

CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

JULY 2009

VOLUME 19

NUMBER SEVEN

In Memoriam



Peter S. Ball

Past President of CIBC

A fierce competitor, a great friend and a true gentleman.



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

Greetings! Summer is here! We are enjoying cycling and living in this wonderful place called Ventura County! But please remember these "Rules of the Road" from the League of American Bicyclists:

1. **Follow the law** - it is the safest way to ride. Bicyclists have the same rights and duties as other drivers and need to follow the same traffic laws.
2. **Be predictable** - ride in a straight line, signal turns and check behind you before turning and changing lanes.
3. **Be conspicuous** - ride where motorists can see you, use lights at night and always wear bright clothing.
4. **Be aware** - anticipate the next move of drivers, pedestrians, even other cyclists. Watch for debris, potholes, and grates.
5. **Ride ready** - check your tires, brakes, chain, and quick release levers before every ride. Carry repair and emergency supplies. Always wear a helmet.

If you haven't checked out the Ride Calendar lately, you should log in now! For riders who prefer a lighter pace, there are periodic Tortoise rides, put together by our Rides VP Mike Stewart. Air up, get into your chamois shorts and ride with us! You never know who you may see on the road. You make our bike club strong.

Remember that the registration for this year's Cool Breeze Century is open and will sell out fast. If you are not riding in it, please remember to volunteer when the call comes. We can always use more volunteers.

Also, please support your local bike shop. Shop locally! Let's keep our local economy strong and our sales taxes here.

Thanks to everyone for your continued support.

See you on the road!

– Neal Abramson

Board Meeting Minutes – June 1, 2009

The June, 2009 CIBC Board Meeting was called to order at 7:00 p.m. by President Neal Abramson at John Brant's house. Present were: Bruce and Judy Mullins, John Mirk, John Brant, Bill Kapetanich, Sonia Sandomer and Leslie Ogden.

Calendar Review

It's time to solicit volunteers for the Cool Breeze. We will put a "Save the Date" for the Cool Breeze in the newsletter.

President's Report

Neal says the Ride of silence was small, but he hopes it will grow in future.

Membership Report

Bruce Mullins asked if we want to continue receiving change of address notifications. The cost is 50¢ each. Yes.

Programs Report

Judy reports (for Linda) that this month's program will be a personal trainer, Dale Collins, from the Pierpont.

Rides Report

Mike's "Tortoise" rides will continue despite intermittent attendance.

Public Relations Report

Judy tells us there is no interest in manning a July 4th booth. She contacted the Star about last month's meeting but we saw nothing in the paper, nor for the Ride of Silence. Conejo, however, got great coverage. Hmmm!

Newsletter

John is always looking for articles. The paper will come out this week.

Website

Neal tweets a couple times a week on the Twitter account Mike set up.

Cool Breeze

The Cool Breeze committee meets next week. The ride is expected to sell out. We will have a club ride the weekend before, lightly supported, to allow the volunteers a chance to ride the course.

Old Business

Sonia says she'll be getting the tax report soon.

Mike received a quote for water bottles and will get back to us with unit cost and minimum order.

New Business

Mike Gold asked Neal to ask about a possible picnic similar to ones held in the past. Brainstorming included: bringing families, a caterer for BBQ, in Fillmore, on a Saturday afternoon, at Steckle Park and asking Mike if he wanted to head it up.

Photo gallery with bios: John and others will be coming by on rides with cameras asking if you'd like to be

included on the website. Join on in; it could be a good way to match up with riding partners!

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

Our Next Club Meeting: Ron's ToC!

At our next club meeting, July 15th at Carrow's restaurant (on Harbor Blvd. in Ventura), Ron Parker will share photos and stories from this year's Tour of California. Ron describes it thusly:



A sample of Ron's photos of the 2009 ToC

I was once again fortunate to be able to follow six stages of the 2009 Amgen Tour of California. In those six stages I was able to watch the tour at eight different locations. On one stage we had VIP badges to watch and photograph the start area of a stage. The weather was very tough on the riders and spectators with cold, wet and windy weather. It was a struggle for many spectating bike riders to venture out into the countryside

with the knowledge they would have to wait several hours for the riders to come by and then have to descend back down the hill to their waiting homes or cars.

This year's tour started in Sacramento and traveled west to Santa Rosa then south through Santa Cruz. We spent a couple of nights in motels in the San Joaquin valley as the race went to the new cities of Modesto, Merced, Clovis and Visalia. These cities had a party atmosphere as they welcomed the tour. Of course this is the year of Lance's

Comeback so interest was at a extremely high level. The crowds were huge and excitement high. My photographs will reflect this excitement.

Club Meeting June 17, 2009

President **Neal Abramson** called the meeting to order at 7 pm., expressing the club's great sadness over the loss last Sunday of former president, **Peter Ball**. Later in the evening, we were very pleased to see **Janet Ball** come by and share hugs all around. **Leslie** encouraged members to add their page to a memory book for the Ball family.

Paul Callaway announced the 3 Harbors Tour, July 11.

George Owens told us he had a full complement of club jerseys for sale.

John Brant introduced **Dale Collins**, an exercise physiologist for the City of Ventura and a trainer at the Pierpont Racquet Club. He gave a talk on "How Resistance Training Can Improve Your Cycling".

Resistance training when properly done balances out the aerobic training we get from cycling.

Among many positive changes this training strengthens ligaments and tendons (which does not happen in cycling). It increases muscle strength, endurance and power as well. Finally, resistance training helps us reduce our percentage of body fat and gives us the flexibility to prevent injuries.

Cyclists should go for frequent (12-15) repetitions of weights heavy enough to be challenging; the last 3 or 4 should be hard to do. Walking lunges are good to develop individual leg strength as our sport demands. Start with one set of 15 or so, gradually increasing the number of sets and finally adding weight.

Keep in mind that after the age of 30, we lose about a half-pound of muscle each year, and our metabolism goes down according. This accounts for the average weight gain of 1-1.5 pounds a year for adults. These are really compelling reasons to considering adding resistance training to your weekly schedule, don't you think?

— submitted by Leslie Ogden

A Boy Scout Essay

With the Cool Breeze Century coming up we thought you might enjoy another essay from one of the boy scouts who made the 2008 Cool Breeze their first century.

This is one of your younger riders that were in the bike ride on April 16, 2008. I'm 13 years old and I love to get out and do sports. One of the sports I enjoy doing is cycling. I did the Cool Breeze Century for the 1000 dollar scholarship for a new bike and gear. I also did it so I could get out and have something to do. When I first got started I just loved it. The very first stop that we stopped at was

Rincon Beach Park. The service and the food were great. The people at the stop were so kind. I ate some watermelon there. During the ride, someone fixed my bike; my tire kept running on my braking system so it was like my brakes were always on. Fixing this problem made it easier to go up some of the more challenging hills.

The next stop was Manning Park. I loved the location of this rest stop. It had big trees, lush grass, and the trees created lots of shade. At Manning Park I got five pieces

of watermelon. At all the stops, all of the food was so fresh and the watermelon was as ripe as you could get.

The next stop, which was Stow Grove Park, was our lunch stop. The lunch meat and all of the condiments were so fresh too. I made myself a very large sandwich. I had lettuce, ham, cheese, olives, and bread. It was one of the best sandwiches that I have ever had. I felt pumped to go the rest of the way home.

The next stop for us was Rincon Beach. At this stop, I got a delicious popsicle and headed out as soon as I was done with it. "Yeah! Yeah! Yeah! Yeah!" I heard all of these people screaming when I was coming down the home stretch. I was feeling good and knew that I had completed my very first 100 mile bike ride. I laid on the grass feeling good, and said to myself "I did it."

The tri tip was the best, along with the salad. I also loved the apples and the chicken. Thank You, Channel Islands Bike Club!

- Submitted by Brenden Warn



Peter and Janet Ball greeted all the Cool Breeze riders at the Bates Beach rest stop with popsicles and good cheer. Here they are with the Boy Scout riders in 2008.



Peter Ball and Andrew Gustafson at the Huntsman Senior Games

Thanks for Everything

Several wonderful stories were told at Peter Ball's memorial service. How he would surge ahead using his EPO treatments. The time he and Andrew Gustafson rode along the route at the Huntsman Senior Games, chatting away and keeping an eye out for racers coming up from behind, when they found themselves passing people who were actually in the race.

I never told my story, as I felt like I was going to dissolve in tears at any moment, so here it is:

In 2003 I took up cycling again after some 20 years off the bike. I started with small rides around the Ojai Valley and then one day I ventured out over Casitas Pass. I was thrilled to be able to make it over the pass and down to Carpinteria. On the way back I caught up with a couple of riders along the Rincon. Feeling like a "real" bike rider at that point, I pedaled my heart out and was pleased to be able to keep up with them as we headed north.

When we pulled off at the Seacliff exit they introduced themselves as Peter Ball and Robert Duschane. Robert quietly took me aside and explained that since Peter was undergoing chemotherapy his testosterone levels were very low, and he appreciated my maintaining such an easy pace. Since it was all I could do to keep up with them, I just smiled and tried not to breathe too hard.

Peter told me about this bike club he belonged to. Over the next few months I started attending Club rides and soon found myself editing the newsletter every month. Thanks again, Peter, for all your encouragement over the years.

- Submitted by John Mirk



It was always a fun ride if Peter was along

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 in effect on alternating weekends with the addition of a slow-paced social ride called the "Tortoises."

The "Tortoise" 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, still beginning at 8:00am but longer than the "Tortoise's" ride. **The "Tortoise" ride will begin at 8:30 am** with a desired goal of a slower pace, shorter routes, and more regrouping to allow for more rider socializing.

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

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.

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]

Interested in the Aug 8th Cool Breeze Century Staff Ride?
[YES] [NO]

(Staff ride is FREE to all volunteers and includes minimal SAG and snacks)



MAIL THIS FORM TO JUDY MULLINS:

465 Franklin Lane
Ventura, CA 93003



OR EMAIL bicyclejudy AT msn DOT com

★★★ HELMETS ARE REQUIRED ★★★

CIBC Ride Schedule for July, 2009

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

Note the time of the "Tortoise" Rides is 8:30 a.m. for the summer months!

Saturday, July 11th - Remote Ride - Tortoise & Hares staggered times - "Santa Monica Mtns. Crest" [Hares] - 55 miles - C Rating - Meet at Freedom Park at the Camarillo Airport and ride down the coast for the "Hares" to Pt. Mugu, Neptune's Net and then up the mountain on Yerba Buena and then back up the coast into Camarillo. **"Malibu the Easy Way" [Tortoises]** - 32 miles to 47 miles - A Rating - We'll meet at 8:30a.m. at Freedom Park at the Camarillo Airport, then bike down the coast to Pt. Mugu, Neptune's Net in Malibu and 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 - We'll meet at the Mission Parking Lot and ride up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara then return to Ventura. Eating suggestions: East Beach Grill

Saturday, July 18th - "Dennison Summit and Return" - 49 miles - C Rating - Meet at the Mission Parking Lot and ride north into Casitas Springs, Oak View, Lake Casitas, and Ojai up to the Dennison Summit, then return the same way into Ventura. Eating suggestions: Summit Cafe

Sunday, July 19th - "Harbor Circle Tour-CCW" - 43 miles - A Rating - We'll start at the Mission Parking Lot and ride down the coast into Ventura, Oxnard, Port Hueneme, Camarillo and Saticoy, then return to Ventura. Eating suggestions: Starbucks Coffee, My Florist Bakery

Saturday, July 25th - Club Yellow Jersey Day - "Tour de Carpinteria" - 36 miles - A Rating - Wear your CIBC jersey and meet us at the Mission Parking Lot to ride up the coast into Carpinteria, then return to Ventura. Eating suggestions: The Coffee Bean

Sunday, July 26th - Tortoise & Hares staggered times - "Thatcher Loop Classic" [Hares] - 48 miles - B Rating - We'll start at the Mission Parking Lot and ride north to Casitas Springs, Lake Casitas, Ojai and back into Ventura. Eating suggestions: Ojai Cafe Emporium. **"Tour de Ojai" [Tortoises]** - 34 miles - B Rating - We'll start at the Mission Parking Lot and ride north to Casitas Springs, Oakview, Ojai and back into Ventura. Eating suggestions: Ojai Cafe Emporium

Saturday, August 1st - "Dennison Grade Loop-CCW" - 49 miles - C Rating - Start at the Mission Parking Lot and ride east through Ventura, Saticoy, Santa Paula and Ojai then back down into Ventura. Eating suggestions: Ojai Cafe Emporium

Saturday, August 2nd - Remote Ride - "Malibu the Easy Way" - 47 miles - A Rating - We'll start at Freedom Park at the Camarillo Airport and ride down the coast to Pt. Mugu, Neptune's Net and then to Trancas Beach in Malibu, returning up the coast back to Camarillo. Eating suggestions: Neptune's Net, Hows Market, Waypoint Airport Cafe

Saturday, August 8th - Remote Ride - "Montecito Ramble" (Cool Breeze Route) - 58 miles - B Rating - We'll meet at Manning Park in Montecito for this remote ride which heads into Montecito. This is one of the beautiful sections of our Cool Breeze Rides. Eating suggestions: Santa Barbara Harbor, East Beach Grill

Sunday, August 9th "Casitas Pass Climb-CCW" (Cool Breeze Route) - 43 miles - C Rating - We'll start at the Mission Parking Lot and ride up the Ojai Trail into Casitas Springs, Oakview, Ojai, Lake Casitas on over the hill into Carpinteria while touring the Cool Breeze section. Eating suggestions: The Coffee Bean

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.

"The bicycle hides nothing and threatens nothing. It is what it does. Its form is its function."

- Stewart Parker, Spokesong

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.metalmtnbicycling.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

