

# CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

MAY 2009

VOLUME 19

NUMBER FIVE

## Bike to Work Week

May is National Bike to Work Month.



### May 11-15 is Bike to Work Week.

**It's Healthy!** Bicycling to work can keep you in shape without having to set aside additional time for exercise. Bicycle commuters tend to enjoy healthier lifestyles, get sick less often and feel less stress.

**It's Smart!** Bicycle commuting is one of the least expensive ways to get to work. There's no gas, maintenance, parking fees or insurance to pay for.

**It's Fast!** In many areas trips by bicycle, door to door, are faster than by car, especially where the one-way commute distance is less than five miles.

**It's Clean!** Bicycles don't pollute the air or require lots of land for roads or parking lots. Eight to twelve bicycles can park in the space required for one car.

**It's Fun!** A bicycle ride at the end of the day is a great way to relieve stress. Discovering routes on back roads through residential neighborhoods can be scenic and fun. It sure beats sitting in stalled traffic on the freeway!



### May 14<sup>th</sup> is Bike to Work Day!

The City of Ventura "Pit Stop/Energy Station" will be at Santa Clara & California from 6:00am to 9:00am.

We will be giving out morning refreshments plus signing up commuters for our great raffle. Those of you, who bicycle to one of our other City facilities, send an email to [dtowers@cityofventura.net](mailto:dtowers@cityofventura.net) to be included in the raffle. Bicycle lockers are still available, but they are going fast. If lockers remain

available, short-term locker usage will be available during Bike to Work Week.





*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! Spring is definitely here! Summer is just around the corner, and we are getting ready to put our arm and leg warmers away for at least a few weeks... Your bike(s) may need a tune up, so please remember to support your local bike shop. I know things can be expensive (I just had to replace a bottom bracket and crankset), but the benefits from getting out there and riding sure outweigh the costs. Seems like maintaining a bike can be almost as expensive as a car, but oh well, what can we do - priorities, right?

By the way, if you have not renewed your membership when you received notice a few months ago, please do so now! Support your club! Bruce Mullins (our Membership V.P.) makes sure the notices go out early enough so you can continue your membership without interruption. Take advantage (if you can) of the two-year option... It sure makes things more convenient (at least it does for me!). Without you, there would be no club!

If you are available, please participate in our "Ride Of Silence" just before the start of our next general club meeting. It is the 7<sup>th</sup> Annual National Ride of Silence, and hopefully we can keep it going in our area. We will begin and end at Carrows (Harbor & Seaward). Please be ready to ride at 5 p.m. on May 20<sup>th</sup>. Check the website at [www.rideofsilence.org](http://www.rideofsilence.org) for some very interesting stuff.

Thanks again to our Rides V.P. Mike Stewart for putting together the "Hares & Tortoises" rides. It looks like participation is up! Way to go Mike and tortoises! EVERYONE should ride, no matter what your level or ability. Get out there and make fitness happen! I am sure you all know that we have world-class racers in our group, as well as endurance riders, and folks who commute on a regular basis. Or if you are like me, just have time to ride on the weekends... But that's OK! I'll borrow that old Nike phrase: "Just Do It!"

Thanks to everyone for your continued support.

See you on the road!

– Neal Abramson

## Board Meeting Minutes – Apr. 6, 2009

The April board meeting was called to order at 7:13 p.m. at John Brant's house. Present were: Neal Abrahamson, Bruce Mullin, John Mirk, John Brant, Sonia Sandomer, and Kate Faulkner. Leslie Ogden was off celebrating her 39<sup>th</sup> birthday.

## Calendar Review

Treasurer is working with an accountant regarding tax preparation (due May 15).

We need a "Save the Date" for Cool Breeze in next month's newsletter.

### President's Report

Neal was asked by the City of Santa Paula to provide a letter of support from CIBC for a grant application for Safe Routes to Schools. Neal wrote a letter. He will pass a copy on for the newsletter and/or web page.

Still working on changing the signatures for the bank.

### Membership

Bruce Mullins laminated 100 CIBC "Come Ride with Us" cards. Thank you, Bruce.

CIBC has 322 members. 23 memberships are outstanding (i.e. unrenewed since end of last year). 6 new members in April. New members are: Gregory Abrams, Ralph Beasley, David Fishman, Eric Lillo, Henry Oster, and Robert Cook.

### Rides

Not present. The first tortoise and hare ride was popular. Thanks, Mike!

### Grants

Grants Committee has been looking at 5 grant applications. They forwarded three to the Board for consideration.

### Past President

Encourages participation in the **Sea to Summit on Saturday May 16<sup>th</sup>** (Kate has application forms) and the **Great Western Bicycle Rally over Memorial Day Weekend** in Paso Robles (one of the most cost-effective, fun, and relaxing weekends a cyclist can have) [www.greatwesternbicyclerally.com](http://www.greatwesternbicyclerally.com).

### Newsletter

John is always looking for articles. He would like information on the grants we voted on for the newsletter.

### Club Wear

Neal will talk with Janeene and ask if she is willing to design CIBC socks.

### Motions

The Board approved: \$5,000 for zultZclub, \$3,000 for VC Cool, and \$6,000 for Channel Islands High School Mountain Bike Team (contingent on the bike being owned by the high school rather than the individual team members; J. Brant will look into this.).

Approved: In December, CIBC will make a contribution of \$1/rider in the 2009 Cool Breeze to each of the following

organizations that advocate for cyclists: California Bicycle Coalition and League of American Bicyclists. Neal will write a letter to accompany the contributions of \$1/rider from the 2008 Cool Breeze that was approved by the 2008 Board, to accompany the checks to CBC and LAB.

### Ride of Silence

May 20<sup>th</sup> before the General Meeting. Neal is the leader. The ride will start at Carrow's at 5pm. The ride will be in Ventura for approximately 1 hour. The ride is at a slow pace and a great way to show solidarity with other riders.

### New Business

Discussed the issue of the many solicitations that Neal receives to give CIBC members discounts in return for some recognition by the club (such as on our web site). This has come up before. The Board wishes to continue the policy of supporting local businesses through our web site and the acceptance of discounts from them.

Next Meeting: May 4 at John Brant's house

The meeting adjourned at 8:00 pm.

- *Respectfully submitted*

*Kate Faulkner*

### 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 Chair Bruce Mullins (bruceamullins AT gmail DOT com) so we may keep our membership roster and emailings correct.

### Club Meeting April 15, 2009

**President Neal Abramsom** called the meeting to order at 7 and announced that Bike to Work Day is May 7<sup>th</sup> and that details would be on the web site.

**John Brant** announced that the Grants Committee funded the Channel Islands Mountain Bike Team with bikes, helmets and gear, and also funded helmets for VC Cool's Bike Rodeo. There is still more money. On May 6 from 6:30 to 8, John will have an event featuring a presentation by Brian Smallwood from Inside Track.

**George and Ruth Owens** are selling club riding wear, vest jackets and jerseys.

**Neal** showed us all a card to pass out to potential members created by **Bruce Mullins**.

**Linda** started the evening's festivities with **Jerry Boone** and the seven Scouts who have completed a merit badge

in cycling. Congratulations to those completing the merit badge and to their two mentors. The kids introduced themselves, and Jerry gave the check back to the club for Club memberships and jerseys.

**Peter Ball** brought pictures from when he was track racing and was especially proud of one of him beating the London champion. At age 14 when he and his buddies did a century every weekend. We also saw shots of him as a 19-year-old in the Royal Air Force where he raced the 4000 meters, “a miserable ride”. All steel bike, single speed with 8 fixed gears and 1-inch pitched chain!

The remainder of the meeting consisted of members introducing themselves and explaining their favorite gizmos.

**Linda Bott** brought a “Jimi” that keeps money and credit cards from getting sweaty. Order on line, all recycled products.

**Kate Faulkner** brought the bus schedule that lets you get home in a mishap. It also opens up new area for cycling by letting you go farther. Go to [goventura.org](http://goventura.org) for Camarillo, TO, Fillmore, Santa Paula, S.B. and the middle of the Valley. Cost ranges from \$1-2.

**Leslie Ogden** shared 2 ideas to keep you warmer without significantly increasing weight. One, a buff, was Kate’s idea and keeps your head and or neck warm. The other came from Deanna Owens and is a handkerchief; it gives you one more layer if you tuck it inside your jersey to cover your chest.

**Bill Faulkner** brought a HID light from Topeak for doing doubles. It turns night to day to prevent broken ribs. It costs \$500 and is small and effective.

**Glenn Kasuomora** loves the apps on the iPhone, especially “gSpot” if you tend to get lost. You can text to anyone to let them know where you are.

**Samantha Crisp** brought pictures of the Amgen Tour of California

**Roger Macomber’s** father was a navy flight instructor who began teaching Roger to fly at age 5. His dad also taught him how to ride which he could do far better than other sports, and he’s has been racing since age 11. Roger rode for 30 years in Ohio, and Peter pointed out that he was 7 times Ohio state time trial champ. There he began keeping a log of his rides in a booklet of his own design. Roger gave one to each of the new Scout riders.

**Dale Chondra** is pleased to work on Fridays with Cabrillo Middle School kids.

**Ruth Owens** loves her tennis ball canister for carrying stuff. It fits into water bottle holder.

**George Owens**, who likes to tour, keeps a compass to keep track of where he is going. It’s cheap. He also

swears by a little pump that goes to 125 lbs. and is made by Wrench Force.

**Norman Sheely’s** favorites are still a 1991 Lands End wind breaker from Korea and a set of pedals of about the same era.

**Adam Storey** brought us his overages in Biofreeze. Keep it out of your mouth and your eyes, but it helps your muscles big time.

**Neal Abramson** has a Quickstick for changing tires. He uses a wallet made of recycled cycling tubes from a local woman who also does purses. His mini work stand by Topeak lets him get the rear wheel off the ground without having a full-on workstation.

**John Brant** started out riding a Cannondale and softened the ride with another stem. His iPhone helps him find himself in a new area. His Garmin cycling computer is another great helper.

**Sonia Sandomer** brought Don Graves bike spoke bracelets, guaranteed to keep tires from flattening and the wind from blowing.

**Dick Bellman** helped us to look good, which is important if you can’t ride well. Go to [Walzcaps.com](http://Walzcaps.com) for all manner of cycling caps, including one with wool earflaps.

**Shari Nicolls** brought the perfect recovery food - cupcakes!!

**Frank Zych**, the last guy in the roster since 1993, brought a torque wrench which is adjustable that comes with the metric wrench and case. Carbon is tricky to tighten or grease, but a Tacks compound made in the Netherlands (of a carbon polymer) compresses when you torque it down.

**Bob Ingrum** is a new rider learning a lot. He’s gotten over to the funny pants and the little hats with brims and he’s pleased to finally know the use of the felt pad on the back of your glove.

**Dan Holms’** “rose” is the opportunity the boys had, and his “thorn” is that distance that is developing between him and the boys. It’s time to get in shape!

**Todd**, who has been riding since age 10, is looking to getting back into semi-competitive riding.

**Dirk Larson** rides to school every day.

**Brendon** likes to go fast

**Coreen** thanks us for the opportunity.

**Paul Callaway** likes his Garmin GPS that he used to map his route across the country. He kept records on the computer as well. The Garmin allows you to put in routes and compare your times.

**Larry Bott’s** favorite helmet has a carbon fiber internal skeleton instead of foam. It held up extremely well in a tough crash he had. He and **Herb Kane** cut it open to understand the structure.

Andrew Gustafson, who is 68, started riding at age 60. He found a second passion, even late in life and even with 16 broken bones.

Judith Gustafson started hiking the Pacific Coast Trail at age 60, completing 1200 miles (She still has 1600 to go). Bio freeze saved her hike along the Crater Lake hiking trail right along the lake and far from the road.

Norma and Alfredo Salcedo, along with Julia and Amilia, are involved with the CI Mountain Bike Club. They thanked us on behalf of the 7 kids biking with them.

The meeting adjourned at 8.

– submitted by Leslie Ogden

## 7th Annual Ride of Silence May 20, 2009



Tonight we number many but ride as one  
In honor of those not with us, friends, mothers, fathers,  
sisters, sons

With helmets on tight and heads down low,  
We ride in silence, cautious and slow  
The wheels start spinning in the lead pack  
But tonight we ride and no one attacks  
The dark sunglasses cover our tears  
Remembering those we held so dear  
Tonight's ride is to make other aware  
The road is there for all to share  
To those not with us or by our side,  
May God be your partner on your final ride.

- Mugai

A free and silent bike ride. No faster  
than 12 MPH. Honoring cyclists lost  
or injured due to motorists.  
Promoting Share the Road. One Day.



One Time. World wide. [www.rideofsilence.org](http://www.rideofsilence.org)

This year's Ride of Silence will begin and end at Carrow's restaurant (Harbor & Seaward) in Ventura. Please be ready to ride at 5 p.m.

## Club General Meeting May 20, 2009

### "Trigger Points"

*Dr. Adam Story, D.C.*

Injuries, tendonitis, muscle fatigue, dead legs...we've all had them. Massage is useful and trigger point massage is especially useful. You can eliminate the underlying stress in a muscle that causes it to fatigue early and cause pain. Most of this type of massage you can do yourself if you know how. Dr. Adam Story, D.C., will discuss and demonstrate how to find trigger points at our Club General Meeting on May 20<sup>th</sup>, 7:00 p.m. at Carrow's in Ventura.

Skeletal muscle accounts for 40-50 percent of body weight, and about 85 percent of medical complaints. In athletes, most chronic pain issues are of muscle origin. This is not surprising, since athletes tend to use their muscles much harder than the average population. What is surprising is that when athletes go to the doctor because of some annoying pain that won't go away, hardly ever are their muscles examined and screened for problems. Instead, the doctor usually looks at an x-ray and prescribes pain killers.

Trigger points are small, localized muscle cramps that are caused by a variety of causes, most notably excessive loads (riding too much), direct trauma, chemical imbalances (nutritional), or repetitive or prolonged muscle contractions (too many hills). The cramp does not normally affect the whole muscle but is usually confined to one or two small muscle fibers within the main body of the muscle. You can actually feel the cramp as a hard lump or knot in your muscle. Sometimes, especially in small muscles, the whole muscle will feel like a cable made from hard rubber.

Trigger points arise at *predictable places* in the muscle and cause predictable patterns of referred pain. This makes it possible to make up a catalog of trigger points and show for each muscle the trigger points it usually has together with the sites of the referred pain it causes.

Trigger points can be treated by several methods: injection, spray and stretch, and trigger point massage. In the injection method, a small dose of anesthetic is injected into the trigger point (ouch). In the spray and stretch method, the trigger point is sprayed with a vapocoolant spray and then stretched. Neither of these methods is suitable for self-help. Massage treatment of trigger points, however, is very effective and you can easily do it yourself.

## 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).

### “Tortoises” and “Hares”

In an effort to increase the ridership on our club rides, we are introducing a few additions and changes to the weekend rides. Our club philosophy is to have as many riders participate in our fun club weekend rides as possible. However, the general mindset, for the riders that can't keep pace with the leaders, has been “Why show up if I can't keep up with the group and end up cycling alone?” 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 “Tortoises and Hares” system is being introduced on alternating weekends for the next couple of months.

Beginning on April 5<sup>th</sup>, and lasting for a two month trial run through May 31<sup>st</sup>, will be the addition of a slow-paced social ride called the “Tortoises.” These rides will follow a similar route, albeit shorter, than the “Hares” are riding with an effort to end up at the same eating location more or less simultaneously. The “Hares” ride will be for those that like a faster pace with less regrouping. Their ride will basically be the same as the past rides posted on our webpage and Chain Chatter, still beginning at 8:00am but longer than the “Tortoise’s” ride. **The “Tortoise” ride will begin at 9:00am** with a desired goal of a slower pace, shorter routes, and more regrouping to allow for more rider socializing.

Yes, we have tried these variations of the idea above, for many years. We have previously had Michelle's Easy Riders, Lennis's Group, Robert's Shorter Rides, Kate's Regrouping and Roger's Ride Sweeps all used in an attempt to encourage and keep slower club members coming back for more club rides. But, a new twist or wrinkle may be just the thing we need. 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!**

Check out the “Club Rides” section on our webpage at [www.cibike.org](http://www.cibike.org) to view the changes and updates. We look forward to seeing more club members during this wonderful time of the year!

### Maps and Route Slips

The monthly ride schedule is posted in detail on the club website, [www.cibike.org](http://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.

### Upcoming Rides

# OJAI VALLEY CENTURY

## Saturday May 30, 2009

(weekend after Memorial Day)

Experience this breath-taking ride, with first-class support. Enjoy the incredible Ojai Valley, Casitas Pass, Montecito hills, Rose Valley ascent, and Ventura coastline. All rides start at Libbey Park in downtown Ojai.

		Feb 1 to <u>Apr 3rd</u>	After <u>Apr 3rd</u>	At the <u>event</u>
Cost:	Adult	\$45	\$50	\$60
	Minor	\$35	\$40	\$50
	BBQ	\$11	\$13	\$13

For more information, visit our website at  
[www.OjaiValleyCentury.org](http://www.OjaiValleyCentury.org)

Ojai Valley Rides, Inc.  
P.O. Box 5061  
Ventura, CA 93005-0061

active.com

### The Cool Breeze Century is Coming!

Save the date: August 15, 2009!

★★★ HELMETS ARE REQUIRED ★★★

## CIBC Ride Schedule for May, 2009

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

**Saturday, May 9<sup>th</sup> – "Dennison Grade Loop-CCW"** – 49 miles - C Rating – Mission Parking Lot east into Ventura, Saticoy, Santa Paula, Ojai and back down into Ventura. Eating suggestions: Antonio's Mexican Cantina

**Sunday, May 10<sup>th</sup> – "Thatcher Loop Classic"** – 48 miles - B Rating – Mission Parking Lot north to Casitas Springs, Lake Casitas, Ojai and back into Ventura. Eating suggestions: Ojai Emporium Café

**Saturday, May 16<sup>th</sup> – \*\*\*Remote Ride – Start at Hobert Park in Saticoy\*\*\*** – Tortoise & Hares staggered times – **"Piru Adventure"** (49 miles - B Rating) and **"Fillmore Adventure"** (39 miles - B Rating). 8:00 start at Hobert Park in Saticoy for the "Hares" who will head east into Saticoy, Santa Paula, Fillmore and Piru, then back into Saticoy. Eating suggestions: Heritage Valley Inn and Santa Paula Coffee Company. 9:00am start at Hobert Park for the "Tortoises" who will head east into Saticoy, Santa Paula and Fillmore and meet up with the "Hares" back in Saticoy. Eating suggestions: Santa Paula Coffee Company.

**Sunday, May 17<sup>th</sup> – "East Beach Ramble"** – 54 miles - B Rating – Mission Parking Lot up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara, returning to Ventura. Eating suggestions: East Beach Grill.

**Wednesday, May 20<sup>th</sup> 5:00 p.m. start \*\*\*Special Addition\*\*\* "Ride of Silence"** – 10 miles - A Rating – Meet at Carrow's Restaurant (on Harbor Blvd. in Ventura) and ride to honor those that have lost their life or been injured while riding their bike. Ride with President Neal Abramson on a short, flat and \*slow\* (12 m.p.h. max) course through Ventura before the club meeting at Carrows.

**Saturday, May 23<sup>rd</sup> – "Tour de Lake Casitas" – \*\*\*Club Yellow Jersey Day\*\*\*** – 26 miles - B Rating -- Meet at Mission Parking Lot and ride north to Casitas Springs and then on to Lake Casitas. Refueling can be found at the Marina Cafe which overlooks the lake. Return the same way. Eating suggestions: Marina Café

**Sunday, May 24<sup>th</sup> – "Harbor Circle Tour-CCW"** – 43 miles - A Rating – Mission Parking Lot and down the coast into Ventura, Oxnard, Hueneme, Camarillo, Saticoy while returning to Ventura. Eating suggestions: Starbucks Coffee, My Florist Bakery

**Monday, May 25<sup>th</sup> – "Holiday Show and Go"** – Meet at the Mission Parking Lot and ride into the roads that the group chooses on this holiday special. Wear your Red/White/Blue Jersey today! Eating suggestions: My Florist Bakery

**Saturday, May 30<sup>th</sup> – "Citrus Groves Classic-CCW" -- \*\*\*Remote Ride\*\*\*** -- 47 miles - C Rating -- Meet at Starbucks Coffee in Camarillo and ride into Moorpark, Somis and Camarillo. Eating Suggestions: Starbucks Coffee

**Sunday, May 31<sup>st</sup> -- \*\*\*Tortoise & Hares staggered times\*\*\* -- "Sulphur Mountain Challenge"** (49 miles - E Rating ) and **"Tour de Ojai"** (34 miles - B Rating). "Hares" will start at 8:00 a.m. at the Mission Parking Lot and ride up into Casitas Springs, Oak View, Ojai to Dennison Grade and up Sulphur Mountain Road with 2600 feet of climbing. Return the same way via Creek Road. At 9:00am the "Tortoises" will start at the Mission Parking Lot and ride north to Casitas Springs, Oakview, Ojai and back into Ventura. Eating suggestions: Let's all meet at the Ojai Emporium Café.

**Saturday, June 6<sup>th</sup> – "Coastal Breeze Splash"** – 50 miles - A Rating – Mission Parking Lot and down the coast for the flattest ride ever into Ventura, Oxnard, Channel Islands, Hueneme and Pt. Mugu for a return. Eating suggestions: Latitude 34 Deli, My Florist Bakery.

**Sunday, June 7<sup>th</sup> – "East Beach Ramble"** – 54 miles - B Rating – Mission Parking Lot up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara and return to Ventura. Eating suggestions: East Beach Grill.

### Weekday Rides

**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)

**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.

*"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle." - Ernest Hemingway*

**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 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  
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