

CHANNEL ISLANDS BICYCLE CLUB **CHAIN CHATTER**

NOVEMBER 2008

VOLUME 18

NUMBER ELEVEN

Tales Of An Italian Excursion



CIBC General Meeting Wednesday, November 19th at Carrows in Ventura

Come and hear the long sad tale of the hard life of a domestique and waterboy (George Chester) for the world traveling team of **“Girls Behaving Badly”**, Sonia Sandomer and Debbie La'O. Pictures will be presented of their recent trip to Tuscany, Italy where Debbie took on the reigning champion, George Hall, and crushed him beneath her wheels while Sonia saw to it that no shop was left unvisited. **Pisa, Cinque Terra, Florence, Elba island and more!**

“Throw your hat into to the Ring!”

The CIBC 2009 Board of Directors Election will also be held at the club meeting. Want to participate more or participate in Directing your Club?

The following positions will be open for beginning January 2009, due to term limits or not choosing to run for 2009. The following directors positions will be open a new director for 2009. President; VP Membership; VP Rides; VP Grants; Member at Large and (most importantly) Newsletter Editor (!).

Please step forward by taking a more active role in your club. The board presently meets the 1st Thursday of each month. Please contact Shari Nicholls any present member of your board of directors if you have any questions. **With YOUR HELP we can keep CIBC the best bike club!**



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

2008 Club Officers/Volunteers

President.....	Kate Faulkner
Secretary.....	Leslie Ogden
Treasurer	Sonia Sandomer
VP Programs.....	Linda Bott
VP Public Relations	Bill Faulkner
VP Membership	George and Ruth Owens
VP Rides.....	Robert Dushane
Grants Coordinator	Dick Bellman
Director at Large	Neal Abramson
Past President.....	Shari Nicholls
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....

Change is in the Air

There is more than one important election during November! Shortly, the members of CIBC will have the opportunity to vote for the 2009 Board of Directors. Past President, Shari Nicholls, continues to assemble a slate of candidates for the ten positions on the Board. Any club member is eligible to run. **Please contact Shari Nicholls if you are interested in a position**

The CIBC election will be held at the November General meeting (Wednesday, November 19th at Carrows Restaurant). The term of office is one year and a Director can be elected to a maximum of two consecutive terms. Serving on the Board is a great way to help CIBC fulfill its mission to promote bicycling for recreation, health, sport and transportation.

I have decided not to run for CIBC President in 2009. I enjoyed much of this past year and the support from many club members. However, my "day job" and other commitments have often not let me put in as much time to the club presidency as I would have liked. I will continue to serve on the Board in the role of Past President.

San Antonio Creek Crossing

Consistent with our club's many years of working with local governments to improve facilities for cycling, the County of Ventura recently asked CIBC to provide a letter of support for their application for federal funds to rebuild the San Antonio Creek crossing on the Ojai Valley Bike Trail. The letter we wrote indicates how important the bike trail has been for many, many cyclists and charity events, including the Cool Breeze. Our strong relationship with local governments has been built through the efforts of many club members over the years. The consistent presence of CIBC participating in many forums regarding bicycling has resulted in our club being the organization that the local officials go to for input on cycling matters.

Lure of the Grapes

The other thing that the fall season brings is the Lure of the Grapes. Many thanks to Mike Stewart for once again organizing a wonderful weekend. We had an excellent turnout by the club and had beautiful weather. I would like to correct a piece of misinformation that was in last month's "Chain Chatter": I was NOT the founder of the Lure of the Grapes and I had no role in developing or starting this event. As I recall, the leaders of that first year's very fun Lure in 1999 were Carol Sirott, Theresa Satterfield, Jo Krause, Janeene Nagaoka, and Foster Nagaoka. There are probably others who helped get the Lure started. Bill and I participated in Lure of the Grapes 1999 as our first ride with the club.

Joyce Clunis

I am sure that most of you know that long-time club member, Joyce Clunis, is facing a severe medical issue. Joyce and Ken have contributed so much to CIBC. For

several years, they opened their beautiful house to the entire club for the annual Holiday Party. Those parties were so warm and Joyce and Ken are incredible hosts. Please keep the Clunis family in your thoughts and prayers.

Enjoy the fall and winter rides!

It's time to pull out all your great winter jerseys and long-fingered gloves and enjoy the fall and winter rides. This is the best time for cycling. Even though it is a bit colder getting started in the morning, we are generally rewarded with less traffic, clear views, and perhaps even snow on the top of the Topa Topas. What can be better?

See you on the road!

– Kate Faulkner

Board Meeting Minutes – October 2, 2008

After assembly of the newsletter at 6:30pm the Board Meeting was called to order at 7:00 p.m. Present were Neal Abramson, Linda Bott, Kate Faulkner, John Mirk, Robert Dushane, Shari Nichols and Leslie Ogden. Minutes of the previous meeting were reviewed and approved.

President's Report

Kate developed a calendar intended for all incoming board members. We are likely to add to this calendar as we go along. Please get comments in to Kate.

Kate also presented to the Cool Breeze committee her idea of going "Carbon Neutral" at their September closeout meeting. They were very supportive overall, especially of carpooling and buying offsets. Total offset costs will be about \$1 per rider. Preliminary figures from Linda say we'll make about \$65,000 this year, just slightly less than last. CIBC and Kiwanis share these revenues equally. Both revenues and expenses for the ride were up this year, \$4500 for expenses \$4200 for revenues. Toilets and trash bins were more expensive and there were minor increases in other areas.

Kate sent two new letters regarding the CalTrans 101 Widening Project: one to Pedro Nava (at the recommendation of Steve Bennett's office) and a second letter to CalTrans, as our official comment letter. The CalTrans public comment period is now closed, but members are encouraged write letters to Nava's office, specifically encourage him to:

- 1) Keep cyclists at freeway level (not dipping down to mix with pedestrians) and
- 2) Sign the southbound as intended for cyclists.

A member uncomfortable with "the board becoming politically active" wrote to Kate. She will respond to the writer.

Programs

Linda believes that Santa Paula's classic bike store will be our October presentation, but the speaker will be out of the country until this week. If not, Ron Parker's has offered to do his Cool Breeze presentation, which was postponed for Cal Trans last month.

Rides

Robert reports that the weekend camping trip required a lot of effort but worked spectacularly for quite a number of people: 15 people for dinner Saturday night, 20 for breakfast Sunday and a beautiful 49 mile ride up and back.

This year we've added a Club Century, 2 picnics and the "Sea to Wheeler" ride to the CIBC repertoire. This Sunday's ride to Ojai includes pancakes.

Grants

Dick emailed the board a proposal for \$10,000 to support junior racing at the L.A. Velodrome. The committee voted unanimously to **not** fund the proposal. The board supports the decision of the Grants Committee. Also, Kate found a grant outreach announcement by Rotary that might work for us as we seek grant applications. She'll get it to Dick.

Budget

Kate reports that she paid McKay Insurance \$1.70 per member for club coverage. Board insurance is April to April. Cool Breeze is not covered but gets separate coverage.

Robert, reporting for Peter, tells us we'll need to submit a document to the Department of Justice (State of California) and the California State Board of Equalization. Neal believes these will come in the mail by January. Peter likely has copies of reports he submitted. Our new tax advisor will advise us about all this.

Director At Large

Neal reports that the Governor signed the "**Complete Streets Act**" mandating that we take into account all those who will be using our streets, not just the automobilists. Also, Conejo Valley hopes to become a more social club, and the San Fernando Bike Club has 650+ members.

Past President

Shari will start calling people to build a slate of officers. Linda, Leslie, John and Bill have offered to return. John Brant is also willing to serve. Neal is willing to run for president.

Miscellaneous

We received reports that during the Arthritis Ride from San Simeon to Paso Robles, a driver aimed at several riders and finally hit one rider, severely injuring them. Be careful out there!

Motions

Leslie moved that, at the discretion of the VP Programs, non-member presenters coming from 60 miles away, or more, would receive up to \$100 for their travel expenses. [Passed].

The meeting adjourned at 7:45 p.m.

Respectfully submitted,

– Leslie Ogden

New Members

Give a Big CIBC Welcome to our new members. Please introduce yourself to our new members, then introduce them to other members present so they can be part of a great bicycle club and community:

Mia Carmona - Oxnard

Attention Members: If you move, change your email or contact phone numbers, please email your changes to CIBC Membership Chairs George & Ruth Owens (groventura AT roadrunner DOT com) so we may keep our membership roster and emailings correct.

Your Cool Breeze Century Money at Work

As we near the end of the year I would like to take an opportunity to update you on how money raised through the Cool Breeze Century is being used in support of bicycle and health related programs. I would like, first of all, to recognize those CIBC members who have served on the Grants Committee. These dedicated cyclists are also committed to the support of programs that reflect the goals of our grant program. Current members include: Ken Clunis, George Chester, Frank Zych, Linda Zych, Peter Ball and George Owens.

VCCool was awarded \$3,325 in support of their Kids Bicycle Rodeo held in May of this year. This event was held in conjunction with the Ventura Unified School District's Summer Fest. Many CIBC members also provided volunteer support that contributed greatly to the success of this event.

CIBC made a three year commitment to provide financial support to the development of a Junior Racing program under the auspices of the Amgen Cycling Club. The goal of this program is to aid in the development of young national caliber cyclists. Our own George Chester is very instrumental in the effort to develop this Junior Racing Program. This program was awarded \$5,000 to be renewed over a 3 year period.

Many of our touring cyclists will be happy to know of the CIBC support for an Adventure Cycling project to create a Sierra Cascades Bicycle Route. This route will be a paved bicycle route paralleling the Pacific Crest trail. Our financial support to the tune of \$5,000 will assist with the mapping and ultimate printing of maps that will allow

bicycles to ride an additional route between the Canadian and Mexican borders. The route is projected to be completed in winter 2010. Possibly another destination for "Teshima Tours."

Many of you listened to Chris Figureida as he spoke about his Cycle for Heart trip at a regular club meeting. This project will find him bicycling cross country and giving presentations on nutrition and healthy lifestyle choices to youngsters. The grants committee and board were impressed with his desire to educate youth and utilize the medium of cycling. He was awarded \$1,000 to assist in his effort. You can follow his progress at www.cycleforheart.org.

If anyone knows of other cycling and health projects that would be worthy of our consideration please encourage the submission of a grant proposal. We consider programs that promote bicycling as: recreation, transportation, health or sport. Forms for submitting grant proposals can be downloaded from our club website.

– Dick Bellman, Grants Coordinator



Time for the CIBC Holiday Party!

It's barely Halloween, Thanksgiving is still weeks away, the weather remains balmy and yet it's time to announce CIBC's annual Holiday Party. The date is Sunday, December 14, so mark your calendars now! It will again be held at the Courtyard by Marriott in Oxnard. The festivities will begin at 6:00 p.m. with a no-host bar followed by dinner at 7:00. We will pay tribute to our outgoing board of directors and welcome in the 2009 officers. Menu choices will include a meat, fish and vegetarian choice. The cost will be \$20 for members and \$36 for non-members. Reservation flyers, with additional information, will be sent later this month. As always we could use some help in planning and executing this annual event. If you can help plan and organize, or if you have questions, please contact Dick Bellman.

California BikeFest – December 6, 2008

We invite you to attend **California BikeFest** - a one day, cycling "lifestyle" event in Ventura, California on Saturday, December 6, 2008 at the Crowne Plaza, Ventura. This is the only event of its kind in Southern California.

California BikeFest features activities, education, exhibitors, organized rides and racing for the four areas of bicycle culture: Bicycle Transportation and Commuting, Casual Cycling, Bicycle Tourism and Competitive Cycling. California BikeFest will be held at the Ventura Beach Boardwalk, on the shores of the Pacific Ocean.

Lure of the Grapes VIII

This year's version of the "Lure of the Grapes" turned out to be one of the best ever. Lots of club members joined our activity, the weather was beautiful and the food great. Yes, this annual club activity, our eighth, was stationed in Buellton, less than an hour from Ventura.

Our "activity list" began with dinner at a new location, the Starting Gate Restaurant at the Marriott Hotel in Buellton. The management was all set up us with over 22 place settings. We all enjoyed this well managed dinner at this tasty restaurant. Saturday morning began with a few clubbers heading over to Ellen's Pancake House for breakfast. Eating at Ellen's works great for us because it is so close to the ride start at Flying Flags Campground. A number of members decided to take part in the "experience" by camping, either by tent or trailer, at this beautiful campground, here in Buellton.



The Whole Gang

The club ride headed east on Highway 246 through Buellton, Solvang and Santa Ynez into the beautiful ranchland country on Happy Canyon Road. After a returning on this beautiful road we ventured into Los Olivos for a water or lunchtime break. Some continued up to Michael Jackson's Estate on Figueroa Mountain Road while others headed back to Buellton on Ballard Canyon Road.

Saturday night's dinner was held at Mike and Nancy's RV in Flying Flags Campground. Pizzas, bread, salads, casseroles, desserts, beer and wine were consumed by all happy club members. Over 20 attended this fun and relaxing social activity which was assisted by Lee and Janice.

Sunday's ride, after filling up at Ellen's again, headed onto Ballard Canyon Road into Los Olivos. The views were beautiful on this clear and cooler morning. The group biked up Foxen Canyon Road to Aliso Canyon Road into Los Alamos for a needed lunch at Quackenbush Café. After carbo-loading, the members struggled up and up and

up in Drum Canyon into a fast downhill back to Buellton.



This event has grown into one of the club's favorite activities. If you were not part of this year's club members, totaling at least 30, please do so next year. You will not regret your decision. See you in October for "Lure of the Grapes IX."

by Mike Stewart – Lure Director

Huntsman Games

Roger, Bill, Larry and Shari all attended the Huntsman Games this year in Saint George, Utah. We could see from their beautiful slides that it is an area we'd all like to visit. The afternoons were in the 80-90's, and from Sunday to Saturday there was serious eating and competing for some 10,000 athletes, 300 of them road cyclists. Fifty is the minimum age to compete. The 4 races for road cyclists are the Climb, the Time Trial, the Criterion and the Road Race.

Shari set a new course record for the climb (in a onesie yet!), won her division in the time trial, lapped her class in the crit, won the road race and ended first overall among women in Division 3. She thanked Roger (#1 coach), Peter (#1 believer) and Kevin (#1 spirit lifter) for all their help.

Larry won his division in the hill climb, and placed second in the time trial. He was bumped in the crit, going down in the sprint, but was still credited with 4th. Larry loved the racing! "Eat, sleep, ride, repeat" was a wonderful routine for him. He wound up 3rd overall in his division.

Bill tells us, "You don't go out there alone. You go with the knowledge and support of other club riders." He thanked Peter, Roger, George Andrew, Judith, Larry and Shari for their help and guidance.

Roger says that George Chester is one of the top 10 criterion and road racers this year.

CIBC has multiple gold medals from the Huntsman Games, including those won by Judith and Andrew. Not bad for our little group! Consider going next year; could be lots of fun!

"Biking with the Angel from Heaven"

What a beautiful morning it was for a club ride into Santa Paula and Ojai on a fall October weekend. About 20 clubbers were saddling up to head onto Santa Clara Avenue heading east. I began with the group, which were mainly "Hammerheads", until I got stopped at the first red signal light. Darn, already behind after only a half mile of the ride. But, I was lucky to have at least one clubber "stuck" with me at the signal.

As the light turned green we noticed that the group was already two signals ahead of us. I asked my club partner if she wanted to just go ahead and catch the group. She said, "No I am fine." Well, I thought this is so great to have someone to ride with, but a little embarrassed that this fit rider was getting further behind from the main group because she chose to bike with me for a while.

Well, for the next 10 miles this "FOB" (Fat Old Biker) and this "AFH" (Angel From Heaven) spun along beautiful Foothill Road while talking about work, spouses, children, vacations, Lure of the Grapes, the Channel Islands Bike Club, and anything else that would come to our minds. As we approached the city of Santa Paula the "AFH" said "Oh my gosh, we are already here." Which meant to me that the time passed fast for her while biking slowly with this "FOB." This was a good thing.

During my seven years with the Club, I have gone from the back of the line, to the front of the line and now to the back again as an "FOB." It is never fun being left by the main group of club riders. Yes, I know it is my responsibility to get into better shape and lose some weight so I can stay up with the group, but life is a roller coaster and so is my biking fitness. So for now I am very grateful to have had an "AFH" help me through this part of the ride up to Steckel Park in Santa Paula. Hopefully, other members of this great bike club will be lucky enough to find their "AFH" on the next scheduled ride.

Thank you so much Linda Zych for giving your time and energy to be my "AFH" on that beautiful fall day in October.

– Mike Stewart (CIBC Member)

Key to Ride 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.

About our Club Rides

Club rides are held every Saturday and Sunday (and major holidays) starting at 8:00am Feb.-Oct. (8:30 a.m. Nov.-Dec-Jan). 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 a "show and go" from Mission Park anytime there is a remote start or a holiday.

Our club rides are a good selection of the best short (20-35 miles), medium (35-50 miles) and long (50-100 miles) rides in Ventura and Santa Barbara counties. 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 be an "A" or "B" ride (see key below ride listing).

"Easy Riders" Option

"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

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.

Maps and Route Slips

The monthly ride schedule is posted in detail on the club website, www.cibike.org, along with route slips and maps for most routes.

Bicycles and Equipment

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 call phone, and/or coins for one phone call.

★★★ HELMETS ARE REQUIRED ★★★

CIBC Ride Schedule for November, 2008

Start Times: meet at 7:45, clip in at 8:00 (unless otherwise noted)

Saturday, November 8th - "Dennison Grade Loop CW" - 49 miles, C ride, a few big hills. Let's start at Mission Parking Lot and ride into Ojai, then on to Santa Paula with food at Santa Paula Coffee. From there it is all DOWNHILL into Ventura for a nice cool breeze. ****Shorter routes always possible****

Sunday, November 9th - "Lake Casitas Loop CCW" - 43miles, C ride, a few big hills. We'll head up into Ojai and around Lake Casitas for a wonderful downhill into Carpinteria for food. Take a look at the beautiful ocean view from atop Casitas Pass between the avocado groves. Remember, longer routes are possible today. After biking over the "pass" head out to Summerland or Toro Canyon for extra miles.

Saturday, November 15th - "Thatcher Loop" - 48 miles, C ride, moderately hilly. We'll start at the Mission Parking Lot for a ride into Lake Casitas, downtown Ojai and up to Thatcher School for a beautiful Ojai Valley ride. If you prefer to have a shorter route, then head straight into Ojai with food and drink at the world famous Emporium Cafe.

Sunday, November 16th - "Summerland Classic" (moderate) 43 miles, B ride, rolling hills. Let's start at the Mission Parking Lot for a ride into Carpinteria and onto Summerland with the moderate ride adding Gobenedor and Toro Canyons and Ortega Ridge. Food at Reynaldo's in Carp.

Saturday, November 22nd - (Club Yellow Jersey Day) - "Tour de Lake Casitas"- 26 miles, B ride, rolling hills. Our "Get Acquainted Ride" ventures up the Ventura River Trail along Santa Ana Road up to Lake Casitas for a short but beautiful ride today. Food at Marina Cafe overlooking Lake Casitas. Sounds like a fun and beautiful trip. Do it! Wear your YELLOW CLUB JERSEY TODAY! ****Those wanting a longer route can head up Casitas Pass Summit and return to the lake for a food break.****

Sunday, November 23rd - "Dennison Grade Loop CCW" - 43miles, C ride, a few big hills. Let's start at the Mission Parking and ride into Saticoy, Santa Paula and then UP into the Ojai Valley with food at either the Summit Café or the Ojai Café Emporium. From there it is all DOWNHILL into Ventura for a nice cool breeze. ****Shorter routes are always possible****

Thursday, November 27th - **Holiday Special Show & Go** - Let's just meet at the Mission Parking Lot and have some fun. You get to decide the route on this day off!

Friday, November 28th - Holiday Special Addition - "Crazy Eights Turkey Burn" - 88 miles, C ride. We'll meet at the Mission Parking Lot and ride along the coast into Carpinteria and up Highway 150 onto Casitas Pass, around Lake Casitas and back down into Ventura. The second loop will continue from Ventura into Santa Paula and up the Dennison Grade into Ojai. The route finishes the "Crazy Eight" loops by heading down again into Ventura. Call Frank & Linda Zych for more information. ****Shorter routes are possible by taking each loop separately. The second loop will probably start around 11:00am from Ventura****

Saturday, November 29th - "East Beach Ramble" - 54miles, B ride, rolling hills. One of the club's favorite rides starts at the Mission Parking Lot and rides to the Fire Station, Carpinteria, Summerland, Montecito and then East Beach on the Santa Barbara Coastline. Food is great at the East Beach Grill while watching beach volleyball, sailing, swimming and sunbathing. Sunblock is needed before you participate in this "California Adventure"! ****Remember, shorter routes are possible with turnarounds at the Fire Station, in Carpinteria or in Summerland.** You could even have someone pick you up in SB and drive you back home!**

- 26 miles, B ride, rolling hills. Our "Get Acquainted Ride" ventures up the Ventura River Trail along Santa Ana Road up **Sunday, November 30th - (Club Yellow Jersey Day) - "Tour de Lake Casitas"**to Lake Casitas for a short but beautiful ride today. Food is available at the Marina Cafe overlooking Lake Casitas. Sounds like a fun and beautiful trip. Wear your YELLOW CLUB JERSEY TODAY! ****Those wanting a longer route can head up Casitas Pass Summit and return to the lake for a food break.****

Weekday Rides

Mondays: "Peter's Ride" - 9:00 a.m. - 36 miles up to Carpinteria hosted by Peter.

Tuesdays: "Santa Barbara Special" - 9:00 a.m. - 42 miles up to Santa Barbara hosted by Larry, Terry and Dick.

Tuesdays: "Bike Path Night Ride" - 5:00 p.m. - 13 miles up to Foster Park and back hosted by Linda and Larry. (Lights required)

Wednesdays: "Peter's Ride" - 9:00 a.m. - 36 miles up to Carpinteria hosted by Peter.

Thursdays: "Old Boys Ride" - Casitas Pass CW (7:30am) or Ojai (8:20 a.m.) or Ojai (9 a.m.) from Foster Park hosted by Robert.

****Daily Club Rides occur each day of the week. Feel free to join in anytime. Contact Robert Dushane for details.****

Interested in Hosting Cyclists on Tour?

We were recently contacted by Terry Brown of the Lompoc Valley Bicycle Club (LVBC). He has been a long-time host of touring cyclists and noticed that there are no hosts between Carpinteria and Port Hueneme listed on the website www.warmshowers.org.

Terry says "If anyone in your club is interested, hosting riders coming down the Pacific Coast route is really a lot of fun. I've hosted couples from Switzerland, Columbia, France..., as well as individual cyclists from England, Holland, Sweden.... It's a very low-key mutual-hospitality program, and a pretty painless way to have some fun company and be in touch with people when you're not out touring yourself. All the info is at www.warmshowers.org. The Pacific Coast route is a great favorite, so there's a wonderful variety of folks from all over who pass through. Some are just riding from SF to LA, many are coming all the way from Alaska (and often going to Tierra del Fuego), some are circumnavigating the US and some are circumnavigating the globe!"

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

Metal Mountain Bike Shop
1987 E. Main Street
Ventura, CA 93001
(805) 641-3968
www.metalmtncycling.com

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

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

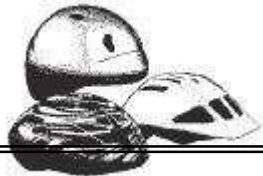
Sundance Cycles
Ashton "AJ" Johnson
and Steve Dozier
5019 Kanan Road
Agoura Hill CA 91301
(818) 991-9103

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

