

CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

DECEMBER 2008

VOLUME 18

NUMBER TWELVE

Scouts and the “Cool Breeze”

Several boy scouts participated in this year’s Cool Breeze Century. Throughout this issue you’ll find essays by scouts who completed the 100-mile ride.

My Cool Breeze Century Ride

The thing that got me interested in the Century ride was having friends that rode it and had a blast. I started going on bike rides around town with Connor and Shane Hall. After doing a 50 mile ride one day, I figured I could make it.

I had heard that Michael Phelps eats a whole lot before he swims, so the night before the ride I ate Spaghetti Carbonara, hash browns, pancakes and waffles. I went to bed early after I ate. I woke up at 4:45 AM the day of the ride.

The night before, Shane and I had put our bikes and gear in the car so we would be all ready to go. We ate pancakes as my mom drove us to the Cool Breeze. We got there, unloaded our stuff, it was still pretty dark.

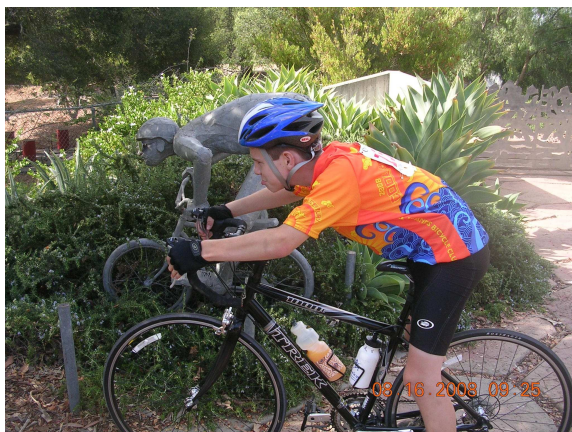
We were about to take off when we saw Joey and Mr. Sommerville, so we decided to ride with them. It was about 6:15 when we took off from the starting line. About a minute into the ride, "Smooth Somerville" cut his hand on one of his bike spokes. This would be the only injury of the day. The first part of the ride was a straightaway along the ocean, part of it on the freeway. I almost ran over some road kill (I think it was a possum).



Jerry Boone (right) poses with scouts who completed the Cool Breeze Century.

After the first rest stop, we had all the hard hills. It was tough, but I pulled through. The downhill parts of the ride were the most fun overall. It was pretty dangerous riding through Santa Barbara because packed streets are the worst when you are distracted by hot chicks.

My favorite rest stop was the last one, because I felt I had accomplished so much, plus the popsicles were so good. I finished the bike ride and I wasn't thinking about how I had just finished 100 miles, because I was thinking about how good the tri-tip was going to taste. Overall, I had a great experience.



Bike rider – and bike rider!

– submitted by Jeremy Kurz



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....

Carpe Diem!

"Carpe Diem" – "seize the day". It was the motto of the dynamic trio (George Chester, Sonia Sandomer, and Debbie La'O) during their trip to Italy in September. Their full embrace of the adventure, people, and challenges of a foreign country is typical of CIBC members and it is a big reason why I have enjoyed the club so much.

The short days of fall present an opportunity to reflect on the past and our hopes for the future. Unfortunately, we have had club members injured in bike accidents during the last year. The good news is that, in all the cases that I am aware of, there has been complete or substantial recovery and they are back on their bikes again. We also have club members who are facing serious health issues. In particular, I would like to recognize long-time club member Joyce Clunis who has contributed so much over the years to CIBC. Some of us "old timers" remember when the December holiday party was held at the house of Ken and Joyce Clunis. They invited the entire bike club to their house! Their entire lives have been an example of Carpe Diem.

Many thanks to the Board of 2008

There is a lot of work that goes on behind the scenes to bring off the rides, events, and programs that we do every year. This Board really stepped up to the plate and continued the excellent work of past years. Communication is the glue that maintains relationships between club members. I would particularly like to recognize the ongoing commitment of **Mike Stewart** and **John Mirk** to the website and newsletter, respectively.

We have a new Board starting in January. I hope you give them your support by continuing to provide suggestions, participating in rides, recruiting new members, and volunteering for the Cool Breeze and other club events.

Au Revoir

This is my last article as president of the Channel Islands Bicycle Club. I continue to be inspired by the many friends who I have met through cycling, by the good causes supported by the club, and by the challenges that many of us have taken on and achieved over the years. I feel better because I cycle. In my view, the formula for the success of CIBC is fairly simple: cycling, camaraderie, sharing, support, and the passion to *carpe diem*.

Thanks for allowing me to share my thoughts with you in this column during the last year.

See you on the road!

– Kate Faulkner

Board Meeting Minutes – November 6, 2008

The November, 2008 CIBC Board Meeting was called to order at 7 p.m. Present were Neal Abramson, Dick Bellman, Linda Bott, Robert Dushane, Kate Faulkner, Judy

Mullins, Leslie Ogden, Shari Nichols, George Owens and Sonia Sandomer.

Minutes from the previous Board meeting were approved.

President's Report

Kate hand-delivered a letter regarding the Ojai River Trail to Theresa Lubin (with the Ventura County Parks Department) who then asked for other recommendations for letters of support. Kate gave her some suggestions and recommended that they list all the charity events that use this trail. They are counting on federal support for the bulk of the costs.

Membership

George tells us we are holding steady at 211 households, with 383 members.

Programs

Linda reports us that this month George, Sonia and Debbie will talk about Italy. Pat Patterson and his wife, who traveled around the world, are off again and will be back in April or May of next year. Body fat measuring will be this weekend at the ride start beginning at 11 until about 1.

Grants

Dick asks if we intend to support the river crossing bridge financially. If so, we should keep our reserves up. Kate will call Theresa to ask about their timeline.

Treasurer

Sonia tells us we have \$ 27,214.98 in the Cool Breeze account and \$3,205.57 in the general budget, not including the refund from IRS for \$704.56 and recent memberships renewals.

Past President

Shari's slate of candidates for 2009 includes:

PresidentNeal Abramson
Programs..... Linda Bott
Public RelationsJudy Mullins
Grants..... John Brant
Secretary Leslie Ogden
Members at Large Bill Kapetanich and Herb Kane

We still need Membership, Rides and Newsletter. Leslie will do 65 ballots for the November club meeting.

CIBC wear

George says a new shipment is in and we're stocked up for the next two years. He'll contact those who put in special orders.

Holiday Party

Dick says that, as agreed, we'll have the same menu as last year: prime rib, lasagna and salmon. Mark your calendars for Sunday, December 14. Happy Hour will start at 6, dinner at 7. \$1,687 was kicked in for the event last year in addition to what members paid. He'll ask Ron Parker if he could set up a slide show. Bill, Kate and Leslie will help with music. George and Dick will get an email flyer out with deadlines and Dick's address for return. Leslie and Linda will do a quiz about last year's club meetings, so study up!

Motions

Dick moved that we authorize Neal and Dick to spend up to \$200 for recognition awards for the Holiday Party. [Passed]

Sonia moved that the club pay for \$182.46 for the pizza at the Lure of the Grape that Mike Stewart paid for. [Passed]

The meeting adjourned at 8:00 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:

Jeff Campbell (Ventura)

Heather Lacayo (Ventura)

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.

General Meeting Notes

Our CIBC general meeting for November was held Wednesday, November 19, at Carrow's in Ventura. President Kate Faulkner called the meeting to order at 7pm.

Kate began the meeting with a description of the upcoming **California Bike Expo, December 6th at the Ventura Promenade**, noting that we are fortunate to have it in our town. Don and Kathy will both have wares for sale there.

Herb Kane has a Specialized Roubaix for sale.

John Brant's birthday ride from Monterey is still open to ambitious cyclists wishing to do 100 miles a day for 6 days.

Linda Tashima recommends anyone over 60 get the shingles vaccine. This is true whether or not you've had shingles or chicken pox. The alternative is not fun.

George and Ruth Owens received a new order of CIBC wear. Contact George or Ruth if you'd like to update your club jersey or get some matching arm warmers.

Dick Bellman reports that **Joyce Clunis** had her surgery and came home but has since been beset by infections and pneumonia and has returned to the hospital.

Those interested in attending the Club's **Annual Holiday Party, December 14th at the Oxnard Courtyard by Marriott**, must get their reservations and money to Dick Bellman by December 8th. George Owens will be sending out an invitation via email.

Election of Officers

A slate of Club officers for 2009 was presented to the meeting and voted on by all present. Election results were as follows:

- PresidentNeal Abramson
- Programs..... Linda Bott
- Public RelationsJudy Mullins
- RidesMike Stewart
- Grants..... John Brant
- Membership.....Bruce Mullins
- Treasurer.....Sonia Sandomer
- Secretary Leslie Ogden
- Members at Large Bill Kapetanich and Herb Kane

Giro d'Italia 2008

Linda Bott introduced our speakers, Sonia Sandomer, Debbie La'O and George Chester, who promptly made us all want to go to Italy! The three vagabonds flew into Pisa before taking nearly a week to explore the Cinque Terra coast. In Pisa itself we saw George's beautiful shots of the walled city, its chapel, the Arno River and plenty of ordinary people using their bikes for daily activities. Times were not always so tranquil as evidenced by a fresco of the bubonic plague and a shot of Debbie giving the Tower a good shove. This CIBC group was run out of town by rail shortly afterwards.

The train took them through rocky tunnels, its tracks winding precipitously along the coast. They visited La Spezia, were asked by the innkeeper to meet her at the first wine shop, and were convinced that this trip was off to a fine start! Debbie's daughter joined them in Monterosso where they enjoyed the beach and great pizza. They did mention a bit of climbing: the "flat" route in Corniglia, for example, had at least 24 switchbacks! As George says, "it weeds out the tourists" (apart from a few maniacal German runners).

The intrepid trio courageously showed their faces near Pisa again to join a group of some 20 riders for a 10-day tour with Bicycle Adventure Club. They had one home base in Donoratico and used rented bikes, all good Giants (Sonia got herself a great TCR). Rides were beautiful, with lots of hills and about 10 miles between towns which translated to 10 miles between gelatti. Since the bikes were insured (not an expensive deal) they felt they could be responsible but not worry. They provided a couple of recommendations: (1) Don't go to the main port in Elba



due to the traffic from the ferries; (2) don't miss the art in Florence.

Debbie and George went home after the BAC trip, and Sonia was joined by her friend Jane Ward. Together they saw Lucca's medieval ramparts, Milan's "Last Supper", and Venice's wet piazzas and flooded first floors (evidence of global warming).

It was a great trip! They all recommend both Bicycle Adventure Club and Bike

Rentals Plus.

"On Your Left": COURTESY and SAFETY

For the last two years I have been riding much slower than the average rider, such that I get passed a lot. I have observed that the vast majority of the riders passing me do not, in any way, warn of their intended pass, such as "on your left", etc. At the same time I have been passed on my right by silent riders, and in some cases on both sides at once!

This lack of courtesy, and disregard for riding safety is intolerable to me. Please, give this some thought the next time you pass another cyclist, whether it be on the Rincon, where there are wide riding shoulders in some places, or, the most dangerous, on the bike paths that we all use. Many riders ride over the centre line on the bike path, forcing others to hug the right side of their lane, or even to take to the gravel shoulder.

The bike path up to Ojai has a number of blind corners where I have witnessed accidents caused by unthinking riders who are riding on the left side of the bike path. There are times when I wish I were an 18 wheeler when I encounter one of these unthinking people riding at me.

At the very least let C.I.B.C. riders set a good example, with the hope that it may rub off on others we encounter when riding.

-- Submitted by our gnarly past president, Peter Ball

Emerson Tunigold's Ride

The journey I took on August 16, 2008 was a big step for me in my life. The 100 mile bike ride named the Cool Breeze Century changed my life forever. It demanded a lot of energy. Our group and I started out at 5:47 a.m. We were riding 14 to 15 miles per hour. Around 6:00 a.m. the sun started to come up and it was very beautiful because we were by the beach. When we got to our first rest stop, Rincon Beach Park (Bates) we stopped and drank water for about a half an hour. Then we got on the freeway and we

were going really fast because of all the cars that were going a lot faster than us.

We got to Manning Park in about an hour. We stayed at Manning Park for about 20 minutes and then it was steep climbing up hills. The hills were hard even though I was using my easiest gear because the hills were so steep. Sometimes I even had to get off and walk my bike a little bit. I also ate a couple of granola bars to give my legs a little energy. I felt really good when we got to the top because that meant only one thing, the best thing of all, going down hill. That means not having to pedal! That was a good thing because I was very tired. Then it was back to small but steep hills for a few miles. We finally got to Stow Grove Park at about 10:30 a.m. We stopped and got lunch. I made myself a big sandwich and got a couple of cookies. I ate all of it because I was hungry. Then my mentor (my brother, Benjamin) told me to drink some pro endorphin but he accidentally put too much in so the next thing I know I was throwing up all my lunch. Then I got really afraid to eat because I was afraid I was going to throw up so I didn't eat any more. We were at the lunch rest stop for about an hour total. Then we went back to the coast.

It was a little bit of climbing. We also went through Hope Ranch which was up and down. The cool ocean breeze felt really good. We took breaks now and then because I was very tired and we had to go from 54.3 miles to 86.2 miles with no rest stops in between. We got to Rincon Beach (Bates) at about 4:00 p.m. The first thing I did was park my bike and go get a popsicle because I needed something cold. This was the only rest stop that had popsicles. From there we went back on the freeway. I was so tired I could hardly pedal. We were going about 20 miles an hour because of all the cars and it was slightly down hill.

When I finally got to the finish line, everyone else was there and they cheered for me. That made me feel good. When I finally crossed it, I rode onto the grass and fell off my bike. That is how tired I was. I made it and now I even

have a bigger goal: 120 miles (double metric) in a day. That is my goal for next year.

– submitted by Emerson Tunigold

Oliver Tunigold's Story

On Saturday, August 16, 2008, I went on the 100-mile Cool Breeze Century bike ride. We left at about 5:50 in the morning and I got back around 4:20 in the afternoon. It took about 11 hours and 30 minutes, but it was extremely fun. We stopped at four rest stops: Rincon Beach twice,



The Scouts enjoy a Cool Breeze respite at the Stearns Wharf fountain

Manning Park, and Stowe Park for lunch. Along the way, we also stopped in various other places to see the sights, such as the Dolphin Statue at the Santa Barbara Harbor and the bicyclist mailbox in the Santa Barbara foothills.

A lot of people came on the Cool Breeze with me. They include both my brothers, Dirk Larson and his father, Brenden Warn, Johnny Somerville and

his father, Travis Holmes, Shane Hall, Jeremy Kurtz, Jerry Boone, and a friend of Mr. Boone's and his daughter. Woody Maxwell came with us for part of the trip and Travis Holmes's parents were our personal SAG.

The jersey I was wearing was really cool. It had a rooster on it, the sign of France. Ironically, however, it was an Italian jersey. I had borrowed it from my uncle, who also likes to bike ride and has visited Italy. I also had a Camelback full of water, shorts, and my Navy socks.

The rest stops were actually really nice. They were well stocked with food and cookies. Also, the people working there were friendly and helpful. One of them fixed Brenden's brake, which had been rubbing up against his wheel for the first fifteen miles or so. They also let us take our picture with them. Rincon Beach had a cool cliff that you could go down to the ocean or enjoy the view.

Overall, I really enjoyed this bike ride and am planning to do it again next year.

– submitted by Oliver Tunigold

Club Rides 2009

Volunteering is always fun, but it's more fun when all participants enjoy what is being volunteered. Are you still with me so far? Well, here I am volunteering for the position of CIBC Rides Coordinator, again... I do enjoy setting up, scheduling and seeing how many members participate in each of the different rides.

First of all I want to thank Robert Dushane for his part in setting up the rides for 2008. Each Ride Coordinator brought to the table something different and innovative. Robert brought two new rides, the Casitas Coastal Climb and Flattest Century Ever to the program. Also, his creative club activities were a blast. Thank you Robert! Secondly, thanks to recent previous Ride Coordinators, Kate and Roger, for their new rides and caring ways.

For this coming year I plan to bring variety to the table, whether it is in the difficulty of the rides or the directions into the county and beyond. I do not set up the rides with the ones I like the best. I try to cover each corner of the county and mix up the rides with different difficulties. You will also notice a different look in the "Club Rides" page of the CIBC webpage. Hopefully, this new look makes it easier for our club members to utilize the page in helping us decide what routes we wish to ride.

Next, I encourage all members to "explore" each area of the county and enjoy each assigned ride. There are so many beautiful and fantastic rides to choose from on our "Routes and Maps" webpage. Try even driving to one of our "Remote Rides" to see a different part of the county. Most remote rides are no farther than 20 minutes from Ventura, so try one soon. There will be at least one "Remote Ride" every month.

Lastly, if you do not like the rides or can think of some better ones, please don't throw bike parts at me, just email me with your recommendations and suggestions or maybe even a new route or two. I look forward to serving you this coming year.

– Mike Stewart (CIBC Member, 2009 Ride Coordinator and FOB)

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 December, 2008

NEW Winter Start Times: Meet at 8:15, clip in at 8:30 (unless otherwise noted)

Saturday, December 6th - 8:30am - NEW WINTER START TIME! - "Tour de Carpinteria"- 36 miles, B ride, flat. Our "Get Acquainted Ride" ventures up the cool coastline into Carpinteria. Those wanting a longer ride can extend it into the Polo Grounds or even Summerland and meet us back in downtown Carp for a fun meal outside for another "California Experience."

Sunday, December 7th - "Tour de Lake Casitas"- 26 miles, B ride, rolling hills. Our "Get Acquainted Ride" ventures up the Ventura River Trail, along Santa Ana Road and 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. ****Those wanting a longer route can head up Casitas Pass Summit and return to the lake for a food break.****

Saturday, December 13th - "Thatcher Loop" - 48 miles, C ride, moderately hilly. We'll start at the Mission Parking Lot and ride up to Lake Casitas, through 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, December 14th - "Lake Casitas Loop CCW" - 43miles, C ride, a few big hills. Let's head up into Ojai and around Lake Casitas for a wonderful downhill into Carpinteria for food at Cavelli's Cafe. 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, December 20th - "East Beach Ramble" – 54 miles, B ride, rolling hills. One of the club's favorite rides. We start at the Mission Parking Lot in Ventura and ride up the coast 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 Summerland.**** You could even have someone pick you up in SB and drive you back home!

Sunday, December 21st - "Casitas Pass Coastal Climb" - 42 miles, C ride, basically one big hill and lots of down. Start at the Mission Parking Lot and ride up the coast towards Carpinteria, then and up Highway 150 on to Casitas Pass. At the top of the pass we'll turn around and head back into Carpinteria with food and drink at the beautiful Reynaldos .

Saturday, December 27th - "Dennison Grade Loop CCW" - 43miles, C ride, a few big hills. Let's start at the Mission Parking Lot and ride into Saticoy, on to Santa Paula and then UP into the Ojai Valley with food at either the Summit Cafe or the Ojai Cafe Emporium. From there it is all DOWNHILL into Ventura for a nice cool breeze. ****Shorter routes are always possible****

Sunday, December 28th - "Summerland Classic", 43 miles, B ride, rolling hills. We'll start at the Mission Parking Lot and ride up the coast with food in the quaint town of Summerland. Enjoy the ride up the beautiful coastline. ****Shorter routes are possible by turning around at the Fire Station or in Carpinteria****

Thursday, January 1st - "Show and Go", ?? miles. Meet at the Mission Parking Lot for a ride to wherever the group decides on this Football Day!

Saturday, January 3rd - "Summit and Return", 49 miles, C ride, climbing. We'll meet at the Mission Parking Lot and ride towards Ojai and on to Dennison Summit between Ojai and Santa Paula. Then a quick turnaround into Ojai for food at either the Summit Cafe or Emporium Cafe.

Sunday, January 4th - "Harbor Circle Tour- CCW", 43 miles, A ride, flat. Meet at the Mission Parking Lot for a ride around Ventura Harbor, Channel Islands Harbor and Hueneme Pier with food at Starbucks in Camarillo before returning to Ventura.

Weekday Rides

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

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. - 16 miles from Sanjon Road (meet at the parking lot under the freeway) up to Foster Park and back, hosted by Herb Kane. (Lights required)

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

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 Dushane.

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

Ride with Team Columbia

Remember that scene in "Breaking Away" where Dave Stoller comes home yelling "The Italians are coming!?" Here's your chance to replicate that thrilling adventure by riding with Team Columbia and other cycling enthusiasts to benefit San Luis Obispo ALPHA, Inc. The metric century and half-century stretch from Avila Beach to Cayucos and San Luis Obispo, respectively, beginning and ending at the promenade in Avila Beach. The metric and half-century courses are moderate rides, though winds can be brisk in the northerly direction. You may have a nice tailwind coming home, however! More information is available at highroadsports.com/pedal-to-pier-2009 or by calling (805) 545-7940.

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

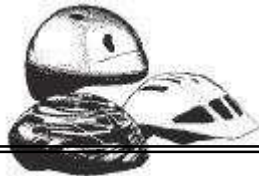
Sundance Cycles
Ashton "AJ" Johnson
and Steve Dozier
5019 Kanan Road
Agoura Hill CA 91301
(818) 991-9103

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

