a clear picture of your fitness, keep your pulls short. If you wait to pull off until you feel tired, there's a good chance that you'll get spit out of the group rather than making it back into the pace line.



# *Tour & Taste of the Valley* Annual Ride For Youth

*October 20, 2012*

## **ANNUAL RIDE FOR YOUTH**

**10 miles, 25 miles, 50 miles, or Metric Century rides!**

The Boys & Girls Club of Santa Maria Valley and Santa Maria Valley YMCA are once again coming together to provide our Annual **RIDE FOR YOUTH**, October 20, 2012. This fundraiser will start and culminate in the Orcutt Union Plaza, Old Town Orcutt with all proceeds going directly to the Boys & Girls Club and the YMCA.

## **THE RIDE**

The event will start and finish in the Orcutt Union Plaza, located at 235 S. Broadway in Old Town Orcutt.

## **RIDE COURSES**

There are four bike courses from which to choose. The first is the short course which is 10 miles, the second course is 25 miles, the third course is 50 miles, and the fourth is the longest at 62 miles. All courses are relatively flat and on paved roads.

## **START TIMES**

7:30 a.m. – 50 mile ride/Metric Century

8:30 a.m. – 25 mile ride

9 a.m. – 10 mile ride

Riders must always wear a helmet with the chin strap attached and obey all traffic laws. No head phones or ear-phones are allowed on the bike course.

## **CHECK-IN**

Pre check-in: Friday, Oct. 19, 2012, 5-6:30 p.m. at YMCA, 3400 Skyway Drive.

Check-in: Saturday morning, 7-10 a.m. at Orcutt Union Plaza, 235 S. Broadway.

Day of event registrations are welcome. Must register by October 11, 2012 to receive a T-shirt.

Ride for Youth Fees:

10 mile \$25 • 25 mile \$45 • 50 mile \$60 • Metric Century (62 mile) \$60

## **VOLUNTEERS WELCOME!**

We are welcoming all volunteers available to help with this event.

## **TASTE & TOUR OF THE VALLEY**

### **Post Ride Festival! 11 am-3 pm**

Stay and enjoy a taste of the Santa Maria Valley. Local vendors will provide food, beer and wine to benefit B&G Club and YMCA kids. You'll be able to sample many of our finest local foods, wines and beers offered by our best community supporters — such as, Cottonwood Winery, Testa Catering, Rooney's Irish Pub, Tratoria Uliveto, Blue Moon, Fat Tire, Sierra Nevada, and many more! Taste wristband included in Ride for Youth registration.

Taste & Tour of the Valley Wristband:

\$15 for Ride Participants

\$25 for Non-Ride Participants

\$10 for Children 12 and under

# 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**

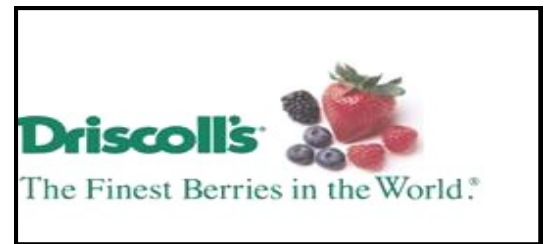
And I, the minor's parent and/or natural or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant 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



**SUPPORT OUR WINDMILL SPONSORS 2011**



**BOARD OF DIRECTORS 2012**

President: Ken Dally  
ken@dally.net

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

Vice President John Klingensmith  
jrklingsmith@msn.com

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

Secretary: Maureen Black  
blackmm42@hotmail.com

**NEW MEMBERS**



Julie Anthony  
Ray Severn



**MEMBERSHIP**

Single 1 year membership \$15.00

Family 1 year membership \$20.00

<http://tailwindsofsantamariabc.org>

Waiver and Membership Application may be found in this newsletter.

sign both pages and return, along with your check, to:

TAILWINDS BICYCLE CLUB OF SANTA MARIA,

P.O. BOX 48,

SANTA MARIA, CA 93455

**THANK YOU GOLDEN DONUTS**

at Clark and Bradley, in Orcutt, for donating the delicious donuts we enjoy at our Club meetings.

**TAILWINDS BICYCLE CLUB**

**P.O. BOX 48**

**SANTA MARIA, CA 93456**

***RETURNED POSTAGE REQUESTED***

**ADDRESS/EMAIL/PHONE CHANGE NOTIFICATION**

should be sent to::Tailwinds Bicycle Club of Santa Maria, PO Box 48 Santa Maria, California 93454

or email:[tailwinds@tailwindsofsantamariabc.org](mailto:tailwinds@tailwindsofsantamariabc.org)