

# CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

NOVEMBER 2007

VOLUME 17

NUMBER ELEVEN

## Lure of the Grapes VI



The food was great and so were the friends.

Great food, great friends, great times!

famous Ellen's, which is right next door to our starting location at Flying Flags RV Resort. The start time of 9 a.m., rather than 8 a.m., was greeted with many smiles. The later time allowed us to sleep in, ride in warmer weather, and "hit" the wineries after they opened as well as getting to the food at lunch time rather than breakfast time.

Well, as usual, our Annual Lure of the Grapes Weekend was fantastic. This highly successful club activity began in the City of Buellton on Friday, October 12<sup>th</sup> with a gathering of about 15 members at the very tasty Firestone Brewery for a great dinner. The manager of the restaurant was super and helpful as always. We were seated exactly on our reservation time of 7:30 p.m. in a secluded area, after partaking in much pre-dinner wine and beer tasting.

The next morning a few met for breakfast at the world



"Team Lure 2007"

Our Saturday route headed out in overcast skies

(left over from Friday night's heavy rain). It was actually a good day of "rider's weather." The group split at the entrance to the infamous Drum Canyon. One group headed directly to Lompoc and the more adventurous into Los Alamos before biking to Lompoc. Lunch for the longer ride was had at Quackenbush in the quaint town of Los Alamos. The riders headed into Lompoc for a Starbucks jolt and then on to Santa Rosa Road and its fun wineries and beautiful scenery. [continued on pg. ##]



Buellton in the fall is the best!

Saturday night we all gathered at Mike and Nancy Stewart's RV in Flying Flags Campground for a feast of pizza, bread, salads, desserts and much wine. This activity was a change from heading out to a restaurant again. This time we saved money, but more importantly were able to socialize in a quiet and fun location. Many agreed, "We should do this again."

After a stint at Ellen's again for breakfast, the Sunday ride began in fog, but opened up to become the most beautiful in biking history! The group headed from Buellton up beautiful Ballard Canyon and on to various routes from Los Olivos. Some biked up Figueroa Mountain Road, while others ventured onto Foxen Canyon and Aliso Canyon roads to Los Alamos for lunch.

The club group averaged about 15-20 riders for each of the two days. If you have never participated in this activity, plan on doing so next year. You can tent, RV camp, hotel it or just sleep in your car. The biking area is so beautiful and the air is so clean, how could you not come for the weekend or even just the day. Hope to see you all next year!!

*- Submitted by Mike Stewart*



CIBC is a nonprofit recreational organization that provides enjoyable and recreational bicycle riding and related activities in and around Ventura County.

## 2007 Club Officers/Volunteers

President.....	Shari Nicholls
Secretary.....	Robert Ingrum
Treasurer .....	Michael Chambliss
VP Programs.....	Roger Macomber
VP Rides .....	Mike Stewart
VP Membership .....	Carolee Winslow
Director at Large .....	Neal Abramson
Public Relations .....	Judith Gustafson
Grant Coordinator .....	Charles Hamm
Past President.....	Peter Ball
Government Liaison.....	Kate Faulkner
Newsletter Editor .....	John Mirk
Webmaster.....	Mike Stewart
Website .....	www.cibike.org

## Chain Chatter Newsletter

Our monthly newsletter, Chain Chatter, is distributed by email to members with email addresses, unless requested otherwise, and by mail to those without email. Your letters, stories of cycling experiences (good and bad), news items, ride ideas, tech info, etc., are welcome! Please mail or email information to:

John Mirk  
 1018 Sunset Place :: Ojai, California 93023  
 john.mirk AT gmail DOT com\*

## Renewal Notices.

Please watch for your renewal notice, which are mailed to members annually.

## Monthly Meetings

General meetings are held on the third Wednesday of each month at Carrows (except December and January), at Seaward and Harbor in Ventura.

## Cool Breeze Century

Our annual Century ride is held the third weekend in August each year.

### \*A Note Regrading E-Mail Addresses

We have found that email addresses published in this newsletter have been used to generate spam email. In an effort to prevent this, email addresses are presented as [recipient] AT [website] DOT com, rather than using the conventional [recipient]@[website].com format....

## Board Meeting Minutes – October 3, 2007

The October board meeting was held at Carolee Winslow's house in Oxnard. Attendees included: Carolee Winslow; Judith Gustafson; Roger Macomber; Chuck Hamm; Bob Ingrum; Peter Ball and Mike Chambliss.

Newsletter and roster were folded and prepared for mailing. *If you would like your Chain Chatter in bright, living color, give Carolee your e-mail address and receive it a week earlier than the black and white version sent via U.S. mail.*

Meeting was called to order at 7:00 p.m. with Carolee presiding.

Minutes of 9/5/2007 were read and approved.

### Old Business

- Neal purchased a laptop for club programs. He has all of the software loaded and is ready to turn the laptop over to the VP of Programs. The laptop and the projector will be kept by the VP of Programs for official Club use.
- Judith will contact R. Fertig, President of the Santa Barbara Bicycle Coalition to offer CIBC support to work with Caltrans on the Highway 101 widening project to insure that bicycle interests are fairly represented.
- Two returning Cool Breeze riders had to cancel the ride because of serious illness of an associate. They are not requesting a refund, but are requesting their shirts that they would have received. Judith is handling getting shirts for them.
- Potential Slate of Officers for next year was discussed:
  - ❖ *President* – Kate Faulkner has expressed interest;
  - ❖ *VP Membership* – George Owen has expressed interest;
  - ❖ *Secretary* – Leslie Ogden has volunteered;
  - ❖ *Treasurer* – Ron Parker has declined for health reasons. Ruth Owen has expressed interest;
  - ❖ ***VP Programs* – No current volunteer;**
  - ❖ *VP Publicity* – Chuck Hamm has expressed interest;
  - ❖ *Grants* – Judith Gustafson and Bill Faulkner have expressed interest;
  - ❖ *At Large* – Neal Abramson would like to remain;
  - ❖ *Rides* – Robert DuShane has expressed interest;
  - ❖ *Government Liaison* – Kate Faulkner (Appointed Position)
  - ❖ *Web Master* – Mike Stewart (Appointed Position)
  - ❖ *Newsletter* – John Mirk (Appointed Position)

Additional Nominations of members present at the meeting on the night of the election can be taken from the floor.

### Officer Reports

#### Treasurer

Mike reports that we currently have \$32,362 in savings and \$3,395 in checking. We have not received the Cool Breeze funds for this year. They are expected late in the year.

### Programs

The October meeting will feature a report on the PBP.

November Meeting changed to FRIDAY, 11/16, at Marie Callendar's on Victoria in Ventura.

December Meeting is SUNDAY, 12/16, at the Marriott Courtyard in Oxnard. It is a combination of our annual Holiday party and the Board Installation dinner.

### Membership

As reported at the last meeting, renewal reminders were sent tall members whose membership had expired. It resulted in several renewals.

Current membership:

- 281 Adults
- 35 Minors

New club rosters have been prepared and were mailed 10/3/07.

### Grants

As approved at the last meeting, CIBC provided 100+ children's bicycle helmets for the VC Cool event last month. The total cost was under \$800.

We received the annual request from our local Boy Scout troop for their CIBC Century and Mentor Awards. The grant was approved unanimously. The total cost is \$3,705.

#### 3 Scout First Century Awards

- \$1,000 Scholarship
- CIBC Jersey
- 1-Year Family CIBC Membership

#### 3 Mentor Scholarship Awards

- \$100 Scholarship
- 1-Year Family CIBC Membership
- Engraving Six Names on the CIBC-BSA Century Award Plaque

### New Business

For the combination holiday party and installation dinner, the following resolution was approved:

The club's combined Holiday Party and Installation Dinner will be held at the Courtyard by Marriott in Oxnard on Sunday evening, December 16. The board once again approved the club's "buying down" the cost of the dinner (which is \$38.55 per person, with a choice of prime rib, salmon or vegetarian lasagna) by \$18.55 for club members, making the member price \$20 per person. This makes the event within the reach of as many members as possible and will ensure a well attended dinner. Also, a club member's nonmember spouse or "significant other" may pay \$20. Additional guests may be invited, on a

space available basis, at the full price of \$38.55 per person.

The board approved a motion to provide reimbursement of up to \$100 for the pizza dinner at the Lure of the Grapes.

Meeting adjourned at 7:50.

Respectfully submitted,

*Robert Ingram, Secretary*

### *Welcome our New Members*

Carolee Winslow, Membership Chair, announces our new members this month:

**Kevin Andersen, Pt Mugu**

**Ben Lish, Ventura**

**Randy Nelson, Oak View**

Please look for all our new members at rides and meetings, and let them know you're glad they joined!

### *Moving?*

**If you move, or change your email address (especially if you are receiving the Chain Chatter by email), please notify Carolee Winslow so the directory will be up to date.**

### *Before you vote...*

A message from Kate Faulkner, candidate for CIBC President:

I've thrown my hat in the ring and hope to become the next President of Channel Islands Bike Club. CIBC has been an important part of my life ever since Bill and I went to the first Lure of the Grapes in 1999. I think the "Lure" had a different name back then, but it was the same mix of interesting people, challenging rides, and fun that we have today.

I began participating in club leadership almost immediately after joining the club. At that time we did not have a web site. I had a little experience along those lines and the Board approved my proposal to create one. Some of the original look and structure still remains. Building and maintaining the club's first web site only makes me more in awe of Mike Stewart and everything he does to make the web site the most current source of information, photos, updates, and happenings.

I have been involved with CIBC in several Board or leadership positions over the last 7 years. We are a diverse group – the club benefits each of us in different ways. The weekly rides are the heart of the club. Training for special events fulfills our dreams and inspires those of us who aren't quite "there" yet. The October club meeting was a great example of the inspiration we get from each other. Greg Jones, Lisa Jones, and Linda Bott described the incredible challenges of completing the Paris-Brest-Paris

ride. The standing-room-only crowd was mesmerized. Most of us would love to be able to say we have completed that ride (this seems to be a ride most fondly spoken of in the “past tense”). It is fun to dream. We have probably all ridden further and harder than we would have without CIBC.

The reason I want to be club president in 2008 is to ensure that we continue to have a core group of individuals committed to CIBC, cycling, and bringing others into cycling. I want to bring a bit more organization to the weekly rides, monthly general meetings, and the CIBC Board meeting. You should know who you are voting for.

I want the weekend ride to take off at a designated time after announcements and a safety message. I would like the ride to be structured in such a way that fast riders can go long and slow riders short so we all meet up for the coffee break to sit down together.

Board Meetings will be run with efficiency and following Robert’s Rules of Order. There will still be wine, soft drinks and social time before and after the one-hour meeting. The meeting, however, is for the purpose of discussing and deciding on proposals. The formal portion of the monthly general meeting also needs to have a clear starting and ending time. This should allow those who are short on time to leave without missing part of the presentation. Others can choose to stay later and socialize.

Cool Breeze is a phenomenal annual ride run jointly by CIBC and Kiwanis. I would like to tighten the relationship between the Cool Breeze and CIBC. Several of the members of the proposed 2008 CIBC Board have had substantial involvement with the Cool Breeze and should be able to help fulfill this goal.

The considerable amount of funds that are being raised through the Cool Breeze greatly increases our workload to ensure that the monies are spent responsibly to promote cycling. I would like the Board to better articulate the purpose of the Cool Breeze monies and work to spend the funds for valuable projects. I would like to return to having a “call for proposals” with a deadline that will allow the Board to review and consider competitive proposals.

All of the Board positions affect the vitality of the club; however, the position of President is particularly important. The President should provide direction for the club and ensure that the CIBC Board functions as a team. The President is the “face” of our organization to the outside. Over the last couple of years I have been listening to what club members like and don’t like about various activities. I hope that the Board in 2008 can continue to make this club better and meet your needs and interests.

I am excited about the prospect of leading this club. I would love to hear your feedback.

## About Our Club Rides

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Club rides are held **every Saturday and Sunday** (and major holidays) starting at **8:30am** Nov.-Dec-Jan., (8am Feb.-Oct.). Riders meet in the parking lot at the back side of Mission Park between Santa Clara Street and Main Street in downtown Ventura. Rides are generally day tours in and around Ventura County. About once a month there is a “remote start” — check the ride schedule. There is also “show and go” from Mission Park anytime there is a remote start or a holiday.

There is a good selection of the best short (20-35 miles), medium (35-50 miles) and long (50-100 miles) rides. Usually riders of all degrees of ability, from beginner to expert, are here for you to ride with. A sweep rider may accompany certain rides to assist new riders. All rides have shorter options. Rides beginning in Ventura can all be shortened to an “A” or “B” ride (see key below ride listing).

### “Easy Riders” Option

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“Easy Riders” are those who want to travel at a pace of 10 to 12 miles per hour on a relatively flat route. Whether you’re new to cycling or an old pro who likes a gentle pace—the Easy Rider rides are for you! At the Saturday ride starts each week, Easy Rider leaders will ask if anyone wants to do an Easy Ride. If so, a distance and pace are chosen according to participants’ interests. Some may join Lennis’s Group (see below) and some may ride with Michelle; others may decide to join the regular ride for some or all of it. Call Michelle at 488-6059 for more information on what to bring, what to expect, and where to meet up.

### Lennis’s Group

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Every Saturday and Sunday morning, Lennis Dearing leads an “Easy Ride.” All are welcome. Ride start is the same time as the regular club ride, but the start location may be different. Call Lennis at 671-5552 or 231-6427 in advance to find out what the ride will be.

### Tuesday Bike Path Fun Ride

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“A” ride. Every Tuesday at 5 pm a group rides from the intersection of San Jon and Harbor Boulevard in Ventura to Foster Park and back, a 16-mile round trip. **Great for families.** Lights are needed in the winter.

### Maps and Route Slips

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The monthly ride schedule is posted in detail on the club website, [www.cibike.org](http://www.cibike.org), along with route slips and maps for most routes.

### Bicycles and Equipment

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Before you ride, check your bicycle and equipment, to prevent problems on the road. ALWAYS carry personal ID, water bottle with sufficient water, snacks, spare tube, pump, patch kit, a cell phone, and/or coins for one phone call.

★★★ HELMETS ARE REQUIRED ★★★

## CIBC Ride Schedule for August, 2007

**Ride Start Times: meet at 8:15, clip in at 8:30** (unless otherwise noted)

**Saturday, November 10th - "East Beach Ramble"** - WINTER 8:30am start time - 54 miles, B ride, rolling hills - One of the club's favorite rides intCarpinteria, Summerland, Montecitand then East Beach in on the Santa Barbara Coastline. Food is great at the East Beach Grill while watching beach volleyball, sailing, swimming and sunbathing. \*\*Remember, shorter routes are possible here with turnarounds in Carpinteria or Summerland.\*\*

**Sunday, November 11th - "Heritage Valley Expedition"** - 65 miles, B ride, rolling hills - A "new" route heading towards Saticoy, Santa Paula, Fillmore and then tPiru for breakfast at the beautiful Heritage Valley Inn in downtown Piru for fun. Have brunch with outdoor seating tenjoy the beauty of our rural Ventura County while in Piru. An easy ride with lots of turn around points in Saticoy, Santa Paula and Fillmore. Also wonderful downhill trend back tVentura. A great time tview our wonderfully beautiful countryside of Santa Paula, Fillmore and Piru in our own Heritage Valley. Those planning on biking some double centuries this season, this is a great opportunity tget in a fun long ride. \*\*Those wanting a shorter route can drive teither Santa Paula (park at Skateboard Park on 10th and Main, where the bikers should arrive around 9:45 a.m.) or Fillmore (Meet us at Starbucks, where we should arrive around 10:30 a.m.). Those of you whskipped this ride last year (and that includes everyone in the club except Mike Stewart and your loyal editor...) missed one of the great rides of the year.

**Saturday, November 17th - "Thatcher Loop Classic"** - 48 miles, C ride, moderately hilly - Start at the Mission Parking Lot for a ride intLake Casitas, downtown Ojai and up tThatcher School for a beautiful Ojai Valley ride. If you prefer thave a shorter route, then head straight intOjai with food and drink at the world famous Emporium Cafe.

**Sunday, November 18th - "Tour de East County"** - REMOTE START - 46 miles, B ride, hilly. Start at Starbucks in Camarillfor a beautiful remote ride intMoorpark, Simi Valley, Thousand Oaks, Newbury Park, and Camarillo. A wonderful fall season biking adventure with lots of rolling hills. Bring \$\$ for food in Thousand Oaks at The Village at Moorpark Road (Starbucks, Nosh's Bagels, Jamba Juice, etc.).

**Thursday, November 22nd - Holiday Addition - "Tour de Carpinteria"** - 26 miles, B ride, rolling hills. Our "Get Acquainted Ride" ventures up the cool coastline intCarpinteria. Those wanting a longer ride can extend it intthe PolGrounds (or even intSummerland) and meet us back in downtown Carp for a fun meal outside either at Roberto's or the Coffee Bean for another "California Experience."

**Friday, November 23rd - Holiday Special Addition - Our 3rd Annual "Crazy Eights Turkey Burn"** - 88 miles, C ride. We'll start at the Mission Parking Lot and ride up the coast intCarpinteria, up Highway 150 ontCasitas Pass and around Lake Casitas, then back down intVentura. The second loop continues intSanta Paula and up the Dennison Grade intOjai. The route finishes the Crazy Eights Loops by heading down again intVentura. Call Frank & Linda Zych for more information. \*\*Shorter routes are possible by taking each loop separately. The second loop will probably start around 11:00 a.m. from Ventura\*\*

**Saturday, November 24th - "Harbor Circle Tour CCW"** - 43 miles, A ride, basically flat. Mission Parking Lot for biking tour beautiful harbors of Ventura, Channel Islands and Port Hueneme before heading intthe Oxnard flats and on tCamarillfor food at Starbucks or Jamba Juice off Las Posas Road, then heading back intVentura. This is a great route for those club members that really hate hills!

**Sunday, November 25th - "Summit Ride and Return"** - 49 miles, B ride, hilly. From the Mission Parking Lot in Ventura we bike up towards Lake Casitas, downtown Ojai and on tDennison Summit with food, a rest stop and a regroup at the Summit Cafe. Then it is an immediate turnaround back DOWN intOjai for more food at The Emporium. We'll return DOWNHILL intVentura. This is a very scenic and beautiful route. \*\*Shorter routes can turn around at the Lake, or in downtown Ojai\*\*

**Saturday, December 1st - "Canyon 2 Canyon Classic"** - 48 miles, B ride, rolling route. Start at the Mission Parking Lot for a very scenic ride along the country roads of Foothill, Alisand Wheeler Canyons with views of oak trees, orange trees, cows and mountains. Food stop at the La Terraza Cafe (or Santa Paula Coffee Company) on the corner of Main & 10th streets in Santa Paula (GR8 breakfast burritos here!). Then downhill back tVentura. Remember, shorter routes can turn around in Ventura or Saticoy or after the first canyon.

**Sunday, December 2nd - REMOTE START - "Tour de Santa Monica Mountains"** - 47 miles, B ride, rolling hills. Freedom Park in Camarill(at the airport) is our starting point for the day. Drive on the 101 Freeway tLas Posas Road for a great ride intthe beautiful Santa Monica Mountains. We bike down the flat coastline past Point Mugu and up the Mulholland Highway intWestlake Village for food. Then on tmovie starville Hidden Valley, tNewbury Park and down intCamarillfor a great food feast at the Waypoint Cafe overlooking CamarillAirport. A wonderfully beautiful ride!

### Key tRide List Abbreviations

**MPL** = Mission Parking Lot; **TOTC** = Thousand Oaks Transportation Center; **CW** = Clockwise; **CCW** = Counterclockwise.

**Show your colors** = Wear your yellow club jersey today!

**"A"** = Relatively flat ; **"B"** = Some climbing; **"C"** = Ride with significant climbs; **"D"** = Ride with major climbs and passes.

**Shopping for bike parts or accessories? CIBC members receive a 10% discount at these Ventura and Santa Barbara County bike shops. (Please show your membership card.)**

**Agoura Cycles**  
Joel Richman  
29041 Thousand Oaks Blvd.  
Agoura Hills, CA 91301  
(818) 991-6333

**All PrBicycles**  
2385 TapStreet  
Simi Valley, CA  
(805) 583-4296

**Avery's Open Air Bicycles**  
Jon Avery  
2386 E. Main St.  
Ventura CA 93001  
(805) 653-1100

**Bicycles by HAMM**  
Chuck Hamm  
305 W. Channel Isl. Blvd.  
Port Hueneme, CA  
(805) 382-0574

**The Bicycle Clinic**  
Raul Yeprez  
940 North Ventura Road  
Oxnard CA 93030  
(805) 485-1619

**Bicycle World USA**  
Tony & Jose Ragatz  
412 East Harvard Blvd.  
Santa Paula CA 93060  
(805) 525-2256

**Bicycles of Ojai**  
Bob Coble  
108 Canada Street  
Ojai CA 93023  
(805) 646-7736

**Bill's Bike Shop**  
Mark Eaton  
2360 E. Las Posas Road, #A  
CamarillCA 93010  
(805) 484-1203

**CamarillBike Company**  
Ted Saville  
2263 Pickwick Drive  
CamarillCA 93010  
(805) 482-7742

**Cycle Dynamics**  
Joey & Elizabeth Marquez  
10225 Telephone Rd., A1  
Ventura CA 93004  
(805) 659-5917

**Matt's Cycling Center**  
Phil Carpenter  
2427 East Harbor Blvd.  
Ventura CA 93001  
(805) 477-0933

**Michael's Bicycles**  
Michael Thomas  
2253 Michael Drive  
Newbury Park CA 91320  
(805) 498-6633

**Newbury Park Bicycle Shop**  
Jim or Mike  
1560-6 Newbury Road  
Newbury Park CA 91320  
(805) 498-7714

**Ray's Bicycle Shop**  
Ray & Susan Schultz  
7838 Telegraph Rd, #A  
Ventura CA 93004  
(805) 659-3775

**Rincon Cycles**  
Dennis Coffman  
5100 Carpinteria Avenue  
Carpinteria CA 93013  
(805) 684-9466

**Simi Cycling Center**  
Greg Dolder & Terry Hearne  
897 Los Angeles Avenue  
Simi Valley CA 93065  
www.simicyclingcenter.com  
(805) 522-0565

**Sundance Cycles**  
Ashton "AJ" Johnson  
and Steve Dozier  
5019 Kanan Road  
Agoura Hill CA 91301  
(818) 991-9103

**Performance Bike Shops**  
2893 Johnson Drive  
Ventura CA 93003  
(805) 650-9338

**Trek Bikes of Ventura**  
4060 E. Main Street  
Ventura CA 93003  
(805) 644-TREK

**Ventura Bike Depot**  
Shelley Sund  
239 West Main Street  
Ventura CA 93001  
(805) 340-BIKE

**Westlake Cyclery**  
Mike or Kim  
3195 Willow Lane  
Westlake Village CA 91361  
(805) 497-3030



Address service requested

P.O. Box 6481  
Oxnard CA 93031-6481

