

CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

JANUARY/FEBRUARY

VOLUME 20

NUMBERS ONE & TWO

Installation Dinner

This year's holiday party/installation dinner at the Marriot was a big success thanks to the wonderful efforts of Linda Bott and Dick Bellman. The 63 people who attended dined on a delicious meal of lasagna, salmon, or prime rib. The dessert was tasty, too, but poor Roger was disappointed that it was not presented in the form of a bicycle. Ron Parker presented the Time-Warner piece on "Southern Cal's Best" about cycling in Ventura County and a stirring piece about Peter Ball. President Neal handed out some well-deserved awards and Dick recognized some of the achievements of the club members during the past year.



The Changing of the Guard

President Neal thanks the effort of the board members who worked so hard during the past year.



President Neal welcomes the incoming CIBC board.



Kevin, Lee, Neal, Judith, and Dick are all smiles on this happy occasion.



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	Neal Abramson
Secretary	Theresa Satterfield
Treasurer	Linda Bott
Programs	Victor Graves
Public Relations	Judy Mullins
Rides	George Chester
Grants	John Brant
Membership	Bruce Mullins
Government Liaison	Kate Faulkner
Members at Large	Bill Kapetanich
Past President	Kate Faulkner
Newsletter Editor	Linda Zych
Webmaster	Ron Parker
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:

Linda Zych
2365 Warbler Ave :: Ventura, California 93003
flzych AT roadrunner 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) at Seaward and Harbor in Ventura.

Cool Breeze Century

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

*A Note Regarding 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....

A Letter from our President

Greetings! Winter is here and it sure feels like it! Rain, chilly temps, and a bit of wind try to keep us from riding, but we keep doing it anyway... We are a tough bunch! Ventura County continues to be a wonderful place to bicycle around, and we don't have to shovel any snow!

It seems like just yesterday that we had our annual installation dinner/holiday party in Oxnard, and it is February already. I don't know about you, but time sure flies when you are having fun... I would like to give another "thank you" to all the out-going board members for their service to our club, as well as welcome the new board members. Without their commitment, our club would not get anything accomplished or be able to fund the grants that we do. I know that I could not get anything done without the support of our club board of directors. And we are now celebrating our 20th year! Can you believe it? Twenty years of the Channel Islands Bicycle Club... it is all thanks to your membership and involvement that we can keep the club going.

Here is something helpful that you could do: if you happen to read an interesting cycling-related article somewhere, please forward it to me or Linda Zych, our new newsletter editor. Everyone can contribute to our newsletter, and Linda can certainly use just about anything you might send her. Why not share that story or article with the club? Or better yet, why not write one? Just email it! And if you have any pictures from a recent club ride, send it to Ron Parker (our new webmaster) or Linda for the newsletter.

That is all for this month... Please remember to support your local bike shop. Thanks to everyone for your continued support. See you on the road!

– Neal Abramson

CIBC Board Meeting Minutes – December 7, 2009

Neal called the meeting to order at 7:00 p.m. Also present were John Brant, Bruce and Judy Mullins, Sonia Sandomer, Linda and Larry Bott, Leslie Ogden, Victor Graves, Theresa Satterfield, Bill Kapetanich, and Ron Parker.

Membership

Bruce reports that there are 323 total members. Three new members from Ventura joined last month.

Programs

Linda Bott is handing off the program duties to Victor Graves. John Brant will present his Huntsman Games experience at the January meeting.

Public Relations

Judy Mullins plans to contact the Star about the \$8000.00 donation the club gave for the San Antonio Creek bridge repair on the Ojai bike path repair. Judy suggested we might also write articles for the Breeze as the editor has indicated he will publish our articles in that paper.

Grants

John Brant reports that a new grant request came in from out of our area. It deals with mountain biking. John will put the grant guidelines on the website.

Club Schwag

Linda contacted Voler about the club shorts and jersey ordering details. Plans are for Voler to receive a copy of the club roster. Club members can contact Voler with their orders and the company will run an order after every 15 orders are placed. Janeene is working on a design. Voler has put CIBC on the books for late January.

Club water bottles have been ordered.

Cool Breeze

Linda received a check from Foster for \$41,500 from last year's Cool Breeze. Manning Park is not available as a rest stop this year as a family reunion has already booked it for that day. An alternate site in the same area is being considered.

Holiday Party

Dick Bellman reports that 62 people have already paid. Ron Parker will show his July club presentation, a celebration for Peter Ball, and the Time Warner Cable piece about the club. The program will include volunteer recognition, grants given out during the past year, and recognition of riders who completed their first century. Happy hour is at 6 pm and dinner at 7 pm with the program to follow.

New Business

Neal says the club once belonged to the California Association of Bicycling Organization (CABO). This organization protects the rights of cyclists on the public roadways. The dues are \$58.00 per year. He moved that we join again, and the motion was seconded and passed.

Linda is planning a ride series with three divisions of rides of 60, 100, and long 150 plus per month, one ride each month. Cyclists will turn in their mileage on the first and 15th of every month from January to December. See the newsletter for details. George will put in one metric ride per month.

The next board meeting will be held January 4, 2010 at John Brant's house.

The meeting was adjourned at 8:00 pm.

- Respectfully submitted by Leslie Ogden

CIBC Board Meeting Minutes January 4, 2010

Location of CIBC Holiday party might change - Dick and Linda are checking new places - Marriott is happy to serve us and the club is not dissatisfied but is just checking out other options.

OFFICER REPORTS

President - no new business to report

Membership - 321 members - one new member - Bill Vorlage - Boulder, Co.

VP Programs - January meeting - John Brant will do a presentation on the Huntsman Games

Pending program: Pat and Sherri have a slide show of a trip to Missouri

Tren Morris to put on a presentation, no confirmation yet -

Rides - George Chester has received positive feedback on the name change from Tortoises to Foxes and the Hare/Rabbits to the Hounds. There will be a Foxes and Hounds ride every week - the Hounds will leave an hour early and go much further to get to the finish a bit after the Foxes have arrived.

George Chester feels we have two clubs and that only at meetings do we all see each other.

George is planning an away ride once a month and this will be a hard ride with lots of climbing

Grants - No new information

Public Relations - No new information

Treasurer - Sonia and Linda need to finalize the transition from Sonia to Linda

Secretary - No new information

Bill Kapetanich - No new information

Kate Faulkner - Has successfully completed her recruiting job for the new Board

Linda Zych - has graciously agreed to do club newsletter beginning in February 2010

Web site report - Ron Parker - Ron and Michael Stewart have met to discuss change

Cool Breeze Century - no updates -

CIBC wear - no update -- We are waiting for response from Janeene on the new design for Club shorts.

Water bottles order - Neal is working on this.

Bank Account - New Board members need to go to Bank to sign the signature cards

Linda reminds all members about the Y-2 program - see web site -

Joyce Clunis, long time member has passed away - CIBC has made a contribution to the American Cancer Society for \$100.

Next meeting is 2/1/10 at John's house.

CIBC General Meeting January 20, 2010

The CIBC General Meeting was held at Carrow's in Ventura on Wednesday, January 20th. President Neal Abramson opened the meeting at 7:00 pm.

George and Ruth Owens reminded everyone that club jerseys, socks, jackets, and vests were available to buy. If interested members can contact George or Ruth or see them after the meeting.

Mike Stewart distributed empty tennis ball cans for members to use for jackets or any other articles of clothing people may want to shed during a ride.

Ken announced that he had a Shimano compact 50-34 crankset that he bought for \$62.00 and wants to sell.

Victor Graves introduced the presenter, John Brant, who talked about his experience at the Huntsman Senior Games in October 2009. Over 10,000 athletes participate in these annual games. John followed a training program put together by the trainer he has worked with in the past and found himself doing weekly hill climbs in order to be ready for the games. His wife supported his decision to participate in the games, yet told him she did not want him to enter the Criterium event. Being a good husband, John complied with her wishes. John and Roger Macomber drove to Utah together and roomed at the Motel 6 in St. George. John greatly appreciated all the advice Roger gave him concerning the games. Roger has

entered them multiple times and knows the courses of each event, when to get to the venue, and when it is best to eat before an event. John won a gold medal in the road race, a course that has 2500 feet of climbing and is 22.9 miles long. He also came in 5th in the time trial event. Roger came in 8th in the criterium. John dedicated his experience at the games to Peter Ball, who was an inspiration to John while he participated.

-Submitted by Theresa Satterfield

Emergency First Aid for Cyclists

On a club ride up the coast on Sunday, January 10, Frank Zych and Leslie Ogden came upon an injured cyclist. His friend appeared quite unsure as to what to do, so Frank and Leslie stopped to help. It was finally decided that the cyclist should not attempt to get on his bike and his friend picked him up in his car. It is important for all cyclists to know some basic facts about caring for injuries on the road, so here are a few tips that could help you save the life of your favorite cycling pal.

Secure the victim's head and neck. Never take off the victim's helmet until it is absolutely ascertained that there is no neck or spinal injury.

Remember the ABC's. **A**irways and **B**reathing - Is the victim breathing and talking? If he is not, begin CPR. **C**irculation - is the victim bleeding? If so, apply pressure to the affected area and try to stop the bleeding.

Ask the victim questions to determine his mental status. Ask him his name, what day it is, if he knows where he is, and if he hurts anywhere.

Look over the victim for signs of bruises or broken bones. Injuries usually occur on our "tips" - shoulders, elbows, hips, knees, and ankles. Just because a bone doesn't hurt or feel broken doesn't mean it isn't. An X-ray may be necessary.

To treat road rash, gently remove any glass, dirt or other debris from the wound. Wash the area with water. Apply antibiotic ointment and a bandage.

Finally, do not let the victim get back on his bike unless you are absolutely certain he is capable of riding competently.

Remember also to get the cyclist off the road and in a safe area while treating him. Carry first aid items in your saddle bag (latex gloves, band-aids, gauze pads, Neosporin, Advil) and take a CPR course if one is available to you. Being prepared will make you a desirable cycling partner!

Kudos to Frank and Leslie for taking time out of their ride to aid another fellow cyclist.

Healthcare Professional of the Year



Judy Mullins, an operational manager in the VCMC Ambulatory Care Department, received the Fainer award for Healthcare Professional of the Year. The awards are handed out in recognition of members of the medical community who embody excellence and dedication to the community. These awards are like the Academy Awards of healthcare and recognize individuals in the field for whom the patient comes first. Among her many duties Judy has been responsible for opening new medical clinics throughout Ventura County. Congratulations Judy!



Regular Tuesday/Thursday Rides in Ojai

Every Tuesday and Thursday club member Fawzi Emad leads a ride around the Ojai area and welcomes other rides to join him. The group meets at 9:00 am on the bike trail (at Barbara St. and Route 33 facing the U-Haul in OakView). From there the ride goes to Ojai and meets other rides at 9:30 am in the Von's parking lot near the

hardware store. The loop is 30 miles (from Oak View) and 25 miles (from Ojai). Roughly the route goes on Maricopa Hwy (33), turns left on Fairview, left on Rice Ave., right on Hwy. 150, left on Santa Ana Road to Foster Park, and up the bike path to Creek Road back to Ojai. The pace is about 13 - 16 mph and Fawzi makes sure no one rides alone behind the pack. Contact Fawzi by phone at 805-500-5335 or email him (femad AT fpemad DOT com) or just show up at the ride start on time to ride with the group.

Where Has She Been?



Long-time club member and last year's CIBC Treasurer Sonya Sandomer has been missing in action for the past 2 months due to shoulder surgery in November and emergency surgery in late January. We wish you a speedy recovery Sonya and hope to see you on the road again soon. We miss you!

A Well Earned Rest



Club members relax after a great ride down the coast to Mugu Rock.

New! The “Year-Rounder” Program

We are adding a new program to CIBC for 2010. It will be modeled after the Ultra Marathon Cycling Association’s Year-Rounder (Y-R) program and for us will be named the same.

The Year-Rounder (Y-R) provides a structure to motivate you throughout the season and to recognize your personal achievements. The Y-R is designed to showcase consistent performance in cycling throughout the year. The Y-R has different divisions to recognize different goals. Rides are categorized by distance (Metric, Century or Long).

Year-Rounder Divisions

Rides are tallied in the following divisions, plus the combined mileage from those divisions, as well as the consistency-based award. All rides should be completed in a 24-hour period. A ride extending beyond 24 hours or across day boundaries will count as a single, extended ride.

Metric Division: Rides of 62-90 miles.

Century Division: Rides of 90 - 149 miles.

Long Division: Rides of 150 + miles

Consistency-Based Award: Ride at least one of the above rides every month.

More information will be available before the year end, as well as how to submit your rides. Any question should be emailed to Linda at bebotts AT hotmail DOT com

Happy riding!

– Submitted by Linda Bott

About our Club Rides

Club rides are held every Saturday and Sunday (and major holidays) starting at 8:30 am Dec-Jan.-Feb. (8:00 am Mar.-Nov.). Riders meet in the parking lot at the north 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).

“Fox and Hounds”

Our club philosophy is to have as many riders participate in our fun club weekend rides as possible. We want the faster and more fit bikers to continue with their pace and not feel responsible for slowing down and continually regrouping for the riders falling behind. So, to accommodate both fast and slow riders a new “Fox and Hounds” system is in effect on alternating weekends with the addition of a slow-paced social ride called the “Foxes.”

The “Foxes” rides will follow a similar route, albeit shorter, than the “Hounds” are riding with an effort to end up at the same eating location more or less simultaneously. The “**Hounds**” ride will be for those that like a faster pace with less regrouping. Their ride will basically be the same as the past rides, still beginning at 8:00am (8:30 am in winter)but longer than the “Foxes” ride. **The “Foxes” ride will begin at 8:30 am (9:00 am in winter)** with a desired goal of a slower pace, shorter routes, and more regrouping to allow for more rider socializing.

So please, faster riders go for it and ride your “pace lines” again and slower riders come for the social aspect at a reduced pace. Remember, we are all here for the same reason, **WE LOVE TO BIKE!**

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.

Key to Ride List Abbreviations

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.

Weekday Rides

Tuesdays: “Santa Barbara Special”8:30 a.m. - 42 miles up to Santa Barbara and back. Meet at the Mission parking lot and ride up the coast into Summerland & the Luna Cafe. Hosted by Larry, Terry and Dick.

Thursdays: “Old Boys & Girls Ride”8:30 a.m. - 32 miles up and down the Ojai Trail. Meet at the Mission parking lot and ride up to Ojai, then turn around and head back down.

★★★ HELMETS ARE REQUIRED ★★★

CIBC Ride Schedule for February, 2010

"Winter Start Times" for December, January & February begin at **8:30 a.m.**, unless noted otherwise!

Saturday, January 30th – *****Fox & Hounds***** - ****Remote Ride**** - **"Tour de Santa Monica Mtns"** – 49 miles – C Rating. The **Hounds** leave Freedom Park in Camarillo at **8:00 am** and head down the coast to Mulholland Hwy and into Westlake, Newbury Park and Camarillo –

"Malibu the Easy Way" -32 miles – A Rating. The **Foxes** leave Freedom Park at **9:00 am** and head down the coast to Pt. Mugu and Neptune's Net and then return up the coast to Camarillo. Eating suggestions: Neptune's Net, Waypoint Airport Café.

Sunday, January 31st – **"Dennison Grade Loop -CW"** – 49 miles - C Rating. Mission Parking Lot north to Casitas Springs, Lake Casitas, Ojai, Santa Paula and back into Ventura. Eating suggestions: Ojai Emporium Café, Santa Paula Coffee Shop.

Saturday, February 6th – ****Remote Ride** 9:00 am - "Goleta Ramble"** – 45 miles - B Rating. Start at Manning Park and head into Montecito, Santa Barbara, and Goleta, following a beautiful section of our Cool Breeze Ride. Eating suggestions: East Beach Grill, Santa Barbara Harbor. **OR "Gibraltar Mtn Goat Climb"** – 32 miles – E Rating. Start at Manning Park at **9:00 am** and let George Chester lead the way into Montecito, Santa Barbara and Goleta complete with a major climb. Eating suggestions: East Beach Grill, Santa Barbara Harbor.

Sunday, February 7th – *****Fox and Hounds***** - **"Summerland the Hard Way"**– 58 miles - C Rating. The **Hounds** leave at **8:30 am** heading towards Casitas Springs, Oakview, Lake Casitas and over the hill towards Carpinteria and Summerland. Eating suggestion: Cantwell's Market in Summerland.

"Summerland Classic" – 46 miles – B Rating. The **Foxes** leave at **9:00 am** and head up the coast into Carpinteria and Summerland. Eating suggestion: Cantwell's Market in Summerland.

Friday, February 12th – **"Holiday Show and Go" – 8:00 am** – Mission Parking Lot into the roads that the group chooses on this holiday special. Wear your Red/White/Blue jersey today. Eating suggestion: My Florist Bakery.

Saturday, February 13th – **"East Beach Ramble"** - 54 miles - B Rating. Mission Parking Lot up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara. Eating suggestion: East Beach Grill.

Sunday, February 15th – *****Fox and Hounds***** - **"Dennison Grade Loop CCW"** – 49 miles - C Rating. The **Hounds** leave at **8:30 am** and head into Saticoy, Santa Paula, Ojai and back into Ventura. Eating suggestion: Ojai Emporium Café.

"Tour de Ojai"-34 miles- B Rating- The **Foxes** leave at **9:00 am** and head to Casitas Springs, Oakview, Ojai and back into Ventura. Eating suggestion: Ojai Emporium Café.

Monday, February 15th – ****8:00 a.m. start**** – **"Holiday Show and Go"** – Mission Parking Lot into the roads that the group chooses on this holiday. Wear your Red/White/Blue jersey. Eating suggestion: My Florist Bakery.

Saturday, February 20th – **"Sulphur Mountain Challenge"** – 49 miles - E Rating. Mission Parking Lot into Casitas Springs, Oakview, Ojai to Dennison Grade and up to Sulphur Mountain Road. 2600 feet of climbing. Return the same way via Creek Road. Eating suggestion: Ojai Emporium Café.

Sunday, February 21st – *****Fox and Hounds***** – ****Remote Ride**** – **"Santa Monica Mtns."** – 49 miles - C Rating. The **Hounds** leave at **8:00 am** from Freedom Park and head down the coast and go up Mulholland Highway and down Encinal Cyn back to Highway 1. Eating suggestions: Neptune's Net and Waypoint Airport Café.

"Malibu the Easy Way" – 32 miles to 47 miles - A Rating. The **Foxes** leave at **9:00am** from Freedom Park at the Camarillo Airport and bike down the coast past Pt. Mugu to Neptune's Net in Malibu, returning back up the coast into Camarillo. Eating suggestions: Neptune's Net, Waypoint Airport Café.

Saturday, February 27thst – **"East Beach Ramble"** – 54 miles- B Rating. Mission Parking Lot up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara. Eating suggestion: East Beach Grill.

Sunday, February 28th – *****Fox and Hounds***** - **"Rose Valley Climb"** – 56 miles - D Rating. The **Hounds** leave Mission Parking Lot at **8:00 am** and head to Casitas Springs, Oakview, Ojai, and the Upper Ojai Valley to Rose Valley Summit. Eating suggestion: Ojai Emporium Café.

"Sea to Wheeler Gorge" – 34 miles- B Rating. The **Foxes** leave at **9:00 am** and head to Casitas Springs, Oakview, Ojai and back into Ventura. Eating suggestion: Ojai Emporium Café.

Saturday, March 6th – *****Split Ride***** **"Casitas Pass CCW"** – 43 miles - C Rating. Leave Mission Parking Lot at **8:00 am** and head to Ojai and Lake Casitas to go over the hill into Carpinteria. Eating suggestion: The Coffee Bean and Tea Leaf.

"Refugio Mtn. Goat Climb" – 32 miles- E Rating. Start at Refugio State Beach at **9:00 am** and ride into a beautiful canyon in the Santa Ynez Mountains. George Chester will lead this very difficult ride.

Sunday, March 7th – ***** Fox and Hounds***** – **"Casitas Pass Climb CW"** – 48 miles - C Rating. The **Hounds** leave at **8:00 am** and head north to Casitas Springs, Lake Casitas to go over the hill into Ojai. Eating suggestion: Ojai Emporium Café.

"Tour de Ojai" – 34 miles - B Rating. The **Foxes** leave at **8:30 am** and head to Casitas Springs, Oakview, and Ojai. Eating suggestion: Ojai Emporium Café.

Every time I see an adult on a bicycle I no longer despair for the future of the human race. – H.G. Wells

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.)

All Pro Bicycles
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
Camarillo, CA 93010
(805) 484-1203

Camarillo Bike Company
Ted Saville
2263 Pickwick Drive
Camarillo, CA 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

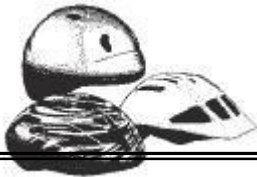
Simi Cycling Center
Greg Dolder & Terry Hearne
897 Los Angeles Avenue
Simi Valley, CA 93065
www.simicyclingcenter.com
(805) 522-0565

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

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

