



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. Save the date: **August 15, 2009!**

Sign up to volunteer for the Cool Breeze - See page 6!

A Letter from our President

Hello everyone! I hope your Spring (and Summer) is as pleasant for you as it is for me! A lot has been happening, with a lot more to come! By the time you read this, the King of the Mountains centuries are complete for another season, the Ojai Valley Century has taken place, we had racing in Ventura and Ojai, some of you may have visited the Great Western Bicycle Rally, and we are looking forward to this year's Cool Breeze. Wow! With all of these events, it's a wonder that any of us have time for anything else! Of course, things like work and family events keep getting in the way, but that's life... So, take every chance you get to ride. If you are like me, you really look forward to getting together on the weekends to ride and chat, get coffee and a snack, etc.

The Ride of Silence took place right before our last meeting on May 20, and hopefully we can continue this ride annually. Please keep this in your plans for next year. Also, check the club website from time to time. You will find a list of rides and centuries in the area. Mike Stewart keeps those links up-to-date so you can always find something...

Remember to volunteer to help during this year's Cool Breeze Century. You are the reason it is such a success! Keep up the great work!

Not much else for me to write this month, so I will leave you with this: As always, remember to support your local bike shop.

See you on the road!

– Neal Abramson

Board Meeting Minutes – May 4, 2009

The May board meeting was called to order at 7:00 p.m. at John Brant's house. Present were: Sonia Sandomer, John Brant, John Mirk, Leslie Ogden, Judy and Bruce Mullins, Bill Kapetanich, Neal Abramson, Linda Bott and Kate Faulkner. Neal passed on information from NHTSA on bicycle attitudes and behavior.

The minutes were approved from the past meeting.

Calendar Review

Treasurer Sonia is working on our tax return and will be meeting with a CPA.

President's Report

Neal reports that the Ride of Silence info is on the website and newsletter. It begins at 5 p.m. at Carrow's before the meeting on May 20. Bring head and taillights. Neal has signage for the back of our jerseys. Judy will put something in the Star. Neal also set up a Twitter account

for the club. You'll find it on the front page of the website for those who like to tweet.

Membership Report

Bruce reports we have a total of 326 members, dropping 7 past-due members and adding 18 new. He sends a letter and two emails to people needing to renew and drops them if there is no reply. Bruce notes that his new membership cards are peel-off, not cut.

Programs Report

Linda tells us Adam Storey will talk to us about acupuncture trigger points, specifically geared to cyclists, at our next Club meeting. Dale Collins, personal trainer, will be there in June.

Rides Report

Mike is continuing the "Hares and Tortoises" rides. We are getting good turnouts at the rides.

Grants Report

John tells us the Zultz Club grant is not taking place. He also asked if we want to have any bikes we sponsor belong to the riders or to the club. He will contact Jerry Boone to see if past recipients are still riding and if not, find out if the Boy Scouts could use a corral of bikes.

Public Relations Report

Judy will contact Linda about the May and June programs for info for the Star. The July 4th Street Fair might be of interest to us for promoting bicycle safety and our club. Perhaps we could work with VCOOL or Conejo. A bike corral could encourage riders to come to the fair. Judy will call and ask.

Treasurer's Report

Signature cards are all on file at the bank for new officers.

Director-at-Large Report

Nothing to report, says Bill.

Newsletter Report

John has the Ride of Silence on the front page for the May issue, although he is willing to change it out for Bike to Work Week. Stamps go up 2 cents on May 11.

Cool Breeze Report

Linda asks if we are interested in funding a Cool Breeze staff ride. It would be the century only, for volunteers, the week before (August 8) with sandwiches at Stowe and water at other stops. Cool Breeze Board is lukewarm on the idea since few Kiwanians on the board ride. There would be a \$10 fee per rider, giving a \$50 stipend

for each of 2 sag drivers. We are up in income from the Cool Breeze because the fee went up to \$60 with us paying for the Active fee. Actual signups are somewhat lower.

New Business

John is doing an event Wednesday. Brian Smallwood, from Inside Track, is doing double marathons and will talk about nutrition.

Next Meeting: June 1 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 May 20, 2009

The Club's May General Meeting was called to order at 7 PM by President Neal. Neal reported that the Ride Of Silence (which took place immediately prior to the meeting) had four participants: John Brant, Tom Ruggles, a new rider (Fred B.?) and President Neal. He stated that it felt good to make a statement and promote awareness in the city. Hopefully we can continue this annually and get greater participation.

Announcements

George Owens was present with club wear, Bruce Mullins was present and ready to accept new dues and renewals, and Norm Shally spoke briefly about the AIDS Life Cycle ride in which he will be participating and if anyone was able to make a donation he would gladly accept. Other guests were introduced to the group.

Guest Speaker: Dr. Adam Story

Linda Bott introduced the guest speaker, Dr. Adam Story, club member and chiropractor. He distributed an informational packet, along with illustrations showing "trigger point" therapy, which can be self-treated. X-Rays and MRI do not show muscle injuries, specifically sports injuries.

Trigger points are portions of the muscle that are in spasm - not that the whole muscle is in spasm. They exist in common areas. A trigger point feels like a "golf ball" where the rest of the muscle feels like a "rare steak"

when you apply pressure. When you locate a trigger point, squeeze the muscle (usually with your thumb) while in a relaxed position. Maintain pressure for 10 seconds, but not too hard, not too soft. Aim for a pain level of about 5 on a scale of 1 to 10, where 1 is hardly noticeable and 10 is unbearable. Then slowly release the pressure. The pain may be “referred” to another area of the same muscle. Be careful not to press against bone or tendons.

Adam demonstrated (with the help of Larry Bott) several trigger points for the knee, hip, outside of the knee, lower back, and calf. There are also “latent trigger points” waiting to happen, which indicates a possible problem later. He then demonstrated a “roller bar” and a round piece of wood which can be rolled over sore muscles as a self massage, making sure to apply pressure harder on the “up stroke” and less on the “down stroke.”

Adam then shared his experience racing last weekend in the circuit race and crit held in downtown Ventura and the Thacher School area of Ojai. After Adam answered a few questions, Neal adjourned the meeting at 8 PM.

– submitted by Bill Kapetanich, Director-At-Large

The Lone Rider

Yesterday on a ride Sonia said “Shari, you should have been there! There were some really strange cyclists”. She was talking about the Great Western Bike Rally. I was thinking that no matter where you meet cyclists we are a strange breed. Why do we go out and ride 100’s of miles at one time? Why do we go to races and see how fast we can go? Some of us look at roads that go Up and UP and UP and we say to ourselves “I bet I can climb that!” If it’s steep (Although yes, there is a limit for me) I’m ready to take on the challenge of making it to the top.

Last year I was among a group of club riders who trained for the King of the Mountain (KOM) series. We had a lot of fun training and then completing the series. When 2009 came around most of us started to ride the KOM training rides again. Some were doing Mulholland Century or Breathless Agony but I was the only one that was going for the KOM series. Why? Well, I’m in a new age category this year and wanted to prove to myself that I could still do all 3 (In the KOM women are either in “Women” or “Women 50+.” Last year I was the oldest women in the series...).

In January I was going out on a Tuesday ride and made it to the Fire Station. I couldn’t breathe and my legs were heavy. I turned around and had to walk over Emma Woods overpass (Anxiety does take its toll on you!). That experience took me away from training in January. A few weeks later I crashed in the pouring rain on the bike path coming back from Ojai with the Thursday ride. That kept me off the bike for most of February. Again this year I volunteered for the Tour of California and that time took me to the end of February and off the bike. I finally got to ride in March and started training with the group.

The first KOM ride is the Mulholland Challenge: 109 miles and 12,500’ of climbing. It was a perfect day for riding. Blue skies with big white clouds and cool temps (Unlike last year with a high of 102!). The ride to the 1st aid station went as planned. But then climbing up Old Topanga I started to panic about not reaching the 1st mandatory sticker stop in time. When a SAG went by I flagged it down. He told me I had lots of time and to look at all the people behind me. Okaaaay. I kept going UP Little Sycamore and got my sticker with 45 mins. to spare. As I was pedalling UP Yerba Buena a guy rode up and said “You’re lookin’ strong”, I said “Thanks” and his reply was

“Stay within yourself and you’ll do fine”. That was the best thing I’ve heard! It really helped me throughout the day. Due to construction the route was changed. Coming down PCH I looked up and saw riders turning UP Mulholland, not Decker. We went UP Mulholland to the fire station at the top of Decker, then down Encinal, north on PCH and at mile 84 UP Decker! Decker is my FAVORITE climb so having it near the end was OK for me. Just keep pedaling. I finished in 8:59 and 5th place.

May 3 is the “Breathless Agony” ride, 114 miles and 12,500’ of climbing. Kevin Moore, Lee Marker and Frank and Linda Zych also rode this year. It starts in Redlands, heads UP towards Hemet crossing the 60 freeway and then over Jack Rabbit Road. It’s broken asphalt, sand, gravel, potholes, rubbish and UPhill. After a little downhill we enter the 60 and ride 3 miles UP to Beaumont Ave. It’s all UPhill from here. After a quick aid station stop it’s a long Uphill climb through Oak Glen (The Grim Reaper is along the road



Past-President Shari Nicolls celebrates completion of the KOM series.

to greet you!).

My 7 year old granddaughter, Abagaele, had a “Flat Abagaele” project she made in her class. It’s a paper doll of herself. I took the doll wherever I went and she rode the Breathless Agony ride laced onto my camelback. The volunteers at the start to a picture of her. I saw them at each aid station and they took her picture again and again.

Aid station 2 is on Hwy 38. From this point to the top at Onyx Summit it’s UP except for 1 mile of down. Leaving the aid station we had a great tailwind going UP the canyon. It was getting warm here and I was wishing I didn’t have an undershirt on. Oh well, keep turning the pedals and it’ll be over. The thought “Why did I sign up for this?” entered my mind a few times but then I’d suck on some gel, throw in some sport beans (high powered jelly beans) or see someone that needed encouragement and I knew why I was doing it.

Just before the short downhill the volunteers drove by and cheered me on. It really helped at this point. It’s funny, but when I know I’m about 10 - 15 miles from finish I get a burst of energy that takes me to the end. My ride time was 6:50 and total time 7:15. I stayed at the top for a while until the wind picked up. It’s all downhill (except for that 1 mile) to the park where we started and you have to ride all the way or you’re DQ’d.

At the finish there were all the makings for a burritos: beans, rice, corn, tortillas and cheese. For some reason I wanted cheese, and lots of it! It’s always fun to sit at the picnic tables and chat about The Ride. I stopped to chat with Kevin and Lee (and grab a handful of m&m’s for him) before driving home.

I was exhausted by the time I got home but in a good way!

Sunday Ken and I joined the club ride up to Carpentaria. It was a good ride for the legs and I was feeling more like my old self again. The “Heartbreak 100” was the following Saturday.

I drove to the start of the Heartbreak at Frazier Park for an 8:30-9:30 start time which was nice (Didn’t have to get up that early!). When I got there we could tell it was going to be a warm day so I took off my arm warmers and my undershirt. We rode UP Frazier Mtn. Rd. 23 miles to the 1st aid station. In and out! I felt great right from the start. After the rest stop there’s a big downhill where I went 46 mph. WHAT?? Did I say 46? Most of the time I was riding alone but once on Hwy. 166 (to Cuyuma) I was in a paceline holding on at 38 mph. FUN! In and out of the Hwy 33 lunch stop at mile 53 (3 hrs. 30 mins. to here). It was HOT! We turned off 33 and the climbing started again. Heartbreak Hill: 4mph, 2 empty water bottles. Whew! The aid station was right around the corner. People were cramping up and not continuing at this point. I grabbed what I needed - WATER and HEED (ick) - and continued on. There were only about 20 miles to go and my energy picked up. Well, until the very last

little climb about 12 miles from the finish. That last climb seemed to be the toughest. My heart rate climbed so I poured cold water over my helmet and down my front and felt better. I came up on a rider and asked how he was doing and he said it was a tough time for him. I said I was hoping to finish under 7hrs. He was somewhere around 5½ hrs. It was all downhill from that point and we took off “for the barn”! Riding into the parking lot and seeing the finish line (an actual finish line banner this year!) was a welcome sight. A friend was standing nearby and I asked him to hold my bike while I checked in. The after-ride food here is a bbq cheeseburger! It was soooooo good to have some ‘real’ food!

My ride time was 6:37 and total time 6:53! Under 7 hours! As I say going descending on a fabulous downhill ---- WAAAAAAAAHHHHOooooooooooooooooooooooooooooo! I came in 2nd Overall in Women 50+ (There were 10 in this age group) and 8th Overall in total women (30 total). I’m happy that I rode and rode and rode UP and UP and UP all those hills training for the 2009 KOM.

June 16th I’m flying to Calgary, Canada to set out on another adventure. Ken and I are packing the car with camping equipment, putting bikes on top and hitting the road again. Who know’s where we’ll end up (A special THANKS to Larry Bott! He met Ken while riding and told him about CIBC. Ken came to a Sunday ride and that’s where we met). And I’m proud to say that I’m one of those strange cyclists!

- Happy Riding!

- Submitted by Past President Shari Nicoll

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.

“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 5th, and lasting for a two month trial run through May 31st, 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 to view the changes and updates. We look forward to seeing more club members during this wonderful time of the year!

Bicycles and Equipment

Before you ride, check your bicycle and equipment, to prevent problems on the road. ALWAYS carry personal ID, water bottle with sufficient water, snacks, spare tube, pump, patch kit, a call phone, and/or coins for one phone call.

★★★ HELMETS ARE REQUIRED ★★★

Volunteer for the Cool Breeze Century

VOLUNTEERS ARE NEEDED TO HELP WITH THE

COOL BREEZE CENTURY

SATURDAY, AUGUST 15, 2008

SAVE THE DATE!

IT'S VOLUNTEERS LIKE YOU THAT MAKE THIS ONE OF THE BEST CENTURY RIDES IN SOUTHERN CALIFORNIA. SEND IN YOUR VOLUNTEER FORM NOW!

WE NEED OVER 100 VOLUNTEERS TO MAKE OUR RIDE A CONTINUED SUCCESS!

NAME _____

ADDRESS _____

CITY/ZIP _____

PHONE _____

EMAIL _____

WHEN CAN YOU HELP??

- FRIDAY EVENING REGISTRATION
 SATURDAY MORNING REGISTRATION
 SATURDAY REST STOP

(CIRCLE ONE): [ALL DAY] [MORNING] [AFTERNOON]

T-SHIRT SIZE: [S] [M] [L] [XL] [XXL] [XXXL]

MAIL THIS FORM TO JUDY MULLINS:

465 Franklin Lane
Ventura, CA 93003

OR EMAIL [bicyclejudy AT msn DOT com](mailto:bicyclejudy@msn.com)



CIBC Ride Schedule for June, 2009

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

Saturday, June 6th – "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 7th – "East Beach Ramble"– 54 miles, B Rating. Mission Parking Lot up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara and returning to Ventura. Eating suggestions: East Beach Grill

Saturday, June 13th – *Tortoise & Hares staggered times *** – Remote Ride – "Malibu the Far Way"** – 47 miles, A Rating – 8:00am start at Freedom Park at Camarillo's Airport and bike down the coast to Pt. Mugu, Neptune's Net and then to Trancas Beach in Malibu for the "Hares" and then return up the coast into Camarillo. **"Malibu the Short Way"**– 32 miles, A Rating – 9:00am start at Freedom Park at Camarillo's Airport and bike down the coast to Pt. Mugu, Neptune's Net in Malibu for the "Tortoises", returning up the coast into Camarillo. Eating suggestions: Neptune's Net, Waypoint Airport Café

Sunday, June 14th – "The Sea to Wheeler Gorge" – 40miles, B Rating. Mission Parking Lot north to Casitas Springs, Oakview, Ojai to Wheeler Gorge Campground and back into Ventura. Eating suggestions: Ojai Emporium Cafe, My Florist Bakery

Saturday, June 20th – "Santa Barbara Classic" – *Remote Ride***** – 54 miles, B Rating. Rincon County Park in Carpinteria is the start for this remote ride into Carpinteria, Summerland, Montecito, Santa Barbara and Goleta. Eating suggestions: Santa Barbara Harbor

Sunday, June 21st – "Canyon 2 Canyon Classic" – 48 miles, B Rating. Mission Parking Lot east through Ventura towards Saticoy and Santa Paula. Along the way, visit the scenic wonders of Aliso and Wheeler Canyons for a real Olde California experience, then return to Ventura. Eating suggestions: Logsdon's Airport Cafe

Saturday, June 27th – "Casitas Coastal Climb" – 47 miles, C Rating. Mission Parking Lot north to Carpinteria and up the hill to the TOP of Casitas Pass and return the same way back down into Carpinteria and Ventura (Created by Robert Duschane). Eating suggestions: The Coffee Bean

Sunday, June 28th – "Ventura City Romp" – 30 miles, A Rating. Mission Parking Lot and down the coast for the flat ride into the City of Ventura. Note: the start time is 8:00am for both the "Tortoises" and the "Hares". Eating suggestions: LePetit Cafe, The Parlor

Friday, July 3rd – "Holiday Show and Go" – *Special Holiday Addition***.** Mission Parking Lot into the roads that the group chooses on this holiday special. Reminder, eating establishments could be closed for the holidays, so bring food.

Saturday, July 4th – "South Mountain Ramble" – 50 miles, B Rating. Mission Parking Lot heading east into Ventura, Saticoy, Santa Paula and Fillmore and back into Ventura. Eating suggestion: Starbuck's Coffee

Sunday, July 5th – "Casitas Pass - CCW" – 43 miles, C Rating. Mission Parking Lot up the Ojai Trail through Casitas Springs and Oakview, then around Lake Casitas and on over the hill into Carpinteria, returning along the coast. Eating suggestions: The Coffee Bean

Saturday, July 11th – *Tortoise & Hares staggered times (Note the time of the Tortoise Rides is 8:30am for the summer months!)* ** – ***Remote Ride*** – "Santa Monica Mountains Crest"** – 55 miles, C Rating. The "Hares" will meet at 8:00am at Freedom Park at Camarillo's Airport and ride down the coast to Pt. Mugu, Neptune's Net and then up the mountain on Yerba Buena and back up the coast into Camarillo. **"Malibu the Short Way"** – 32 miles, A Rating. At 8:30am the "Tortoises" will meet at Freedom Park at Camarillo's Airport and bike down the coast past Pt. Mugu to Neptune's Net in Malibu then return up the coast into Camarillo. Eating suggestions: Neptune's Net, Waypoint Airport Cafe

Sunday, July 12th – "East Beach Ramble" – 54 miles, B Rating. Mission Parking Lot up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara and returning 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.

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 Tapo Street
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

Camarillo Bike 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

