

CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

JANUARY 2009

VOLUME 19

NUMBER ONE

CIBC's 2008 Holiday Party!



Another year has passed but it finished in fine fashion with our Holiday Party at the Oxnard Courtyard by Marriott on December 14th, 2008. A large group of club members participated in our annual club activity. A fine dinner was followed by honoring our past board members and also our newly-appointed board members for 2009. Fun was had by all on this cold and rainy winter's night.

...more photos on page 5!



Shari's much talked about boots.



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.....	Leslie Ogden
Treasurer	Sonia Sandomer
Programs	Linda Bott
Public Relations	Judy Mullins
Rides.....	Mike Stewart
Grants	John Brant
Membership	Bruce Mullins
Government Liaison.....	Kate Faulkner
Members at Large.....	Bill Kapetanich & Herb Kane
Past President.....	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....

A Letter from our President

Hello and Happy New Year! Well, the new year certainly has brought some changes and some trepidation regarding the economy and the state of the world as a whole. But have no fear: you can still ride your bike for free! You can still ride your bike as a healthy means of stress relief! You can still ride whenever you want! And the Channel Islands Bike Club is still here to support your ride and lifestyle!

Focus on the Future

OK, so enough about that... let's focus on the future: my goals are simple: I merely wish to continue all that our club is known for (Cool Breeze Century, grants to worthy organizations, and education of our members and the public), and perhaps throw in a little bit of that certain extra something... we will explore exactly what that is in the coming months...

"Do Something" This Year

For those of you who missed our holiday/installation dinner, a fun time was had by all, thanks to Patrick and the Marriot, Ron Parker and his slide show, and of course our master of ceremonies Dick Bellman. When I made my "acceptance speech," I asked all club members to pledge to "do something" this year. This can mean as much or as little as you choose to do, just do something. I proposed several ideas, like riding a century if you have not yet done so, or pledge money to a charity ride (or just ride in one), or buy a helmet for a neighbor or their child, or even just learn to change a flat... I just stated that if everyone in our club would just do something, just one day out of the year, we could cover an entire year with the size of our membership. Just think, we could all contribute to a safer cycling experience for all, just by one act by each of us! Wow! That is amazing! That shows how powerful we can all be just by helping each other and growing our membership as well.

Club History

Lastly (for now), I would like to put together (once and for all) a club history, complete with a list of anyone who has ever served on our Board of Directors. So, if you or someone you know has ever been on our Board, please send me (via email) their name(s) and the year(s) in which they participated. I would like to put something simple together to not only send out to all current members, but have it sent whenever any new member joins. I will put this together myself and work with our current Board to make sure it continues.

Anyway, thanks to everyone for your support.

See you on the road!

– Neal Abramson

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. New members in January include:

Bruce Hall, Santa Clarita

Ray & Brenda Rosentrater, Carpinteria

Kenneth & Jane Thomas, 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.

How Far did you Go?!?

If you keep your 2008 year's **total bike mileage**, please email it to Mike Stewart (the web guy) at *2stews1948 AT roadrunner DOT com*. We have the past 5 years posted on our CIBC Webpage at www.cibike.org/page4.html. Have a great 2009 with lots of biking miles

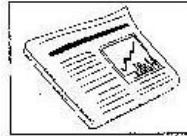
Tales of Yesteryear

In keeping with our new initiative to compile a club history, we will be publishing bits and pieces from old copies of the "Chain Chatter" (or, as it was once know, the "Oxnard-Ventura Bicycle Club News") throughout the year. This month's selection is from one of the oldest newsletters in the archives, the July-August 1992 edition, describing the "First Annual Summit-to-Sea Ride". Not sure how popular this ride ever became, but it seems to have been a lot of fun the first time...



L to R--(Kneeling) Joyce, Mike, Pat, Carol, Alex, Theresa (Crouching) Jerry Watkins, Robin, Dan, Richard R, Rudy (Standing) Chris, Marlow, Ken, Bob, Lew, Bob Riley, Bruce, and Judy. Nancy Love at the camera.

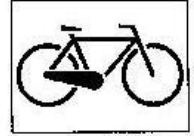
The intrepid band at the 1992 "Summit to Sea" ride



Oxnard-Ventura

Bicycle Club News

July-August 92



First Annual Summit-to-Sea Ride

Sat. 6/6/92

17 riders and 5 SAG Drivers & Helpers.

We started meeting @ Mission Park @ 6:00 AM with hot coffee, homemade rolls, thanks to Nancy Love, muffins and all kinds of goodies. We loaded up the bikes & people and headed out for Mt. Pinos. At the parking lot of Mt. Pinos we again ate and got ready. Rich told us the ground rules and we were off about 9:25 AM. What a downhill! The view was great. The pine trees, wild flowers and the valley below all were a welcome change from the city views we usually see. It was really unusual having the dilemma of whether or not to pass a truck with a camper. We were going over 35 at the time. We did pass and never saw him again.

On to Lake of the Woods and a turn onto Lockwood Valley. Past the CHP with the attitude, who was explaining his love for bicyclists to Cindy. We got to the top of Heartbreak Ridge for the start of the No Pedal downhill coasting match. Pat Larson won. (Only because D & R Towing didn't participate). Then it was on the turn at Hwy. 33. An the (Non-Public) Ranger/Fire Station for a rest and some snacks. The ladies really like the facilities across the road.

We finally stopped at Wheeler Campground for a Super Lunch Spread put on by Rich & Cindy along with the able assistance of Erika Beeston. Great pasta salad Rich!

After the Food and chill of the downhill it was decided by most to call it a day and SAG in. 6 riders continued on and finished our First Annual Summit to Sea.

A very sincere than you to:

- Rich and Cindy Riddle, for everything.
- Erika Beeston for Driving and Helping at each Stop & Lunch.
- Judy Fisher for driving.
- Nancy Love for driving and the homemade rolls.
- Bruce Hall for the use of his Van.
- Pat Larson for the driving and pulling the trailer, without which we couldn't have gotten the bikes up the hill.

We Couldn't have done it without you all!!!

-- Submitted by Dan Love

Highway 101 Widening Project

CalTrans has released a "Mitigated Negative Declaration" document for the Highway 101 Widening project between Ventura and Santa Barbara, which will include significant modifications to the bike lanes along the Rincon. You can download a copy of the MND from www.dot.ca.gov/dist07/resources/envdocs/docs/Ven101hov_MNDFONSI_121208.pdf. It's a 19 Mb file and may take a while to download, but it might be worth taking a look at what they propose as it will affect all of our rides up and down the coast. If it ever gets built...



A beautiful day at the seaside for BikeFest 2008

BikeFest 2008

BikeFest 2008 was held Saturday Dec 6th, 2008 on the Ventura Promenade. According to Ron Parker it was a great time if you missed it. There was lots of bike stuff to look at and try out. Thanks to Ron Parker for these photos.



Past President Peter Ball regales the crowd at BikeFest 2008

Breakaway from Cancer Charity Ride

Amgen and AEG, owners of the Tour of California, need your help. This coming **February 8th, 2009**, we will be putting on the **4th Annual Breakaway from Cancer Charity Ride** in Thousand Oaks. Amgen and AEG are committed to this event and we are looking to increase our rider turnout.

Amgen and AEG are committed to raising funds and awareness for cancer support. It's what we do. We want a great turnout at our event to make it a huge success. Times are tough and we know that we need to offer some incentives to encourage local cycling leaders to assist us in spreading this cancer awareness message. Help us all breakaway from cancer.

This is our way to ask you for your help. You love the sport of cycling. We work in cancer research AND we love the sport of cycling. If you help us, we can help make the Amgen Tour of California experience a memorable one for you. See the website for more info: www.breakawayfromcancer.com

*- Submitted by Jerry Jayne
Founder, Amgen Cycling; Amgen Oncology*

Club Meeting Wednesday, January 21st

CIBC's next General Meeting will be held **Wednesday, January 21st at 7pm** at Carrow's in Ventura (on Harbor Blvd. at Seaward). Tren Morris will give a presentation on "Quick Fixes on the Road."

Ventura County Cycling Survey

CIBC Member Paul Callaway is assisting Ventura County and requesting club member feedback on **Ventura County Bicycle Parking Requirements**.

The County of Ventura requires bicycle parking and support facilities in certain types of new development and building renovations. Like automobile parking requirements for new development, many other cities have incorporated bicycle parking requirements into their codes. Bicycle parking is a key consideration in people's decision to bicycle because of security concerns for their property. Every bicycle trip includes the route of travel plus parking at the origin and destination. An adequate supply of safe and convenient bicycle parking is thus mutually reinforcing with the development of the County of Ventura's bikeway network.

For more information, including a draft copy of the bicycle parking requirements, you can email Paul at Survey AT [Venturavelo DOT org](mailto:Venturavelo@DOT.org), or contact Lorraine Rubin at the Ventura County Planning Division.

Our Annual Holiday Party

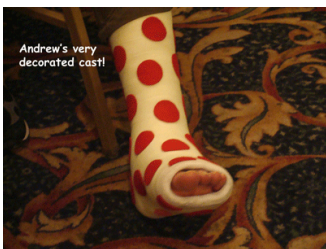
For those of you (including the illustrious newsletter editor) who missed the CIBC Holiday Party, here are some additional photos courtesy of Ron Parker:



George and Ruth Owens shared a table with friends



Lots of fun. Lots of people.



Andrew's very decorated cast!



Shari's much talked about boots.

A wide variety of footwear was in evidence – Andrew Gustafson's cast (left), for example, and Shari Nicolls' cowboy boots



The 2009 Board of Directors was presented



The outgoing 2008 Board of Directors was commended for a great year of cycling



Thanks again to the Oxnard Courtyard by Marriott for a great evening!

About our Club Rides

Club rides are held every Saturday and Sunday (and major holidays) starting at 8:30a.m. Dec-Jan.-Feb. (8:00 a.m. 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).

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.

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.

Club Ride Information for 2009

Well, Happy New Year for 2009! I just love odd numbered years, they my favorite. How about you? Just passing on a few notes for this year’s Club Ride Schedule for 2009, so read on please.

A new look to the ride schedule

First of all, check the website for the new look to the ride schedule. All is meant to make your life easier when choosing a club ride. Directions are posted as well as eating destinations, maps, route slips and photos. A reminder that the webpage is always more current than the “Chain Chatter”, because I can change information the night before the club ride. Bad weather, road

closures and traffic may dictate changing a ride for that day. So, check on our ride’s page at www.cibike.org to read about our fun club rides.

“Start slow and finish fast”

Secondly, our club is always trying to find ways to keep the ride group a little closer together during the ride. This has to be done with regrouping, eating locations, pace lines or a club follower to gather up the bikers at the end of the group. This year we will stay with the same basic ideas but also incorporating a new slogan: “Start slow and finish fast.” The idea is for the entire ride group to warm-up, relax and take it easy” for at least the first hour to 15 miles of the ride. This way the group can enjoy each other’s company, stay close together and talk with new members. After the first hour most members are warmed up enough to start “flying” on the ride to the designated eating location to again socialize and enjoy each other’s company.

After being energized at the local eating establishments the group can then head home and “finish fast” if that is to your liking. We all know that many of us have other things to do on the weekend and thus may have to get back early. So feel free to arrange a “hammerhead” pace line or even shorten the ride if necessary. Just remember that our main club goals are to ride, get fit, enjoy the sunshine and scenery, and socialize with other club members either on the bike or at the local eatery’s.

CIBC is The Best

Lastly, the Channel Islands Bike Club is THE BEST bike club in California. Come join us for a wonderful ride in our beautiful counties of Ventura, Santa Barbara and even Los Angeles. Come and “Bike, Breath and Enjoy.”

- Submitted by Mike Stewart
2009 Rides Coordinator and FOB (Fat Old Biker)!

“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.

★★★ HELMETS ARE REQUIRED ★★★

CIBC Ride Schedule for January, 2009

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

Saturday, January 10th - 8:30am start - "Summerland Classic" - 47 miles - B Rating - We'll meet at the Mission Parking Lot and ride up the coast into Carpinteria, Summerland, and back into Ventura. Eating suggestions: Cafe Luna, Padaro Beach Grill, Reynaldo's Cafe, The Coffee Bean, My Florist Bakery

Sunday, January 11th - "South Mountain Ramble" - 50 miles - B Rating - Meet at the Mission Parking Lot and head east into Ventura, Saticoy, Santa Paula and return from Fillmore in to Ventura. Eating suggestions: Santa Paula Coffee Company, Logsdon's Airport Cafe, La Terraza Cafe, My Florist Bakery

Saturday, January 17th - "Santa Monica Mountains Crest" - *Remote Ride***** - 55 miles - C Rating. Meet at Freedom Park at the Camarillo Airport and we'll ride down the coast past Pt. Mugu to Neptune's Net, then up the mountain on Yerba Buena and back up the coast into Camarillo. Eating suggestions: Neptune's Net, Waypoint Airport Café.

Sunday, January 18th - Club Jersey Day - "Tour de Carpinteria" - 36 miles - A Rating - Let's meet at the Mission Parking Lot and ride up the coast to Carpinteria, then back to Ventura on this "Club Jersey Day". Eating suggestions include: Reynaldo's Cafe, The Coffee Bean, My Florist Bakery

Monday, January 19th - 8:00am start - "Holiday Show and Go" - Special Holiday Addition. Meet at the Mission Parking Lot and we'll ride whatever roads the group chooses on this holiday special. Wear your Red/White/Blue Jersey today!

Saturday, January 24th - "Canyon 2 Canyon Classic" - 48 miles - B Rating. We'll meet at the Mission Parking Lot and ride east through Ventura towards Saticoy and Santa Paula, with detours up Alison Canyon and Wheeler Canyon, then returning to Ventura. Eating suggestions include: Santa Paula Coffee Company, Logsdon's Airport Cafe, La Terraza Cafe, My Florist Bakery

Sunday, January 25th - "Casitas Pass CCW" - Cookie Ride - 43 miles - C Rating. We'll start at the Mission Parking Lot and ride up the Ventura River Trail to Casitas Springs, Oakview, Ojai, Lake Casitas and to the summit of Casitas Pass for FREE "refueling cookies", then over the mountain and down into Carpinteria, returning down the coast to Ventura. Eating suggestions include: Marina Cafe, Reynaldo's Cafe, The Coffee Bean, My Florist Bakery

Saturday, January 31st - "East Beach Ramble" - 54 miles - B Rating. Meet at the Mission Parking Lot and we'll ride up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara, then return to Ventura. Eating suggestions: East Beach Grill, Padaro Beach Grill, Cafe Luna, Reynaldo's Cafe, The Coffee Bean, My Florist Bakery

Sunday, February 1st - "Dennison Grade Loop CCW" - 49 miles - C Rating. We'll start at the Mission Parking Lot and ride east into Saticoy, Santa Paula, Ojai, then back down into Ventura. Eating suggestions: Summit Cafe, Ojai Cafe Emporium, Antonio's Mexican Cantina, My Florist Bakery

Saturday, February 7th - "Sea to Wheeler Out & Back" - 40 miles - B Rating. Put your climbing shoes on for this ride from the Mission Parking Lot north to Casitas Springs, Oakview and Ojai, then up to Wheeler Gorge Campground and back down Ventura. Eating suggestions: Deer Lodge, Ojai Cafe Emporium, Antonio's Mexican Cantina, My Florist Bakery

Sunday, February 8th - "Coastal Breeze Splash" - 50 miles - A Rating. We'll meet at the Mission Parking Lot and ride south down the coast for the flattest ride ever through Ventura, Oxnard, Port Hueneme and down to Pt. Mugu, then returning to Ventura. Eating suggestions: Latitude 34 Deli in Channel Islands Harbor and My Florist Bakery.

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.****

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.

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

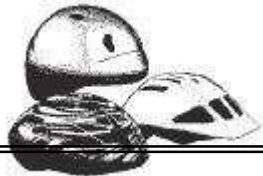
Sundance Cycles
Ashton "AJ" Johnson
and Steve Dozier
5019 Kanan Road
Agoura Hill CA 91301
(818) 991-9103

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

