

The logo for the Channel Islands Bicycle Club's 'Chain Chatter' newsletter. It features the text 'CHANNEL ISLANDS BICYCLE CLUB' in blue, arched letters at the top. Below this, 'CHAIN CHATTER' is written in large, bold, yellow letters with a blue outline. The text is set against a background of a blue sky with a yellow sun and two blue dolphins leaping. A silver bicycle chain runs horizontally across the bottom of the logo.

MAY 2011

VOLUME 21

NUMBER FIVE

SPRING FLING



-1st Annual Solvang Springtime Bike Tour-

What do you get when you combine wonderful weather, scenic beauty, tasty food and drink along with wonderful biking friends? If you guessed the biking activity of the Solvang Springtime Bike Tour then you are correct.

For at least twelve years the Channel Islands Bike Club has conducted the biking weekend activity called the "Lure of the Grapes in the fall season, usually in October. It has always been very popular having an average of 15-25 bikers joining the full weekend schedule. During a few club biking days the idea was bounced around to have the same biking activity during the spring time. Responses were positive with this idea. So, off we went to set up the activity.

This first edition had 17 riders from the Channel Islands Bike Club and Moorpark Bike Rides groups. Frank & Linda Z, Mike & Nancy S, Patricia, Joni, JoAnn, Kate H, Kevin, Tom S, Mike G, Sandra, Roger, Melissa C, and her two sons. Our destination was the town of Buellton which is right in the center of the cycling mecca. We all gathered for a wonderful dinner at the Alisal River Grill in Solvang. This a fantastic place to dine having a wide selection of dishes. They had everything set up for us when we arrived at 7pm. The forecast of Friday rain was correct with clear skies on Saturday and Sunday, the days of our rides.



Saturday's ride began at 8:30am at Flying Flags RV Resort in fog with a temperature of 35 degrees. COLD. We all stayed together in a big ball to keep warm like penguins at the South Pole. After about 45 minutes the fog lifted to turn the day into a beautiful ride to Lompoc for a break and warm-up at South Side Coffee in Lompoc. Half of the group headed to the beach and the other half went off to Los Alamos.

After the ride the bikers went into the spa or wine tasting or beer sampling in the surrounding area. Dinner was held at Antonio's Pizza & Pasta in Buellton at 6pm. Great place for a large group of ours. They handled our orders quickly and efficiently. The food was terrific also. Sunday's ride was chilly but clear as a bell. We headed north to the town of Los Olivos and Figueroa Mountain Road. It was a spectacular ride of green and yellow hills throughout most of the canyons. Brunch was found at Peet's Coffee in Los Olivos.



Overall, this was a fantastically fun biking activity. Great weather, fun eating, super scenery and wonderful friends. Nothing can get any better. Plan to join us in these great activities in October and April by coming up for the weekend, day or morning. It is all worthwhile and fun.

Mike Stewart- volunteer director (self appointed I guess)



Chris and Brian out-sprinting the "old guys"



"Old guy" Kevin gasping for air.



"Old guy" Frank looking for "the kids".

Save the Date!!



August 7, 2011 will be the club's Summer Picnic! We'll ride to Carpinteria and meet at Lion's Park afterwards for a catered lunch. More details to follow.

CYCLING 101



Channel Islands Bike Club is now offering instruction and guidance for beginning road cyclists!

Meet Saturdays at 8:30 am at 100 E. Main St., Ventura, Ca (map), the parking lot of the Ventura County History Museum.

We will have a basic safety lesson and will ride with you up the bike path to Foster Park answering questions on the way.

Please bring water and a snack. Helmets required.

For questions write leslieogden@charter.net



Channel Islands Bicycle Club Accepting Applications for Grants:

**The Channel Islands Bicycle Club (CIBC) is now accepting grant applications. The grants are available to non-profit and governmental organizations that promote bicycling as a means of recreation, transportation, health, or sport. Grant funds may not be used for salaries or overhead.

Past recipients include the California Bicycle Coalition, Channel Islands High School Mountain Bike Club, County of Ventura Parks Department, and VC Cool.

The application deadline is May 20, 2011. Grant applications can be downloaded from the club website at: <http://www.cibike.org/Grant-Application.html>

The funds for these grants are raised through an annual bicycle ride, the Cool Breeze Century, on the third Saturday in August. The ride is co-sponsored by CIBC and the Kiwanis Club of Ventura.

All are welcome to participate and a variety of ride distances are supported.

Further information is available on the club's website: www.cibike.org



This ride is just around 10 miles, at around 10 mph, to remember those who have fallen while riding, and to hopefully raise some awareness in the motoring public.

Remember the national website is www.rideofsilence.org

See you on May 18, 2011, in the Von's shopping center parking lot at 6:30 PM, ride from 7 to 8 PM. Helmets required, lights desired. No cost, no donations

Bike To Work Week May 16-20, 2011

Bike Commute Day Thursday May 19th

Need help planning an event at your worksite? [Email](#) us for more information.
[12 easy ways you can be part of bike to work Week](#)

Useful resources:

- [People for Bikes](#)
- [Links to Ventura County Bicycle Resources](#)
- [CalTrans Complete Street implementation action plan](#)
- [The Rights and Duties of Cyclists; now playing on youtube](#)
- [Bike Month 2011 Guide from the League of American Bicyclists](#)
- [California Highway Patrol Bicycle Riding](#)
- [Bicycle Safety: How to not get hit by cars](#)
- [Cal Trans Bike Program](#)
- [Employer's Guide to Celebrating Bike to Work Week and other Rideshare events](#)
- [CO2 reduction calculator](#)
- [Safe Bicycling Tips](#)
- [Bike Commuting Checklist](#)
- [Bicycle Helmet Safety Institute](#)
- [Bicycling Street Smarts: Riding Confidently, Legally and Safely](#)

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!

Help to get you riding

Look for streets with bike lanes or wide curb lanes and with traffic lights at busy intersections. Try using recommended routes on regional bike maps. Test your route on a weekend or evening and time how long it will take.

SAVE THE DATE! AUGUST 20, 2011

Volunteers are needed to help with the



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 _____

PHONE _____ EMAIL _____

WHEN CAN YOU HELP??

SATURDAY REST STOP (circle one) ALL DAY MORNING AFTERNOON

FRIDAY EVENING REGISTRATION SATURDAY MORNING REGISTRATION

T-shirt size: S M L XL XXL XXXL

Interested in the Aug 13th 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 at:
465 Franklin Lane • Ventura, CA 93001
or email Judy at: bicyclejudy@msn.com



How to fix Sacroiliac pain

By Adam Story, DC

Sacroiliac pain occurs to runners and cyclists because of the constant strain of the lower back. In the case of running, there is a tremendous amount of force produced when your foot impacts the ground. In the case of cycling, you are in a forward bent position for a long time.

Sacroiliac pain is pain that localizes to one side of your back and it can radiate pain across the belt-line. It usually hurts worse in the morning and will loosen up as the day progresses. The pain can range from a mild ache to intense sharp pain.

The best solution to treat this condition involves the following:

1. Adjusting the sacroiliac joint. A chiropractor can use either their hands or use an instrument called the Arthostim to increase the movement of the joint. The most common finding of sacroiliac joint pain is restricted range of motion. This is best found by watching how the joint moves while you raise one leg upwards, then the other. X-rays are not usually helpful, but may be taken to rule out other causes.
2. Ultrasound or cold laser therapy. If there is swelling within the joint, the ultrasound will help reduce the swelling. Cold laser therapy is a newer modality that is showing promise, but some people prefer the ultrasound.
3. Stretching the piriformis muscle and Psoas muscle. These muscles are the prime movers of the hip. Most people with sacroiliac joint pain have tightness on the side of the restriction. You can google or see on youtube many different stretches for these muscles. The reason they are such a problem in cycling is because of the forward leaning position on our bikes. We should all be doing these stretches daily to prevent pain.
4. Rehabilitation. Prevention of this type of pain requires the patient to perform exercises that strengthen the back and hips. In my office I have found that squats and good-mornings work best for this condition. It is important to not use heavy weights on the good-morning exercise and use perfect form. Ultimately, you want to prevent this condition from happening. Periodic adjustments to the sacroiliac joint and strengthening exercises such as squats/good-mornings are the two most important things for prevention.

Adam Story, DC is a licensed practicing chiropractor in Camarillo, CA. He focuses his practice on sports injuries. Learn more at www.camarillochiro.com or call (805) 389-0325





CIBC is a nonprofit recreational organization that provides enjoyable and recreational bicycle riding and related activities in and around Ventura County.

2011 Club Officers/Volunteers

President	Leslie Ogden
Secretary	
Treasurer	Linda Bott
Programs	Victor Graves
Public Relations	Patricia Matthews
Rides	
Grants	Judy Mullins & Kate Faulkner
Membership	John Mirk
Member at Large	Joni Jordan
Past President	Neal Abramson
Newsletter Editor	Linda Zych
Webmaster	Ron Parker
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:

Linda Zych
2365 Warbler Ave :: Ventura, California 93003
flzych AT roadrunner 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) at Seaward and Harbor in Ventura.

Cool Breeze Century

Our annual Century ride is held the third weekend in August each year.

*A Note Regarding 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

“After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow.”
~H.G. Wells, *The Wheels of Chance* □

Greetings, all,

How many of us can relate to this quote? I bet quite a few.

And I hope a lot more soon. We have taken two steps to reach out to potential new members this month and one to remind the community that we’re here.

First, thanks to Theresa Satterfield, Mike Gold and new member Susan Murphy, we are now able to offer lessons for beginning road cyclists every Saturday starting May 7. They will begin at the ride start at 8:30, include a short safety lesson and a monitored ride to Foster Park. Please help us get out the word. New riders are the health of our club.

Also, to get out the word, Mike Stewart and Patricia Matthews teamed up to produce a very classy “Ride with CIBC” card. They are available to all club members to distribute to potential members.

Requests for grant proposals went out recently as well. We have the means and the motivation to make cycling better in our community. Do you know someone who has a good idea or program? Judy Mullins and Kate Faulkner want to know about them.

Finally, this month’s club “meeting” will be the annual Ride of Silence organized by Neal Abramsom. Please meet at Carrow’s in club colors ready to ride at 7 pm, May 18. We will finish about 10 minutes after sunset so lights are advisable.

Lots going on these days!

Plus the sun is out and ridership is up for all our many rides, which is to say that more and more of us enjoying our “wonderful dream bicycles”.

My best, Leslie

CIBC Board Meeting Minutes

– April 13, 2011

President: We will set a Grants due date of the end of May for the first round of grant proposals
Save the Date for the Cool Breeze and the picnic.
Bike Rodeo is May 21
April 16 is the Literacy Ride

Sea to Summit is May 14

Officer Reports:

John Mirk: Will e-mail everybody his summary of member numbers. He printed color copies of the roster and it cost \$131. He won't do that again. John will send out a General Meeting reminder.

Linda: Voler rep might come to the general meeting to let people do a fitting. The Board talked about sending notices and pictures regarding rides to coax more people to come out.

Victor: This month is Gary Brustin. Next month is the Ride of Silence. June is Tren Morris. July is Dr. Story re self-treatment of pain. October is Linda Bott. Leslie will contact Neal about the Ride of Silence.

Kate and Judy: We discussed Tom Mericle and his proposals that might be coming for a bike route system and a bike map. Also discussed Theresa's proposal and we will wait to talk with the Grants Committee.

Secretary position: What to do? Joni volunteered to switch from Director-at-Large to Secretary. All were in support and thank Joni.

Ron: Cool Breeze application opened last week. Judy will contact some hotels to see if any will offer special deals for Cool Breeze riders.

Linda: Had a Cool Breeze meeting yesterday. Not much to report. It is a well-oiled machine. Hope Ranch is a permit issue. Bart is handling the issue. CIBC wear will be opened up the first part of May. Voler will price based on what we think we will sell. They will be priced at the 25-50 level. The club will make up the difference if there is a payment gap with the orders.

Old Business:

John Brant is working on the Holiday Party/Installation dinner. Saticoy is set up. John is checking on the cost of a dance floor.

DOJ annual renewal will be taken care of with the tax return.

McKay done

John worked a little bit on a Board retreat. He talked with his sister about being a facilitator. She said "sure". Wants to talk about the "splinter clubs" at the visioning session.

Ron talked about an "all together ride". Everybody wears a jersey.

Leslie moved that we approve as affiliate rides, the rides in Moorpark and Ojai. Lots of discussion. Decided to table to further discuss the insurance coverage and how to best include/manage these affiliate rides.

We have ride leaders for all Sunday rides in May except May 1. Rides so far are East Beach, Grimes, Fillmore, and Thatcher. Leslie is looking for one more ride leader.

:

Year Rounder Totals For March 2011

Rider	Metric	Century	Long	Combined
Foster Nagaoka	565	384	835	1784
Greg Jones	124			124
Mark Jenkins	849.6	292.6		1142.2
Frank Zych	959			959
Larry Bott	669.21	258.4		927.61
Lisa Jones	124			124
Janeene N.	142	257	189	588
Linda Zych	948			948
Kevin M.	455.21			455.21
Ray R	763.6	108.8		872.4

March year rounder shows Foster Nagaoka with a commanding lead in the overall, long and century divisions. We will see if he can keep that lead or if Mark Jenkins will start pouring on the miles. Frank Zych still holds metric division but if he misses a ride Linda Zych will take it over. It really is a close race for the second place in the overall division. I look forward to see you on the road.

Linda

New Members



Heather Neely Oxnard
Victor Ipatzi Camarillo
Nick Letourneau Oxnard

Wednesday Night Fun!!





VCCool's 5th Annual Kids' Bicycle Safety Rodeo

VCCool is gearing up for another amazing event where hundreds of kids and families come out to learn about bicycle safety, get a free helmet if they need one, have their bicycle checked over and repaired, and get to ride our fun and fantastic "Skill Course." We're teaming up with SummerFest, and expecting about 1,000 participants at the rodeo. To get kids excited about bicycling, this year's theme is "Bikes Build Friends."

Saturday, May 21

VCCool's 5th Annual Kids' Bicycle Safety Rodeo.

9:00am-2:00pm

255 W. Stanley Ave, Ventura

We need YOUR help! We need mechanics, people to help coach the skill course, helmet fitters, traffic flow, Spanish interpreters, bike survey people. We need donations of kids bicycles ASAP, and help with volunteer food prep. We need helmet artists, photographers, video people, story tellers, and clowns. We're looking for a volunteer coordinator. If you can think of it – we need it. So please volunteer. Call Rachel Morris at (805)648-1267 or e-mail action@vccool.org, and let us know what you'd like to do. (Pre-event training meeting required for all volunteers.)

See some of our wonderful 2010 volunteers (including plenty of CIBC members) at:

http://www.vccool.org/bike_safety_rodeo/2010/bike_safety_rodeo_2010.html



New Consolidated Schedule

Channel Islands Bike Club

Weekday Rides: Ride Leaders: Tom Stark 901-2428 or Bob Cook 625-2433

1st Tues of the month: Mission to Summerland (8:30am)

2nd Tues of the month: Mission to Santa Paula, Dennison Grade to Ojai and back to Ventura (8:30 am start)

3rd Tues of the month: Mission, Canyon to Canyon to Santa Paula and back (8:30 am start)

4th Tues of the month: Mission over Casitas Pass CCW from Ojai, rest at Cantwell's and back to Ventura (8:30am start)

5th Tues of the month: Mission to Fillmore and back(8:30 am)

Thursday: Ride to Ojai and chat @ The Emporium Cafe! (8:30 am start)

CIBC_Weekend Rides:

Saturday & Sunday: Fast and Far:(8am Start): check http://sports.groups.yahoo.com/group/cibc_altrides/ or by calling Kevin Moore at 805-649-3250.(This is "NOT" a no drop ride.)

Saturday: Mission Parking lot to Carpenteria: 8:30 am start 46 miles. B rating, easy, no one dropped. Eat @ Reynaldo's Cafe
Ride Leaders: Tom Stark 901-2428 or Bob Cook 625-2433

Sunday, May 1st : Show and Go 8:00 am; Mission parking lot and ride where ever the group decides to go! It will be anywhere from 34 – 50 miles, easy,

Sunday, May 8th:East Beach Ramble @ 8:00 am meet at Mission/Museum Parking Lot up the coast into Carpinteria, Summerland, Montecito and East Beach of Santa Barbara and returning to Ventura. Eating suggestions: East Beach Grill, 54 miles - B Rating - Moderate, No One Dropped!! Ride Leader: Leslie (805) 340-2233

Sunday, May 15th: Grimes Canyon Classic CCW: 8:00 am ;REMOTE RIDE, Start @ Hobert Park(Telegraph and Petit) and ride Saticoy, Somis,then the orchards over Grimes Cyn. via Bradley to Fillmore and back to Santa Paula and Ventura. 50 miles, C Ride, Moderate, no one dropped. Ride Leader: John Mirk : 805-216-5759 Eat@ Starbucks in Fillmore

Sunday, May 22nd: South Mountain Ramble: 8:00 am; Mission/Museum parking lot. Ride east into Saticoy and Santa Paula and Fillmore via South Mountain Road. Eat at Starbucks in Fillmore. 50 miles - B Rating - moderate, no one dropped!, Ride Leader: Joni: 805- 427-5171

Sunday, May 29th, Thatcher Loop, 8:00 am Start at Mission/Museum Parking Lot heading north with the option of Burnham Rd or The Lake, hwy 150 up Rice Rd. and into Ojai with the option of continuing up Grant Rd. to Thatcher School, back to Ojai and back into Ventura. 48 miles - C Rating - Moderate/Diffic ult, No one Dropped!! Ride Leader: Judy (805) 320-6994 Eat@ Ojai Emporium

Monday, May 30th: Show and Go @ 8:00 am. Meet at Mission Parking Lot and you decide where you want to go.

Channel Islands Bike Club is now offering instruction and guidance for beginning road cyclists!

Meet Saturdays at 8:30 am at 100 E. Main St., Ventura, Ca (map), the parking lot of the Ventura County History Museum.

We will have a basic safety lesson and will ride with you up the bike path to Foster Park answering questions on the way.

Please bring water and a snack. Helmets required.

For questions write leslieogden@charter.net

Wednesday Canyon to Canyon :Come Join them Wed.@ 5:30pm @ corner of Cachuma St. and Telephone Rd. and ride the Canyons for 25 mi. for a midweek workout during daylight savings time. You can find out if Wednesday ride is on by checking http://sports.groups.yahoo.com/group/cibc_altrides/ or call Frank Zych (805) 368-3792 .

Moorpark Bike Riders

Saturdays:Start at Tierra Rejada Park parking lot @ 8:30 am. Ride Leader: Mike Stewart (889-4469). A to C rides; Easy to moderate; no one is dropped.

1st Saturday: Lost Canyons: Moorpark to Simi Valley to Lost Canyon Loop and return. 31 miles, B ride with rolling hills, moderate

2nd Saturday: Sunset Hills North; Start at Tierra Rejada Park into Simi Valley and back on Olsen Rd. to Sunset Hills area and return to Moorpark. 23 miles, B Rating with hills, Easy

3rd Saturday: Somis Citrus Groves Loop CCW: A rolling route in the orchards north of Moorpark into Camarillo and back. 31 miles, C Ride with hills, moderate

4th Saturday: Wood Ranch Loop: Start Tierra Rejada Park then a rolling route into Wood Ranch & Back. 20 miles, A/B ride, Easy

5th Saturday: North Ranch Loop: Start at Tierra Rejada Park then a rolling route into North Ranch then Westlake and back. 30 miles, C rating with long climbs, Moderate

3rd Sunday of the Month: Mailbu Out and Back Away Ride: 8:30 am Away Ride from Camarillo Airport down Las Posas to PCH and Malibu and Return. 20-47 miles, Easy to Moderate, no one dropped Ride Leader: Mike Stewart 889-4469 See moorparkbikeclub.blogspot.com

Starting June 1st:

1st Saturday: Lost Canyons: Moorpark to Simi Valley to Lost Canyon Loop and return. 30 miles, B hilly ride, moderate, no one dropped, Brunch at Lost Canyons Golf Course

2nd Saturday: Sunset Hills North; Start at Tierra Rejada Park into Simi Valley and back on Olsen Rd. to Sunset Hills area and return to Moorpark. 23 miles, B hilly ride, no one dropped, Brunch at Starbucks.

2nd Sunday: Malibu Out & Back Away Ride: 8:30 am Away Ride from Camarillo Airport down Las Posas to PCH and Malibu and Return. 20-47 miles, Easy to Moderate, no one dropped, Brunch at Waypoint Café.

3rd Saturday: Somis Nut House: A rolling route in the orchards north of Moorpark into Camarillo and back. 33 miles, C Ride with long climbs, moderate, no one dropped, Brunch at Moorpark Country Club.

4th Saturday: Wood Ranch Loop: 8:30 am Start Tierra Rejada Park then a rolling route into Wood Ranch & Back. 20 miles, A/B ride, Easy, no one dropped, Brunch at Starbucks.

4th Sunday: Conejo Valley Adventure Away Ride: Starts at Mission Oaks Community Park at Mission Oaks and Oak Canyon in Camarillo, 38 miles - C ride with long climbs - No drop ride- Brunch at Los Robles Golf Course.

5th Saturday: North Ranch Loop: Start at Tierra Rejada Park then a rolling route into North Ranch then Westlake and back. 30 miles, C rating with long climbs, Moderate, no one dropped, Brunch at Starbucks.

Mike Stewart 889-4469 See moorparkbikeclub.blogspot.com

Ojai Cyclists

Tuesday/Thursday/Sunday: Starts at Vons in Ojai at 9:30, to Lake Casitas and Foster Park and returning via Creek Road to Camp Comfort and finally back to Vons. 23 miles, easy no one is dropped.

Ride leader Fawzi Emad. cell 240-353-9599 <http://ojaicyclists.fpemad.com>

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.

Key to Ride List Abbreviations

CW = Clockwise; **CCW** = Counterclockwise. **Show your**

colors = Wear your yellow club jersey today!

"A" = Easy; **"B"** = Moderate; **"C"** = Mod/Hard; **"D"** =

Difficult; **"E"** = Very Difficult

Channel Islands Bicycle Club(description starts with CI)

Moorpark Bike Riders rides in red and starts with MP

Ojai-Cyclist rides in orange and starts with OJ

Channel Islands Bike Club, cibc.1990@gmail.com, Moorpark Bike Rides, Ojai_Cyclists, US Holidays, Weather May 2011 (Pacific Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Forecast for Ventura. 8 am - CI Fast and Far 8 am - Show-n-Go @ 100 9:30 am - OJ Ojai-	2 Bike Month Forecast for Ventura.	3 Bike Month Forecast for Ventura. 8:30 am - CI Summerlan 9:30 am - OJ Ojai-	4 Bike Month 5:30 pm - CI Wed.	5 Bike Month Cinco de Mayo 8:30 am - CI Ojai @ 100 9:30 am - OJ Ojai-	6 Bike Month	7 Bike Month 8 am - CI Fast and Far 8:30 am - CI - Beinnina 8:30 am - CI Carpenteri 8:30 am - MP Lost
8 Bike Month Mother's Day 8 am - CI Fast and Far 8 am - East Beach 9:30 am - OJ Ojai-	9 Bike Month	10 Bike Month 8:30 am - CI Santa 9:30 am - OJ Ojai-	11 Bike Month 5:30 pm - CI Wed. 6:30 pm - Board	12 Bike Month 8:30 am - CI Ojai @ 100 9:30 am - OJ Ojai-	13 Bike Month	14 Bike Month 8 am - CI Fast and Far 8:30 am - CI - Beinnina 8:30 am - CI Carpenteri 8:30 am - MP Sunset
15 Bike Month 8 am - CI Fast and Far 8 am - Grimes Canyon 8:30 am - MP Malibu 9:30 am - OJ Ojai-	16 Bike Month Bike to Work Week	17 Bike Month Bike to Work Week 8:30 am - CI Canyon to 9:30 am - OJ Ojai-	18 Bike Month Bike to Work Week 5:30 pm - CI Wed. 7 pm - Ride of Silence @	19 Bike Month Bike to Work Day Bike to Work Week 8:30 am - CI Ojai @ 100 9:30 am - OJ Ojai-	20 Bike Month Bike to Work Week	21 Bike Month 8 am - CI Fast and Far 8:30 am - CI - Beinnina 8:30 am - CI Carpenteri 8:30 am - MP Somis Nut
22 Bike Month 8 am - CI Fast and Far 8 am - South Mountain 9:30 am - OJ Ojai-	23 Bike Month	24 Bike Month 8:30 am - CI Casitas 9:30 am - OJ Ojai-	25 Bike Month 5:30 pm - CI Wed.	26 Bike Month 8:30 am - CI Ojai @ 100 9:30 am - OJ Ojai-	27 Bike Month	28 Bike Month 8 am - CI Fast and Far 8:30 am - CI - Beinnina 8:30 am - CI Carpenteri 8:30 am - MP Wood
29 Bike Month John F. Kennedy's 8 am - CI Fast and Far 8 am - Thatcher Loop 9:30 am - OJ Ojai-	30 Bike Month Memorial Day 8 am - CI Holiday-Show- 8:30 am - MP Pick &	31 Bike Month 8:30 am - CI Fillmore 9:30 am - OJ Ojai-	1 5:30 pm - CI Wed.	2 8:30 am - CI Ojai @ 100 9:30 am - OJ Ojai-	3	4 8 am - CI Fast and Far 8:30 am - CI - Beinnina 8:30 am - CI Carpenteri 8:30 am - MP Lost

Wherever a ride leader is listed , you can be assured of someone to ride the whole distance with; no one will be dropped. In fairness to the group, though, please know that for all these rides you need to be able to average a minimum 10-12 mph for 35 miles, with rest stops. The more difficult Saturday rides vary, but generally leave from the Mission parking lot at 8. You can find out at the end of the week what the ride will be by checking http://sports.groups.yahoo.com/group/cibc_altrides/ or call Kevin Moore (805-649-3250). You should be able to sustain 16 - 20+ mph in a group or pace line on level ground and climb well to be comfortable with this group. Our average ride is 40 - 60 miles and could be longer.

CIBC plans to offer rides for beginning cyclists. If you are interested, please contact Leslie at leslieogden@charter.net. If you are willing to be a ride leader, please contact Leslie as well.

Is Sunday your riding day? Consider being a Sunday ride leader/sag. It's easier than you think and would help ensure that no new riders get left behind. Contact Leslie if you think you might enjoy doing this occasionally. Thanks. leslieogden@charter.net"

New! The “Year-Rounder” Program

We are adding a new program to CIBC for 2010. It will be modeled after the Ultra Marathon Cycling Association’s Year-Rounder (Y-R) program and for us will be named the same.

The Year-Rounder (Y-R) provides a structure to motivate you throughout the season and to recognize your personal achievements. The Y-R is designed to showcase consistent performance in cycling throughout the year. The Y-R has different divisions to recognize different goals. Rides are categorized by distance (Metric, Century or Long).

Year-Rounder Divisions

Rides are tallied in the following divisions, plus the combined mileage from those divisions, as well as the consistency-based award. All rides should be completed in a 24-hour period. A ride extending beyond 24 hours or across day boundaries will count as a single, extended ride.

Metric Division: Rides of 62-90 miles.

Century Division: Rides of 90 - 149 miles.

Long Division: Rides of 150 + miles

Consistency-Based Award: Ride at least one of the above rides every month.

More information will be available before the year end, as well as how to submit your rides. Any question should be emailed to Linda at bebotts AT hotmail DOT com

Happy riding!

About our Club Rides

Club rides are held every Saturday, Sunday, Tuesday, Thursday and major holidays starting at 8:00, 8:30, or 9:30 am. Check the ride calendar on the previous page for specific details as to the start time, start location, and ride route. Rides are generally day tours in and around Ventura County. In the summer there is a Wednesday night ride. Check the ride calendar for details. There is also a “show and go” from Mission Park anytime there is 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.

Ride Leader Program

Wherever a ride leader is listed, you can be assured of someone to ride the whole distance with; no one will be dropped. In fairness to the group, though, please know that for all these rides you need to be able to average a minimum 10-12 mph for 35 miles, with rest stops.

The more difficult Saturday rides: This ride varies but generally leaves from the Mission parking lot at 8:00 am. You can find out at the end of the week what it will be by checking

http://sports.groups.yahoo.com/group/cibc_altrides/ or by calling Kevin Moore at 805-649-3250. You should be able to sustain 16 - 20+ mph in a group or pace line on level ground and climb well to be comfortable with this group. Our average ride is 40 - 60 miles and could be longer.

Moorpark Bike Riders

Start at Tierra Rejada Park parking lot @ 8:30 am. Ride Leader: Mike Stewart (889-4469). Easy to moderate; no one is dropped. Third Sunday of the month ride leaves from Camarillo Airport at 8:30 am. **See moorparkbikeclub.blogspot.com**

Ojai Cyclists

Tuesday/Thursday/Sunday: Start at Vons in Ojai @ 9:30 am. Ride to Lake Casitas and Foster Park and return via Creek Road to Camp Comfort and to Vons. Easy, 23 miles, no one is dropped. Ride leader: Fawzi Emad (240-353-9599).

Bicycles and Equipment

Before you ride, check your bicycle and equipment. ALWAYS carry personal ID, water, snacks, spare tube, pump or CO2, patch kit, and cell phone.

Weekday Rides

1st Tues of the month: Mission to Summerland (8:30 am)

2nd Tues of the month: Mission to Santa Paula, Dennison Grade to Ojai and back to Ventura (8:30 am start)

3rd Tues of the month: Mission, Canyon to Canyon and back (8:30 am start)

4th Tues of the month: Mission over Casitas Pass CCW from Ojai, rest at Cantwell’s and back to Ventura (8:30 am start)

5th Tues of the month: Mission to Fillmore and back (8:30 am)

Thursday: Ride to Ojai and chat @The Emporium Café and return (8:30 am start)

★★★ Helmets are Required

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 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 at Seabridge

Chuck Hamm
1601 S. Victoria Ave.
Oxnard, CA 93035
(805) 382-0574

Ray's Bike Shop

Ray Schultz
2991 Loma Vista Rd.
Ste. B
Ventura, CA 93003
(805) 628-3209

Bike Town

Ray Schultz
2406 E. Main
Ventura, CA 93003
(805)-628-3800

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
Camarillo, CA 93010
(805) 484-1203

Camarillo Bike Company

Ted Saville
2263 Pickwick Drive
Camarillo, CA 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

Hypercat Racing

Phil Casanta
4160 Market st. # 13
Ventura, CA
(805)-477-0353

Metal Mountain Bike Shop

1974 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

Project Ride

Kelly Pasco & Greg Prinz
445 W. El Roblar
Ojai, CA 93023
(805)-798-0544

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 Hills, CA 91301
(818) 991-9103

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

Oxnard CA 93031-6481
P.O. Box 6481

