

# CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

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## The Gold Rush Randonnee



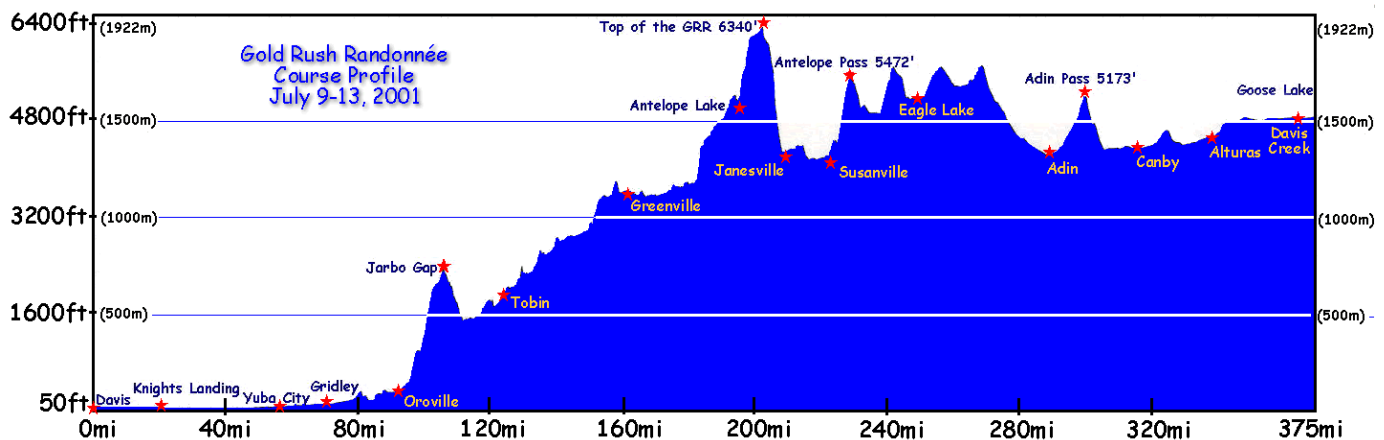
On the road in the GRR

*The third running of the Gold Rush Randonnee (GRR), a 1200 km (745 miles) ride held every 4 years, took place July 6-10. CIBC member Linda Bott was one of this year's participants. Here is her story:*

GRR riders must complete the 1200 km course within a 90-hour time limit. Controls are set at distances of 80 to 100 km and are checkpoints for timing a rider's progress and providing food, drink and shelter if necessary. Entry into the GRR is based upon having successfully completed the "Super Radonneur" series of brevets (200k, 300k, 400k and 600k), in the year 2009, before July. I was lucky this year that PCH Randos ran the series and I could do them all locally.

Starting in Davis the route winds along two great California rivers and through the famous Sierra Nevada to just within a few miles of the Oregon border (and no, I did not do the bonus miles to say I went to Oregon).

It's always interesting to me to talk to other people that are riding the ride to find out what kind of preparation they are doing. Most tell me that they have studied the route, they've studied the profile and they know the control opening and closing times. They have planned out how long it will take them to get to the control and how long they plan on staying there. They know where they want to sleep (what's that??) and for how long. My approach to an event is to set a goal for total time. I know that it can vary on a number of factors: weather; terrain; conditioning and basic aches and pains. This ride is known for being really hot (At the last running they were in triple digits going into the Susanville control). My hope was to be able to do the ride in under 75 hours which will qualify me for RAAM. [..."GRR" continues on Page 4...]





*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

August: last full month of summer, last chance to take a vacation before school starts again, last chance to volunteer at the Cool Breeze for this year! If you have not yet done so, please sign up to help! Personally, I enjoy driving SAG, because it gives me the opportunity to see so many people, help out when needed, and drive on roads that I don't see during the rest of the year. It's also fun to find out where people are from, what bikes they are riding, and EAT of course! I can even practice my skills changing the occasional bike tube and making minor repairs.

Please remember to renew your membership on time. YOU keep our club active and strong! Bruce Mullins, our Membership VP, sends out the notices in a very timely manner. If you have any questions or problems, just send him an email.

Do you need a new CIBC jersey, jacket, or vest? How about a pair of socks! Yes, you can own a pair of **CIBC club socks**, too! I am sure we will order more when the initial order runs out. You can usually purchase club stuff at our monthly meetings, or you can send an email to **George and Ruth Owens** to make other arrangements. Show your pride and wear those club "colors!"

Do you have a special presentation on cycling that you would like to share? If so, please contact **Linda Bott**, our Programs VP. She will gladly place you on the schedule.

Have you considered running for a club **Board of Directors** position? If not, why not? Yes, there are meetings to attend and various tasks to perform, but it is really not that much work. Besides, it's what keeps our club going and growing! We will have few positions open at the end of this year, so keep your eyes and ears open for the nominations announcement. For those of you who have already served on the board, thank you for your hard work!

Until next month, see you on the road! Remember to support your local bike shop!

– Neal Abramson

## Board Meeting Minutes – July 3, 2009

The July, 2009 CIBC Board Meeting was called to order at 7:00 p.m. by President Neal Abramson at John Brant's house. Also present were Judy and Bruce Mullins, John Brant, Kate Faulkner, Bill Kapetanich, Leslie Ogden.

Minutes were approved from the June meeting.

## Calendar Review

Calendar for this month includes getting volunteers for the Cool Breeze. The Cool Breeze board is meeting next week. Everything is on track. Signups and jersey sales are

down a little from last year. Jersey sales for other rides are down 50% so we are doing well. The ride is expected to sell out at 1700. Linda and Judy are in charge of volunteers and are seeking new people offering to help.

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## President's Report

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Neal passed along information for a meeting July 16<sup>th</sup> for a parking code amendment near the fairgrounds.

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## Membership

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Bruce reports 302 members.

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## Programs

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Linda reported (via email) that Ron Parker's photos of the Tour of California will be July's program and Voler will be August's.

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## Rides

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Mike Stewart will retire next year and wants to leave his post of webmaster and ridemaster by June, 2010.

John Mirk would also like to give up his role as newsletter guy. Do we need both the newsletter and the website?

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## Grants

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John reports that they will meet this month.

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## Public Relations

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Judy plans to get coverage comparable to the "Three Harbors Tour" article. She proposes a CIBC membership table at the Cool Breeze and suggests we include a "Come Ride with Me" card in the CB packet. We should give a prize for the volunteer signing up the most new members!

Certified Safety Instruction training - Judy suggests we put together a grant to send Club members to schools to promote bicycle safety. The Board generally supports the idea, contingent on people actually going out and sharing what they learned.

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## Old Business

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August 8<sup>th</sup> will be a SAG'ed ride for Cool Breeze volunteers who would like to ride the course. Details to follow.

September 26<sup>th</sup> Mike Gold will organize a Club Picnic for members and families. It will be at the Carpinteria Lions Events Center. The Club will cover the cost of the site (\$115) and half the food costs, bringing the cost to members and their guests to \$5 per person.

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## New Business

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Kate is willing to look into a bike rack, perhaps for Carpinteria's Coffee Bean, The Ojai Café Emporium or

The Ojai Coffee Roasting Company. Both Ojai spots may require a parking spot. Carpinteria has room for at least 8 bikes, and the most-affected business is supportive. The four-bike rack costs \$1000, \$100 more for each additional spot. A plaque could read CIBC or Peter, Ed and Udas Young, founders of the club. The city would have to approve it. The Board encouraged Kate to explore this idea further.

Kate says the county is applying for a grant from CIBC to help build a bridge over San Antonio Creek, which has washed out 3 times since 2005. Costs of constant repairs plus the steelhead recovery effort both speak to having a bridge. They have money coming from a variety of sources and are asking for from us \$15,00 this year and next, towards an approximately \$1 million total cost. It would be about twice as long as the bridge near Brooks Institute. Kate will put Theresa Lubin in contact with John Brant.

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## Motions:

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Celebration ride for Peter Sunday, June 13<sup>th</sup>, 2010. Passed.

Bill moved that we donate \$100 to the Prostate Cancer Research Institute. Passed.

We'll need \$600 for set up costs for CIBC socks. Passed. Neal will contact Gayle Isbell.

**Next meeting:** Monday, August 3<sup>rd</sup> at John Brant's house.

The meeting adjourned at 8:00 pm.

*- Respectfully submitted*

*Leslie Ogden*




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CIBC'ers on this summer's "Credit Card Trip" – Details to follow!

## 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, whose proceeds support various charities.

**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 (strength over time) 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*

## 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.

## Gold Rush Randonnee

*...Continued from Page 1...*

It's always interesting to me to talk to other people that are riding the ride to find out what kind of preparation they are doing. Most tell me that they have studied the route, they've studied the profile and they know the control opening and closing times. They have planned out how long it will take them to get to the control and how long they plan on staying there. They know where they want to sleep (??what's that??) and for how long. My approach to an event is to set a goal for total time. I know that it can vary on a number of factors: weather; terrain; conditioning and basic aches and pains. This ride is known for being really hot (At the last running they were in triple digits going into the Susanville control). My hope was to be able to do the ride in under 75 hours which will qualify me for RAAM.

I have some friends living in Janesville, 240 miles from the start/finish. I sent a package to them in advance that had a couple changes of bike gear and an extra battery and charger for my light. I planned on dividing up the ride into three rides, 240 miles the first day to Janesville, 290 miles from Janesville to the turnaround and back to Janesville and 215 miles to the finish (Until writing this article I didn't realize the middle leg was so long - no wonder I was behind schedule on that leg!). I don't write out schedules and try to keep to them, instead, since I have so much time to think, I mentally figure out my schedule during the ride, based on my pace.

The ride started at 6:00 p.m. Monday July, 6 in Davis. There were 105 riders and with the mass start we were a pretty big group going down the road. The course on this first section of the ride is flat. I was a little nervous riding fast with people I didn't know but I enjoyed the draft. We had a water stop at 45.3 miles which I managed to get out of fairly fast, then it was back to the paceline. I got to visit with a few people I knew on the ride and meet a few others. One guy from England, Rob, was on a fixed gear (and people call me crazy!). We arrived in Oroville, our first control, in 5 hours 23 minutes - not bad for 103 miles! I got my card marked, used the bathroom, filled my camelbak, ate some food, stuffed my pockets and was off again in 19 minutes. The course starts to roll after Oroville so we no longer had the super-long pacelines. At this point of the ride I needed to make a decision of whether to push myself to stay with the paceline or back off and find a more reasonable pace. I decided (or I should say my stomach decided -- I realized I was not taking in enough calories for the long haul ahead) I should back off. I turned on my music and settled into a good pace for me. The road started the climb up to Jarbo Gap.

The road continued to climb up to Greenville. It was still dark so I wondered what I was missing. I was also having some negative thoughts. There is usually some point of any long ride that I have trouble with. I was telling myself that it was stupid to come out here by myself. What was I

thinking??? I told myself this would be the last time I would try something like this alone. I was thinking it would be easy to turn around and go back. Then I remembered my friends in Janesville and how disappointed they would be if I quit now. I thought maybe I'd just go to their house and hang out for a couple of days then head back. The point is I kept riding.

The sun was up and the scenery was beautiful. I was feeling somewhat better when I arrived at the Greenville control at 7:48. The volunteers there were fixing breakfast for us. I ordered scrambled eggs with cheese but was not disappointed when I got a cheese omelet instead. I tried not to stay too long knowing I only had 45 miles to go to Janesville.

I left at 8:20 and started the climb up to Antelope Lake. I wish I could tell you how beautiful and peaceful the scenery was and I'm sure it was as I look at some of the pictures other riders took, but at that point I was only focused on getting to the next check which was a water stop at Boulder Creek. It seemed like this check took forever to get to and when I look at the course profile I now can see why. I was climbing. Then I was over the top, or so I thought. The top goes down a little and then climbs a little more before it drops again [*Ed. Note: This is the high point of the GRR, at 6,340 ft.*].

I arrived at Rick and Anna's house in Janesville around 1:00 P.M. Tuesday. They were great telling me what a good job I was doing. I forgot all about those negative thoughts as I talked to them. Anna fixed me a great meal. I took a shower and lay down to take a little nap. I asked Anna to wake me in 20 minutes but I woke up on my own after 10 and decided to get up. I visited with her for a little while longer. It was a really good break for me but I knew if I was to reach my goal I needed to move on.

The control in Susanville is at a National Guard Armory. I only stayed there 5 minutes - long enough to get my card marked and use the bathroom. I knew from Anna's description what to expect on the climb out of Susanville. I knew it would be long, but after my break I was feeling pretty good.

I was told there would be just a little more climbing and I would be at the top of the third of four long rollers. Then we would have some small rollers and descend to Adin. I was wishing I had paid more attention to the time as it was getting dark again and I didn't relish riding by myself. I could see tail lights in the distance and was trying to judge whether I could catch them and how much effort it would take. After what seemed like a long time I could tell I was gaining on them. It turned out to be two friends, Aron from San Mateo and Wes from North Carolina. I asked if I could tag along and they were willing. The time passed a little more quickly with someone to talk to although it seemed like it was taking forever to get to the controls. I arrived at Adin at 10:26 p.m., 321 miles and 28 hrs 26 min into the ride. It

seemed like a lot of riders were opting to get some sleep there.

I left Adin at 10:51 and started the climb up to Adin Pass. I was alone again, although for some reason it didn't seem so bad. About a mile from the top I saw a rider coming back my way. Wow! The first rider is about 70 miles ahead of me! It was getting a little chilly at the top so I reluctantly pulled over to put another jacket on. I hate to stop between controls and in the dark even more so. This section of the road had those awful expansion joints. I tried riding off to the right, then I tried the riding the yellow line in the middle of the road, all to no avail. The worst part was knowing I was going to turn around in 40 miles and ride them all the way back. I saw the second rider on the road but was unsure how far behind the first rider he was and as I turned into the town of Alturas I saw the third rider headed back. I arrived at the control at 2:21 a.m. I ate some mashed potatoes and homemade mac and cheese. I was anxious to get to the turnaround so 22 minutes later I headed out.

The control workers told me the road was flat as a pancake. Well, the road was pretty flat but if you think about it most pancakes have a little rise and fall in them... It took me an hour and 45 minutes to go the 20 miles there and an hour and 18 minutes to get back. When I arrived at Deer Creek they told me I was the 9<sup>th</sup> person to get there. I was shocked. Of course numbers 10, 11, 12 and 13 got there right after me but I was happy to be number 9.

Daylight returned on my trip back to Alturas. It was really cold, but "Yay!" I was on the return trip. The trip back to Adin was as I thought it would be - I hate expansion joints! It was fun seeing all the riders on their way in to Alturas knowing I was at least 40 miles ahead of them.

I arrived back in Adin at 10:12 a.m. Wednesday. I enjoyed visiting with the control workers there. I even tried to lay down for a nap but after 10 minutes I knew I wasn't going to sleep. I grabbed a peanut butter sandwich out of my drop bag, took a caffeine pill and headed down the road after an hour's stop. I backed off my pace and made sure I ate and by the time I reached the water stop at Grasshopper I was feeling better.

Heading back to Susanville I knew I had a big climb ahead. What I didn't remember from coming the other way was that I actually had two big climbs ahead. I got over the first one and was thinking "Wow! I'm doing really well." I had fifteen miles to go to Susanville. I was thinking I would be there in an hour or so. Boy was I wrong because I started to climb again. I was now 500 miles in and began to get confused. Obviously I was getting a little fatigued. Then finally came the descent I remembered. I arrived in the control at 5:24 P.M. I didn't stay long as I had 15 more miles to go to Janesville - 15 very long miles.

Rick and Anna's home was like heaven. They had a Caesar salad, chicken tortellini soup, fruit, and coffee cake waiting for me. It was yummy! I took a shower and changed. Then came the hard decision: sleep or press on.

I knew I needed sleep but it was a little after 8:00 p.m., If I started now I would hit the hardest climb of the ride with a little light. If I slept I would be in the dark. I figured I was behind schedule, took one more caffeine pill and pressed on.

I knew the Janesville climb was going to be tough. It climbs hard then gets steep then climbs on. It descends a little then climbs again. At the bottom of the climb I took my phone out, put it on speaker, called my husband, put it in the pocket on my camelbak., and had a nice conversation with him, then called my son, and some friends. It made the climb go a lot faster and made being alone in the dark not as bad. I kept riding and in a few miles came upon a familiar sight - "It's Lee!" He asked me if I was okay and told me it was 8.4 miles to the Y. Sure enough, 8.4 miles later there was my turn and it was now 7 miles to the water stop at Boulder Creek. The control workers must have known to look for me because they were out with flashlight to help me in. They gave me a blanket (Boy, was it cold!) and offered me Cup O' Noodles. I opted for hot chocolate and chips.

The ride to Taylorville was very cold, in the low 30's. It was only 26 miles but took forever. It was a little scary because I was getting so sleepy. I was talking to myself out loud to stay awake. We got to Taylorville at 3:33 a.m. I had a bite to eat and lay down with a 5:00 wake up call. After about an hour of sleep I woke up on my own, freezing.

It was pretty cold starting out but the sun was out again. I had 179 miles to the finish. I knew I had only one real climb left so I was feeling good that I would finish in a decent time.

It took me almost 3 hours to get to Oroville as I arrived there at 11:43. It was getting quite hot out - not triple digits like I expected but well into the 90's, I started calculating to make sure I would make my under-75-hour goal. I pulled into the last secret check of the ride. I had 30 miles to go to the finish. I felt good but was having trouble reading my route chart. I kept thinking I had missed a turn (Okay, maybe a little more sleep would have been helpful...). I could not believe after over 700 miles I was riding at 20+ miles per hour. I was in pain but we were having so much fun racing to the finish. We ended up arriving at 7:00 p.m. I achieved my goal and finished in 73 hours.

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## 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).

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## "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!**

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## 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.

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## 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.

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★★★ HELMETS ARE REQUIRED ★★★

## CIBC Ride Schedule for August, 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, August 8<sup>th</sup> – "Goleta Ramble"** – 43 miles - B Rating – Cool Breeze Route (This ride was originally listed as the "Montecito Ramble" Please note that this ride leaves from Manning Park off San Ysidro in Montecito). We'll meet at Manning Park in Montecito for this remote ride that heads into Goleta. This is one of the most beautiful sections of our Cool Breeze Rides. Eating suggestion: Santa Barbara Harbor

**Sunday, August 9<sup>th</sup> – "Casitas Pass Climb-CCW"** – 43 miles - C Rating – Cool Breeze Route. We'll start at the Mission Parking Lot and ride up the bike path into Casitas Springs, Oakview, Ojai, Lake Casitas and on over the hill into Carpinteria while touring this Cool Breeze section. Eating suggestion: The Coffee Bean & Tea Leaf.

**Saturday, August 15<sup>th</sup> – \*\*\*NO CLUB RIDE TODAY\*\*\* – Cool Breeze Century TODAY.** Hope to see you there, either as a participant or as a volunteer.

**Sunday, August 16<sup>th</sup> – "Ventura City Romp"** – 30 miles - A Rating – Meet at the Mission Parking Lot and ride down the coast for a flat ride throughout the City of Ventura. Eating suggestions include: LePetit Cafe, The Parlor and My Florist Bakery.

**Saturday, August 22<sup>nd</sup> – "Tour de Ojai"** – 34 miles - B Rating – We'll start at the Mission Parking Lot and ride north to Casitas Springs, Lake Casitas, Oakview and Ojai, then back into Ventura. Eating suggestions: Antonio's Mexican Cantina.

**Sunday, August 23<sup>rd</sup> – Tortoise & Hares staggered times – "Casitas Coastal Climb" [Hares]** – 47 miles - C Rating – 8:00 a.m. start at Mission Parking Lot for the "Hares", who will ride north to Carpinteria and up the hill to the top of Casitas Pass, then return the same way back down into Carpinteria and Ventura. **"Tour de Carpinteria" [Tortoises]** – 36 miles - A Rating – 8:30 a.m. start at Mission Parking Lot for the "Tortoises", who will take a more leisurely pace up the coast into Carpinteria, then return to Ventura. Eating suggestion: The Coffee Bean & Tea Leaf in Carpinteria.

**Saturday, August 29<sup>th</sup> – "Summerland Classic"** – 47 miles - B Rating – We'll meet at the Mission Parking Lot and ride up the coast into Carpinteria, through Summerland, and back into Ventura. Eating suggestion: Padaro Beach Grill

**Sunday, August 30<sup>th</sup> – Remote Ride – "Tour de East County"** – 46 miles - B Rating – We'll meet at Starbucks Coffee in Camarillo for a wonderful ride through Camarillo, Moorpark, Thousand Oaks, Newbury Park and back into Camarillo. Eating suggestion: Starbucks Coffee, The Village at Moorpark (Starbucks, Nosh, Jamba)

**Saturday, September 5<sup>th</sup> – "South Mountain Ramble"** – 50 miles - B Rating – We'll start at the Mission Parking Lot and head east into Ventura, Saticoy, Santa Paula and Fillmore then back to Ventura. Eating suggestion: Starbuck's Coffee

**Sunday, September 6<sup>th</sup> – "Thatcher Loop Classic"** – 48 miles - B Rating – Start at the Mission Parking Lot and ride north to Casitas Springs, Lake Casitas, Ojai and back into Ventura. Eating suggestions: Ojai Cafe Emporium

**Monday, September 7<sup>th</sup> – "Holiday Show and Go"** – Meet at the Mission Parking Lot at 8:00 a.m. and ride whatever roads the group chooses on this holiday special. Reminder, eating establishments could be closed for the holidays, so bring food.

### Weekday Rides

**Tuesdays: "Santa Barbara Special"** .....8:30 a.m. - 42 miles up to Santa Barbara and back. Meet at the Mission parking lot and ride up the coast into Summerland & the Luna Cafe. 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 & Girls Ride"** .....8:30 a.m. - 32 miles up and down the Ojai Trail. Meet at the Mission parking lot and ride up to Ojai, then turn around and head back down.

**\*\*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 world is a book, and those who do not travel read only a page."  
- Saint Augustine*

**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

