

CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

FEBRUARY 2009

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NUMBER TWO

PCH Randos 200k Brevet

On January 10, 2009 a 200 kilometer brevet was run by Pacific Coast Highway Randonneurs and attracted riders from as far away as Seattle, Washington and Southern Utah. This event, certified by the international Audax Club Parisien, was ridden by Nestor Albances, Linda Bott, Greg Jones, Lisa Jones, Debbie La'O, Joani McLaughlin, Foster Nagaoka and Sandra Summers of the Channel Islands Bicycle Club. CIBC Members Randy Graves (Montecito Control Master), Janeene Nagaoka, Linda Bott (Ride Food Queen), Greg Jones, Lisa Jones, Debbie La'O, Joani McLaughlin and SAG driver extraordinaire Foster Nagaoka provided critical support without which this ride could not have been accomplished.

It was a blustery day. Based upon recorded NOAA weather station readings along the course, wind speeds ranged from 27 to 39 mph with gusts ranging from 53 to 62 mph! Tom Milton (the maker of Selle Anatomica Saddles) reported that "my body and bike were actually lifted more than once to nearly no contact with terra firma. My front wheel was actually lifted off the ground for a split second going up Hueneme Rd. on the way out in the morning. Had I been riding with bladed spokes like a Ksyrium wheel I can state with assurance that I would have been blown over by that gust."



"I did a little 30 mile recovery ride Sunday, felt like a piece of over cooked spaghetti."

Suffice to say, the ride was a lot tougher than the 3,500 feet of climbing would imply. Thankfully, the worst of the winds were over by lunch time and some tailwinds were had in the afternoon.

...Earl Magpiong provides a full report on this ride, starting on page 5.



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 everyone! February is here already! Seems like we were just celebrating the holidays (and CIBC party) and January is gone! But at least we had cookies on Sunday, January 25th, overlooking Lake Casitas, courtesy of our Rides Vice President - Mike Stewart!

Now moving on to something a bit more serious; as you know, the economy is on everyone's mind, and the bicycle industry has been affected as well... Agoura Cycles has closed its doors. All I can say is support your local bike shop! Please! It is always better to shop locally than on-line. Don't worry, that is my only comment on this subject at this time. I will not stay on that soapbox very long.

As I wrote in the last Chain Chatter, I am putting 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. I have received a few emails, but I know there is more good info out there, so please forward it to me.

The last subject I would like to address this month is the apparent rise of "road rage" on our local streets. There are more cyclists on the road, so there are more incidents occurring as well. I am sure you have read about road rage and the collisions which have happened in the San Fernando Valley, Thousand Oaks, Mandeville Canyon, and other areas. These can be frightening.

So, here are a few tips:

- **Be respectful of drivers.** Yes, we should stop at every stop sign and always ride single file... and motorists should never exceed the posted speed limit. With the obvious out of the way, keep in mind trying not to jam through a stop sign when a driver on the side has stopped first, and not occupying the entire lane when pulling to the side would let cars pass. Why give a driver a reason to be a jerk?
- If a driver is yelling or excessively honking the horn, immediately **pull over to the side and stop**, making sure that the cyclists behind you know you are stopping. Get the license plate number, and if you have your cell phone handy, try to snap a picture.
- **Don't engage the driver.** One-sided arguments are usually short-lived, the other kind can be deadly. More people than you think carry loaded weapons in their cars.

- The good news is that law enforcement agencies are more aware of these situations and are becoming more responsive. But remember that **any contest between a motor vehicle and a bicycle usually has the bicycle on the losing side**, so please ride accordingly! Make sure they see you by wearing reflective or brightly colored clothing.

Anyway, thanks to everyone for your continued support.

See you on the road!

– Neal Abramson

Board Meeting Minutes – Jan. 8, 2009

The January, 2009 CIBC Board Meeting was called to order at 7:05 pm. Present were: Linda Bott, Bruce and Judy Mullins, Sonia Sandomer, Herb Kane, Mike Stewart, John Mirk, Bill and Kate Faulkner, Neal Abramson, Leslie Ogden and John Brant.

The minutes from the previous meeting were approved.

President's Report

Neal and Bruce will go to Santa Barbara Bank and Trust to update signature card for our accounts there.

Neal recommends that we begin each Board meeting with a look at our calendar.

We got the report from Caltrans. They are going with "Modified Option B", as expected. Kate, Neal and Leslie will look at it. The report is available on line.

Membership Report

Bruce reports 5 new members for January. We now have 310 total members.

Programs Report

Linda tells us that on January 21, Tren Morris will teach us about quick fixes on the road.

Rides Report

Mike says he has been fine-tuning routes and web pages. Keeping the maps updated as routes morph is more of a challenge. Kate asked about putting only one eating place each time for group cohesion.

Linda says there is a group looking to do mountain bike rides once a month on Sundays.

Mike is happy to add anything; just get him the info.

Grants Report

John has nothing to report yet. Bruce says a Santa Barbara cycling team is looking for funds.

Public Relations Report

Bill has passed the baton to Judy who is now looking over the info. She recommends a 3-week lead time for press releases. She suggests an occasional public interest story, for example, about people who are setting and meeting goals. This would underscore the phenomenal people in our club and all the good things we do for health.

Treasurer's Report

Sonia is working on a budget based on last year's figures. Our current balances are:

Club Account \$1811.28

Cool Breeze Account \$36,696.05

Directors-at-Large Report

Herb promises not to be bashful about his ideas.

Motions

Mike moved that, in the spirit of events Robert began, we establish a budget for occasional treats on rides. [Passed]

Mike also would like to explore buying additional marketing items (water bottles, socks) with the CIBC logo on them. They could be gifts for each time people rejoin. Since the group supported the idea in concept, he will come back with details.

Newsletter Report

John says it will be out soon.

Website Report

Mike has been doing winter housecleaning, making sure that the links are all good. Send him pictures and he'll put them up.

Cool Breeze Report

Linda tells us that the meetings start in April.

New Business

Board meetings for 2009 will be the first Monday of the month. February 2nd is our next meeting. It will be at John Brant's house, 3157 Breaker Dr., Ventura (Take Seaward to Hilltop, which turns into Breaker Dr.).

The meeting adjourned at 8:00 pm.

- 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.

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.

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 known, the "Oxnard-Ventura Bicycle Club News") throughout the year. This month's selection is from the Nov/Dec 1994 edition...



Death Valley by Moonlight: A Windy Tale

Oct. 15, 1994

Three years ago four brave souls ventured to Shoshone, CA to tackle the century ride known as Death Valley by Moonlight. This year, 13 crazy people from OVBC met at Shoshone for what was the most windy of all rides (aka the Mother of all winds!). Ken and Joyce Clunis were missing in action, as they were unable to fly to Shoshone or Furnace Creek due to the strong winds.

We are a slow enough group that we did not encounter the rain that was at the top of Salsbury Pass, but the road was still wet. We all got over the mountain passes before dark - to the great food and hospitality of Judy Fisher and Michelle Bleuel - thanks to the two of you for all the support you were that night.

The lively reception at Baqdwater was especially fun - a pleasant change from the sound of wind...

The new bicycle trailer performed admirably - all the bikes made the trip with no mishaps! Thanks to 'fast' Al from Goleta Valley Bicycle Club for hauling the trailer and people all weekend, and to our own President Pat for getting everything together - you're spectacular!

Several people stayed through Monday, sightseeing in and around the Valley. If you've never seen the Charcoal Kilns, Scotty's Castle, Ubehebe Crater (don't forget the Little Hebe and the walk on the ledge of the crater!), Zabriskie Point, or Dante's View, it's time to be adventuresome (but I suggest you DO NOT take a new car to all these places) and see some of these magnificent sights to our soon-to-be newest National Park.

But for the diehard cyclists, you may want to take a death ride from Townes Pass at the eastern side of Death

Valley down to Stove Pipe Wells - story has it that a tandem could do 60 mph! Any takers?

We missed the Clunis' at this ride, but all of us still were able to embrace the ambiance of Death Valley - Pat Larson, Rob & Ina Burton, Theresa Graham, Ron Peterson, Carol Sirott, Bart and Michelle Bleuel, Judy Fisher, Chuck & Lydia Gorenson, John Betonte, Carol Fredlund, and Fast Al from Goleta.

- submitted by Carol Sirott

Quick Fixes on the Road

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

President Neal Abramson opened the meeting at 7 with greetings and announced that he was looking for information about past Boards of Directors, members and activities.

Roger told us he'd accidentally discovered a cheap fountain of youth: Strawberry Daiquiri Margarita Mix from the 99 Cents store. Mix it 4 to 1.

Linda then introduced Tren Morris for his presentation "Fixing Things on the Road". Tren is a longtime mechanic and cyclist who now works at Trek. His son, Zander, ably assisted him in his presentation.

Preparation and Crisis Management are Tren's watchwords.

Preparation means you brought the most likely tools with you. By way of example, Tren opened his pockets and the bags of four of his bikes.

Pockets: Phone, 2-3 goos, knife, pen, wallet with \$10. He also likes to bring a couple zip ties to secure cables, bottle cages, headlights, and ...

Commuter Bike: Three tubes (one to give away), 2 CO2 cartridges (16 gram, threaded), 1 cartridge activator, 2 tire irons, nuts, bolts and washers.

Mountain Bike: Four tubes, 2 CO2 cartridges and cartridge activator, patch kit, rag, chain breaker, 2-3 chain links (or Quicklinks in patch kit), Leatherman (files, screw drivers, scissors - for emergency surgery), lube, 1 tire lever, spoke wrench, tool for disk brakes, #5 and #6mm Alan wrenches.

Trainer/Winter Bike: Patch kit, tire boot (cut from a dead tire, edges beveled), spoke wrench, 2 tubes, 5 mm Alan wrench, Road Gear multi-tool with straight and Phillips screwdrivers, needle-nosed pliers.

Road Bike: Two tire levers, patch kit, 3 CO2 cartridges, 2 tubes. For time trials: disk wheel and tri spokes pump (aka crack pipe), disk wheel chuck.

Patch hints: Glue -on patches are more durable than the pre-glued. Buy a big tube of glue for home (Open Air stocks them, also old style car tire dealers). Go easy on the glue. Let it dry until its shine goes away and it becomes a mat finish. Never patch a patch. Never patch a pinch flat (snake bite). Two patches per tire max.

Broken Spoke: To give us an example Tren mercilessly snipped a non-drive side, rear spoke. To deal with this, you first pull the end near the hub out. Wrap broken spoke around a sound outside spoke. Hobble home if you can.

If you cannot even hobble because the brake rubs, loosen two adjoining spokes. From the rear of the bike, facing forward, turn these two spokes to the left in quarter turn increments until the rubbing stops.

If a front spoke breaks and the brake rubs after wrapping the broken spoke away, you can open the front brake to end the rubbing and hobble home.

Tren sometimes keeps spare spokes in the seat tube.

When all else fails, call for help.

Flat tire: really, really sliced up (Nice job, Larry!):

Remove the tube. Slightly inflate the new tube (Note: Talcum powder helps tubes last longer and go in easier. Use very little). Put the new tube in after loosening the tire bead's contact with the rim.

Slide in your boot - either a 2-3" piece of tire with the bead removed and sides beveled or an empty goo packet. Any hole big enough for you to see should be booted. Otherwise, the tire eases out, rubs and flats. Park Tools makes a good boot with glue on the back.

Slightly pump the tube and check that the tire bead seats all along the rim. Adjust the flow by turning the CO2 cartridge in the activator. Because the CO2 leaks out (smaller molecule than nitrogen), you'll need to replace it the next day.

Chains

Sram Link or Conex Master Link both can be used with just a breaker. Some multi tools come with a breaker. Crank Brothers is good (~\$10). Conex Viper Link is a great chain.

Push the pins out. Put master links in, each from the opposite side (they are identical).

Derailleur Cable Break:

On the rear derailleur, screw in the high limit screw (clockwise) to select a gear to hobble home in. The farther you screw it in, the lower the gear.

Bent Derailleur Hanger (after a crash):

You will not be able to shift into the highest gears but will have absolutely **no** trouble getting your chain to dive into your spokes in the lowest gears...

You'll need a pry bar. Using a 5mm Alan wrench or a fully extended multi-tool for maximum leverage, bend the derailleur up and away from your chain. Hobble on home.

IN THE SHOP: True the wheel to use as a gage. Use a DAG 1 to check that the hanger is at the proper angle and the wheel spins well. Muscle it straight.

Loose Bottom Bracket:

The newer the bike, the easier to deal with. Even with noise, you're probably ok to ride home. With an older bike, tighten the bracket at the juncture of the pedal and the bottom bracket. In the shop, use a 5mm Alan wrench, a Shimano key and pinch bolts. Tighten the cap and pinch bolts.

Thanks Tren!

PS: I still think Linda's question about preparedness was the most insightful, "Just how do you get Bruce to ride with you all the time?"

- submitted by Leslie Ogden

PCH Randos 200k Brevet

Earl Magpiong provided the following ride report - originally written for the Old Kranks Bike Club.

*"There is no good in arguing with the inevitable.
The only argument available with a (north) east wind
is to put on your overcoat."*

- James Russell Lowell

"At least we should have a strong tail wind on the way back!" Such were the words (and hopes) of many of the forty-nine riders upon embarking on a recent 200 kilometer bike ride along the Pacific Coast Highway. A brisk northeasterly wind sent our eager cyclists southward to Trancas, some thirty-five miles distant from the start in Ventura. Our hardy band of three Old Kranks, (Carter "Big Mac" McIntyre, Tom "Easy Rider" Bunker, and Earl "Olaf" Magpiong), adequately prepared for darkness, cold, and fatigue, were quickly joined by a fourth intrepid biker, Jeff from Whittier. Jeff would prove to be a very companionable and easy-going comrade. Temperatures were in the upper 40s not so cold that it was uncomfortable, but cool enough to comfortably wear long pants, gloves, and bank robber masks. It was the wind that made the ride memorable.

Through Oxnard Shores, Point Mugu, past "split rock" and Neptune's net, and along the Highway into the first check point, the merciless wind wreaked havoc on our collective souls. There were times I thought I would be blown onto the berm; Tom, pedaling quickly to get a "head start" on a climb, was stopped almost dead in his tracks; Carter had his jacket ripped open by a surprise blast of wind. Yet despite the nerve-shattering headwinds, our quixotic quartet, with the infinite patience born of experience, checked in with time to spare. But we weren't last...yet. (Editor's Note: Riders must check in at various stations

within certain time limits in order to insure a timely completion of an organized brevet). While, as most of you know, a strong wind can be very disheartening, there had been no whining, nor cursing, nor complaining and this would prove to be true throughout our endeavor.

We saw the sun rise over Mt. Laguna and the full moon set into the crystal clear and white-capped Pacific Ocean somewhere over the Channel Islands National Park; we saw dolphins frolic along the shore; we greeted each of our fellow cyclists who were passing us on their way back to Ventura, (and beyond); and we wondered why, if the moon is reflected sun-light, a full moon doesn't kill a vampire. Blowing sand and dust does something to the mind.

On our way back to Ventura, we indeed took advantage of a strong tailwind averaging 25 mph for about five miles; northerly, it was a different story. While not as strong as a gusting quarterly wind, the facing headwinds nevertheless continued to provoke us, especially when we were so close to lunch and one of us got two flat tires, two hundred yards apart. Thank you Big Mac for having tweezers!

We saw the sun set over Channel Islands National Park and when we got off the bike path onto Main St. in Ventura we saw the full (again) moon rise over the eucalyptus trees bordering the Ventura River. Beautiful; both sights within minutes of each other.

Approximately eleven hours after the start we completed our assigned task.

Congratulations to Carter for finishing his first (but not last brevet), to Jeff from Whittier for putting up with us for eleven hours, and to all the other cyclists for participating in this event. Unfortunately, or not, Earl and Tom had to relinquish their hold on the Red Lantern; maybe next time. Thanks to all the volunteers, as well. *Il est bien fait!*

*"The answer, my friend, is blowin' in the wind,
The answer is blowin' in the wind."*

- Bob Dylan

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

Well, here is your chance. Your time to be famous. Even well known. Well known as a contributor to the club webpage. The webguy (Mike Stewart) is looking for club member that has any of our listed club rides on either a "Google map" or "GPS" type format to be linked to the Club Rides Page.

As you know, we have listed on the webpage the route slip, route map and ride photos. But, for you "techie", you can have your saved interactive maps and/or GPS type maps included on the webpage for others to enjoy. So, email Mike at 2stews1948 AT roadrunner DOT com.

See you on the road.

Mike Stewart- Club Webguy and Ride Coordinator

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.

"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 February, 2009

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

Saturday, February 7th – "Sea to Wheeler Out & Back" – 40 miles, B Rating – Meet at the Mission Parking Lot and ride north to Casitas Springs, Oakview, Ojai to Wheeler Gorge Campground and back into Ventura. Eating suggestions: Deer Lodge, Ojai Emporium Café.

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

Saturday, February 14th – "Thatcher Loop Classic" – 48 miles - B Rating – **Red Jersey Day** - Bring your sweetheart on the ride today! We'll begin at the Mission Parking Lot and ride north to Casitas Springs, Lake Casitas, Ojai, Oakview and back into Ventura on this Valentines Day. Eating suggestion: Ojai Emporium Café.

Sunday, February 15th – "Citrus Groves Classic-CCW" – 47 miles, C Rating. Remote start at the Starbucks Coffee in Camarillo and ride into Moorpark, Somis and Camarillo. Eating suggestions: Starbucks (in Vons) in Moorpark across from Tierra Rejada Park, our rest stop.

Monday, February 16th – 8:00am start – "Holiday Show and Go" Holiday Addition – Meet at the Mission Parking Lot and ride whatever roads that the group chooses on this holiday special. **Wear your "Red, White & Blue Jersey" today!** Start (or end) with breakfast at My Florist Bakery.

Saturday, February 21st – "The Flattest Century Ever" – 100 miles - A Rating – We'll begin with a remote start at Oxnard State Beach Park in Oxnard (off Harbor and Falkirk) for a new club ride down the coast about 28 miles into Malibu and then back up the coast to Carpinteria with the return to the starting point for 100 miles. Hint: **This route can be ridden in sections, south or north.** Ride one or both sections today. Eating suggestions: Latitude 34 Deli, The Coffee Bean, My Florist Bakery.

Sunday, February 22nd – "Tour de Carpinteria" – Club Yellow Jersey Day – 36 miles - A Rating. We'll start at the Mission Parking Lot and ride up the coast into Seacliff and Carpinteria returning to Ventura on this "Club Jersey Day". Eating suggestions: The Coffee Bean.

Saturday, February 28th – 8:00am start time – "Dennison Grade Loop-CW" – 49 miles - C Rating. Let's meet (early!) at the Mission Parking Lot and ride north to Casitas Springs, around Lake Casitas, through Ojai, Santa Paula and Saticoy then back into Ventura. Eating suggestions: Santa Paula Coffee Company.

Sunday, March 1st – 8:00am start time – NEW RIDE – "Ventura City Romp" – 30 miles - A Rating. We'll start at the Mission Parking Lot and ride around the City of Ventura for a new ride created by Frank and Linda Zych. Eating suggestions: LePetit Cafe, The Parlor, My Florist Bakery.

Saturday, March 7th – "Casitas Pass Climb-CW" – 43 miles - C Rating. We'll begin at the Mission Parking Lot and ride north to Carpinteria, then up the hill to Lake Casitas and down into Ojai, Oakview, Casitas Springs and back to Ventura. Eating suggestions: Marina Cafe

Daylight Savings Time BEGINS! Change your clocks "AHEAD" Saturday night, or you will be way too late for tomorrow's club ride!

Sunday, March 8th – "Grimes Canyon Classic-CW" – 47 miles - C Rating – Meet for a remote start at Hobert Park in Saticoy then head into Saticoy and on to Santa Paula, Fillmore, Moorpark, Somis and back into Saticoy. Eating suggestions: Starbuck's Coffee

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

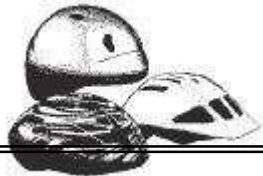
Sundance Cycles
Ashton "AJ" Johnson
and Steve Dozier
5019 Kanan Road
Agoura Hill CA 91301
(818) 991-9103

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

