

December 2005

Volume 15

Number Twelve



## CIBC Holiday Party

Wednesday, December 14



The venue for the club's Annual Holiday Party party has changed ... again! It will now be held at Janet and Peter Ball's house, 240 Portal Street, Oak View. (The change became necessary as the Gustafsons could not hold it at their place in Ojai after all.) Most of you will be familiar with the location of the Balls' house, remembering the midsummer Nosh held there the last few years. (A map, directions and parking information are inside on page 3.)



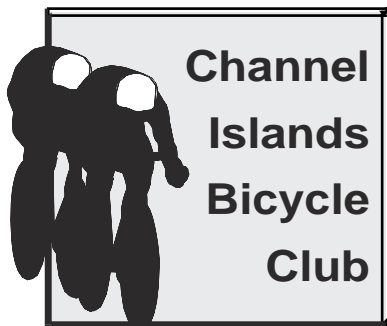
The Holiday Party details remain the same: it's a festive holiday pot luck, with 6.30 pm gathering, and 7.00 pm dinner. The club will provide drinks, and everyone can enjoy the festivities. So, bring your favourite dish, salad or dessert for all to enjoy, and we hope to see everyone there.



### Annual CIBC Installation Dinner - Wednesday, January 18

Once again we will be having our Installation Dinner at the Courtyard by Marriott Oxnard, 600 E. Esplanade Drive. Arrive at 6.30 pm, dinner at 7 pm. This year's cost is \$27.00, with choice from three main courses: salmon, chicken or vegetarian lasagna. We need to have a prepaid commitment from all who plan to attend, in the form of a check for \$27 per person, mailed to the club treasurer, currently Janet Ball. In the memo section of your check, please indicate each person's choice for the main course ... if none is noted, the default choice is chicken.

This dinner is to honour the outgoing Board of Directors, and to recognize the incoming Board of Directors, who take office on January 1. Further details will be in the January Chain Chatter, but please make your reservation payment early. We need to let the hotel know how many people will be attending by January 13.



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

**2005 Club Officers/Volunteers**

- President ..... Peter Ball
- Secretary ..... Leslie Ogden
- Treasurer ..... Janet Ball
- VP Programs ..... Sandra Summers
- VP Rides ..... Roger Macomber
- VP Membership ... George & Ruth Owens
- Director at Large ..... Ron Parker
- Public Relations ..... Jerry Boone
- Grant Coordinator ..... Wendy VanHorn
- Past President ..... Bill Faulkner
- Government Liason ..... Kate Faulkner,  
Andrew Gustafson, Frank Nilsen
- Newsletter Editor ..... Judith Gustafson
- Webmaster ..... Mike Stewart
- Website ..... [www.cibike.org](http://www.cibike.org)

**Chain Chatter Newsletter**

The newsletter is mailed to all CIBC members each month (also available by email/pdf). Your letters, stories of cycling experiences (good and bad), news items, ride ideas, tech info, etc., are welcome! Please mail or email information to:

Judith Gustafson  
467 Montana Circle  
Ojai, California 93023  
(805) 646-3692  
email: <[jgus@sunbow.org](mailto:jgus@sunbow.org)>

**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.

**Renewal Notices.**

Please watch for your renewal notice. Renewal notices will be mailed to members on a regular basis.

**Cool Breeze Century**

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

**A Letter from our President ...**

I first want to thank all the Directors on our Board for their service and work on behalf of the club during the past year. But my thanks do not go just to our elected Directors. The volunteers who served on the committees are also due our thanks for the unselfish way they devoted their time to the club's affairs. At the risk of offending others whom I do not mention, I particularly wish to thank Tom and Foster for once again chairing the effort that resulted again this year in a most successful Cool Breeze Century. In concert with our partners the Kiwanis, we once again "sold out" and, when we have paid all the event's expenses, will probably have a record amount of money earned for our Grant Committee to disburse.

Our Grant Committee helped to serve our community by granting monies to several nonprofit groups, but most particularly, CIBC was recognized as one of the major supporters for the California Walk/Bike Conference, held in Ventura last September.

Our club is well known in cycling circles for the exploits of our members. We have many who have not only participated in centuries, but have also finished not one but several double centuries. And we have one finisher in the "Furnace Creek 508," which from my point of view is awesome. The more we succeed, the more other club members are likely to emulate their fellows. We have nearly 300 members, many of whom not only ride in our weekend rides, but also take part in our annual special weekend two or three day rides such as the Lure of the Grapes, etc. The Credit Card Tour visited the East Coast this year, and was again well supported.

The regular monthly meetings are also well attended, and one of the reasons, I believe, is that we have had many fine speakers who share their experiences, and expertise, in a number of subjects. The social side of our club is also well served by not only the monthly meetings but the annual Holiday Party and the January Installation Dinner. We also have a group of more than twenty members who attend the Home Depot Velodrome in Carson to watch world class indoor track racing. It is also interesting that we have members who take part in road races and time trials during the year, displaying the CIBC jersey with its dolphin pattern not only in California but also in Utah at the Huntsman World Senior Games.

I lastly welcome the 2006 Board of Directors, and encourage those of our members who can to volunteer to serve on the committees that are needed to serve the club but do not have an elected Director, such as the Cool Breeze Committee.

To all our members and their families—I wish everyone an enjoyable holiday season, a prosperous and safe 2006.

—Peter

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*"Cats don't like riding on a bicycle ...  
no matter how much duct tape you use"*


—Anonymous

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*I would like to express my sincere thanks to all the CIBC members who wished me well on the Furnace Creek 508. It meant so much to me to have so much support from all of you. At the low moments on the race I thought about all of you and it helped pick me up. Thank you for the beautiful framed butterfly, I will treasure it.*

*I'd also like to say thanks to Bruce Mullins, who I forgot to give credit to, for putting together my power point presentation for the bike club meeting. Last but not least, I would like to once again thank my great crew—Larry Bott, Jim and Donna Watson, Bruce and Judy Mullins, George Chester and Frank Zych—I could not have done the race without you.*

 —Linda “Monarch Butterfly” Bott

## Welcome CIBC's New Members!

Be sure to write these folks into your directory, and be sure to introduce yourself to our new Members. (“Motivated by” refers to the club member or bike shop which motivated the new member to join.)


Name	City	Email Name	Home Phone	Motivated by:
Beth & Stephen Parks	Oxnard	sudsybeth@aol.com	(805) 604-1837	Sonia Sandomer
Jason & Laura Castro	Santa Barbara		(805) 966-4903	Website (Mike Stewart)
Conner Hall	Ventura	irishsurfer7@sbcglobal.net	(805) 659-2348	Jerry Boone

If you have changed any of your contact information, i.e., e-mail, phone number or address, please email the change to CIBC Membership chairs George & Ruth Owens at groventura@adelphia.net

## Directions to the Club Holiday Party at Peter and Janet's

**Parking:** There are a few (4-5) spaces in front of the house under the trees. Pull in at an angle, this will allow more cars to park. Also, use the driveway, but if you arrive early, get as close to the house as you can, again to leave more room for others. Please don't park in front of the adjacent houses. There is lots of room across the street from the house, just pull off the road as much as possible. We would encourage carpooling — share a ride with someone nearby, or arrange to meet your fellow members at a convenient place.





**2005 CIBC Holiday Party**  
 Hosted by  
 Peter & Janet Ball  
 240 Portal Street  
 Oak View

**Directions:** From Ventura, turn north on Highway 33 toward Oak View. /Ojai Turn right on Portal Street (there's a hardware store on the corner). If you pass it, or come from the other way, you can still turn right on Park Street, then right again on Portal.

# Conquering Mount Wilson

—by Peter Ball and Roger Macomber

The sun rose an hour earlier than usual on Sunday morning, October 30th. Most of us had remembered to set our clocks back to standard time, allowing an extra hour of sleep. By the time riders began to collect at Roger's house, a bright blue sky promised perfect conditions to climb Mount Wilson. Eight people with seven bikes arrived in five cars. By putting four bikes atop Roger's Corolla wagon, and three behind Larry Bott's SUV, we were able to distill the car pool down to two vehicles. Peter, Sandra, and Flavio went in the Corolla, while Janeene, Foster, and Bob (sans Sherry) accompanied Larry.

It took exactly one hour to drive to the Sports Chalet in La Cañada, at the base of Angeles Crest Highway. Once there we were joined by George Chester and his protégé Mark, as well as Fred and Susan with their respective four bikes. So we headed out with a total of twelve people and eleven bikes, none of which was a tandem! How is this possible, you ask? It's because our club's president took on the duties of team manager for the day, and drove the team car (the Corolla) for SAG (support and gear). During the years that Peter and Janet lived in Eagle Rock he would train by climbing Mt. Wilson to the 4,000 foot marker twice per week, and to the very top a little less regularly, so he knew it like the back of his hand.

The first two miles of the route has a grade of 7% as it negotiates some of the residential parts of La Canada, while climbing from 1100' to 2000'. The temperature was pleasantly cool, perfect for a long climb. The following seven miles to the Clear Creek Ranger Station rises at a more temperate 5%, and looks and feels a lot like our beloved Rose Valley climb, complete with a comparable amount of car and motorcycle traffic. All but one of us regrouped at the Ranger Station to get water and use the facilities. However, Flavio was so entranced by his new found climbing ability that he zoomed by us despite ten voices screaming to him. Fred had to chase him down and bring him back.

The next five mile segment begins with a one mile downhill that each of us knew we'd have to climb on the way back. Then the climbing resumes at 6% around several big switchbacks until the Red Box Ranger station comes into view at the turnoff to the Mt. Wilson observatory. We regrouped there, and while we waited for Foster, who'd flatted. While there whom should we meet but David Nakai, a legend to all local endurance riders. Though he'd just come down from the observatory he decided to accompany us back up. At this point Fred and Susan had other commitments, so they began their fourteen-mile descent back to La Canada. They undoubtedly reached the bottom before we reached the summit!

For the final five miles of climb, Red Box Rd. was

narrower, steeper, and rockier than Angeles Crest had been, and because it was in shadows and our altitude exceeded 5000', it got a little chilly (and downright cold later during our descent.). Finally, after about two hours of riding, we reached the summit at 5600'. Once Peter arrived following the last riders he served us a variety of cookies, spring water, and clothing to keep us warm on the descent.

From here back, it was literally all downhill. Well, almost. We did have to climb that pesky one mile hill in the middle. And as Sandra was climbing it, one of her rear spoke broke, so she had to sag with Peter and missed out on half the descent. But it is no exaggeration to say that you can easily coast without any pedaling for 18 of the 19 miles back down, and stay at a comfortable and safe 30 mph.

Our final regrouping point was the Hill Street Café at the bottom of Angeles Crest at Foothill. There we all enjoyed a wonderful meal as we savored our accomplishments and our friendships. We hope that next time the club makes this trek even more of our members will join us in taking on the challenge of conquering Mt. Wilson!

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## Why we live in Southern California ...



from [www.rat-patrol.org](http://www.rat-patrol.org), "Bike of the Month"

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## Minutes of Board Meeting, November 2, 2005

**Called to order:** 7 pm by President Peter Ball at the Balls' home.

**Present:** 2005 Board members Jerry Boone, George Owens, Bill Faulkner, Ron Parker, Roger Macomber, Sandra Summers, Leslie Ogden, Wendy VanHorn, Peter and Janet Ball, and newsletter editor Judith Gustafson. Joining the 2005 Board were candi-dates on the slate for 2006: Michael Chamblis, Chuck Hamm and Carolee Winslow.

**Old Business:**

- The Holiday Party will be held Wednesday, December 14 (rather than the 21st), to avoid conflicting with other parties. Arrive at 6:30

with a dish to share. Dinner at 7. Map to follow.

- Wendy and Jerry let us know that the total award for the Boy Scout Century Cycling Award was \$1222.00. One Scout completed a century and two mentored. Wendy recommends that the next Grants Coordinator work with Jerry to codify and clarify amounts for this award.

**Treasurer's Report:**

- Checking has \$2,328.99
- Savings has \$11,411.50

**Rides:**

- Nominee Mike Stewart tells us he will be unable to attend Board

meetings from February to May but will be at all or nearly all the rides.

- It was felt that having a ride starter was crucial and that that person needs to know in advance. Sweeps are desirable but may be more than we can do.

**Bylaws:**

- The remaining Bylaws were reviewed.
- Bylaws were approved subject to final review in December. Before the December meeting, Peter will give us a clean copy and Leslie will review it carefully.

Respectfully submitted,  
Leslie Ogden, Secretary



### Gold-Medal-Winning TREK 5500 Road Bike For Sale

Now that Roger Macomber has taken delivery of his new Trek Madone, he'd like to find a good home for his 63cm Trek 5500 road bike. Everything that can be carbon IS! — the frame, fork, handlebar, stem, seatpost, and bottle cages. Includes a complete 9-speed STI DuraAce groupo with pedals and hubs. Cyclometer/HRM included, as are several 9-speed clusters. Weighs 16.5 lbs. Asking \$1800. Comparable new bikes go for more than twice that much!

If you're interested, contact Roger at (805) 389-0226.

## General Meeting Minutes and Program, November 16, 2005

President Peter Ball called the meeting to order at 7pm and introduced the nominees for the 2006 Board of Directors.

They are:

- President, Peter Ball
- Past President, Bill Faulkner
- Secretary, Leslie Ogden
- Rides, Mike Stewart
- Membership, Carolee Winslow
- Grants, Chuck Hamm
- Public Relations, Jerry Boone
- Treasurer, Michael Chambliss
- Director at Large, Ron Parker

There being no nominations from the floor, the slate was approved by voice vote.

New Board members will take their posts January 1, 2006, but the actual installation dinner will be January 18 at the Marriott Courtyard in Oxnard. (Thanks, Patrick Mullin!) It is \$27 and includes a choice of three entrées: salmon, chicken and vegetarian lasagna.

The Holiday Party has been moved to Peter and Janet Ball's home in Oak View. It is December 14 and is potluck.

Peter reported that the Board has approved a final draft of the revised bylaws needed to change the Club's tax status.

The group was delighted to hear that George Chester won his class in the recent time trials in Piru.

Janeene announced that she now has a greater variety of Cool Breeze jersey sizes if you missed out earlier. They are \$55, checks payable to Kiwanis.

Linda Bott received a gift from the Club in recognition of her long support of cycling in our community and for an extraordinary cycling feat—completing the Furnace Creek 508 race—which was the subject of the evening's program.

Respectfully submitted  
Leslie Ogden, Secretary

## Life's Most Important Questions ... ??

—from *HarrisOnline.com*

- How can someone be dirt poor, and another be filthy rich?
- When you put 'THE' and 'IRS' together, it forms 'THEIRS'. Coincidence?
- After eating, do amphibians have to wait an hour before getting out of the water?
- Can I get arrested for running into a Fire House yelling "Movie! Movie"?
- Can you be a closet claustrophobic?
- Did Adam and Eve have navels?
- How do you know when you're out of invisible ink?
- If a cow laughed, would milk come out her nose?
- If a parsley farmer is sued, can they garnish his wages?
- If God sneezes...what should you say?
- If knees were backwards, what would chairs look like?
- If olive oil comes from olives, where does baby oil come from?
- If people from Poland are called Poles, why aren't people from Holland called Holes?
- If someone with multiple personalities threatens to kill herself, is it considered a hostage situation?
- If the cops arrest a mime, do they have to tell him he has the right to remain silent?
- If the professor on Giligan's Island can make a radio out of coconut, why can't he fix a hole in a boat?
- If the funeral procession is at night, do folks drive with their lights off?
- If vegetarians eat vegetables, what do humanitarians eat?
- If you keep trying to prove Murphy's Law, will something keep going wrong?
- If you put freeze-dried coffee in the microwave, will you go back in time?
- Why are there flotation devices under plane seats instead of parachutes?
- You know that little indestructible black box that is used on planes—why can't they make the whole plane out of the same substance?
- If you're traveling at the speed of light and you turn your headlights on, what happens?
- Is it possible to be totally partial?
- Is it true that cannibals don't eat clowns because they taste funny?
- Shouldn't it be some things in moderation?
- Shouldn't there be a shorter word for monosyllabic?
- There are 24 hours in a day, and 24 beers in a case. Coincidence?
- What do sheep count when they can't sleep?
- What do you do when you see an endangered animal that eats only endangered plants?
- What was the best thing before sliced bread?
- What's another word for synonym?
- When you choke a smurf, what color does it turn?
- When you're sending someone styrofoam, what do you pack it in?
- When your pet bird sees you reading the newspaper, does he wonder why you're just sitting there, staring at carpeting?
- Why are builders afraid to have a 13th floor but book publishers aren't afraid to have a Chapter 11?
- Why are there Braille signs on drive-up ATM's?
- If electricity comes from electrons, does morality come from morons?
- Why do airlines call some flights nonstop? Won't they all stop eventually?
- Why do people point to their wrist when asking for the time, but people don't point to their crotch when they ask where the bathroom is?
- If Fed Ex and UPS were to merge, would they call it Fed UP?
- Whose cruel idea was it for the word "lisp" to have an "s" in it?
- Who was the first person to look at a cow and say, "I think I'll squeeze these dangly things here, and drink what ever comes out"?
- Why do we drive on parkways but park on driveways?
- Why isn't phonetic spelled the way it sounds?
- Why isn't there mouse-flavored cat food?
- Would a fly without wings be called a walk?
- Before they invented drawing boards, what did they go back to?
- Do Roman paramedics refer to IV's as 4's?
- If all the world is a stage, where is the audience sitting?
- Why is the name of the phobia for the fear of long words Hippopotomonstrosesquippedaliophobia?
- If Jimmy cracks corn and no one cares, why is there a song about him?
- Why do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?
- If the Energizer Bunny attacks someone, is it charged with battery?
- If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?
- If you have an open mind why don't your brains fall out?
- If you play a blank tape at full volume and have a mime for a neighbor, will he complain?
- If you try to fail, and succeed, which have you done?
- What happens if you get scared half to death twice?
- When vultures are on their deathbed, are they ever tempted to eat themselves?

# What's On YOUR List??

—by Chain Chatter Editor Judith Gustafson

Busy compiling your wish list for the holidays? I bet you've already received one from your bicycling loved ones! You don't have to look any farther than the back page of this newsletter to find lusted-after items for the the ardent cyclist on your list, or to add to your own. Club members receive a discount on parts and accessories from our **Neighborhood Bike Shops**, and gift certificates are available. Please make supporting our local cycle shops your priority in this gift giving season!

But wait! There's more! Why not give the gift of better bicycling to a friend? A gift membership to the **League of American Bicyclists** confers numerous benefits to the recipient. Members receive great League benefits, AND you'll be helping to make your itfee's cycling future safer and more enjoyable. For details, visit: <https://www.bikeleague.org/commerce/giftmembership.cfm>



**Member Benefits** include Bicycle Roadside Assistance (for Silver Spoke members), Bicycling magazine, Discounts and Special Offers for cycling gear, bike shops, tours and B&B's. Members also receive four annual issues of American Bicyclist magazine, including the annual American Bicyclists' Almanac, Tourfinder and RideGuide; info on "Bikes Fly Free" for LAB members, and the good feeling of knowing that you're helping to create a bicycle-friendly America! More information at <http://www.bikeleague.org/members/discounts.html>



LAB Silver Spoke members can access nationwide emergency roadside assistance for cyclists through the Better World Club.

You will find terrific gifts directly from the League at their store: <http://www.bikeleaguestore.org/>, including gear and books.

I couldn't resist "steering" you to gift ideas posted on the League website available from merchants who offer very nice discounts to League members.

**Just Soap** (<http://www.justsoap.com/index.htm>) makes ... pedal-powered natural soap! The soap-makers worked with an engineer and bicycle builder to create a pedal powered soap mixer. Check out their gift boxes and individual items ranging from regular herbal and spice soaps, shampoos, lip balms, hand and body salves, and T-shirts. League members can receive 5% discounts on the purchase of Just Soap products.



Visions of  
two-wheeled  
sugarplums  
dancing in  
your head?



**Resource Revival** (<http://www.resource-revival.com/>) is a recycled product design that transforms used bike parts into functional works of art. Each product is unique and makes a great gift or home furnishing. League members receive a 10% discount on all retail items, including frames, clocks, candle-holders, tables, bottle openers and the new line of trophies, awards, and promotional items.



**Arkel OverDesigns Panniers & Packs** ([http://www.arkel-od.com/index\\_fl.html](http://www.arkel-od.com/index_fl.html)) has crafted fine panniers in Canada for 15 yeasers, using only the sturdiest, most advanced material, incorporating innovative design, with a bullet proof guarantee. A 10% discount is offered to League members because "they make a difference in the world." Free shipping on orders over \$100. The Arkel website has a link with "useful information" regarding pannier care, emergency repairs, commuting tips, and how to pack your pannier.



Have a special list for your inner touring cyclist? What better gift than membership in **Adventure Cycling Association?** Membership includes their excellent magazine, Adventure Cyclist, which will fill your head with dreams and ideas for your next (or first) bicycle touring adventure. Go to: <http://www.adventurecycling.com/> and spin around the website to your heart's content. You will find many nifty gifties in Adventure Cycling's online store: clothing, equipment, books, route maps and unique cycling-inspired items geared for holiday giving, such as Bicycle Joe Bender and this beautiful solid pewter Christmas ornament for your tree.



... from the Western States  
Ride Calendar & elsewhere

- 1/14 Stagecoach Century (Shadow Tour LLC)
- 2/11 Tour de Palm Springs (GTE)



**Double Century Schedule 2006**

(from <http://www.caltriplecrown.com/schedule.htm>)

- 2/18 Butterfield Double (Planet Ultra)
- 3/04 Death Valley Spring Double Century and Century (AdventureCORPS)
- 3/25 Solvang Spring Double Century (Planet Ultra)
- 4/08 Hemet Double Century/Century (Inland Empire Cycling)
- 04/15 Mulholland Double (Planet Ultra)
- 04/29 Devil Mountain Double (Stage Race Double #1) (Quackcyclists)
- 05/13 Central Coast Double Century (Stage Race #2) and Challenge ([centralcoastdouble.com](http://centralcoastdouble.com))
- 05/20 Davis Double (Davis Bike Club)
- 05/27 Heartbreak Double Century and Hundred (Planet Ultra)
- 06/03 Eastern Sierra Double Century (Planet Ultra)
- 06/17 Terrible Two (Stage Race #3) (Santa Rosa Cycling Club)
- 06/24 Grand Tour (L.A. Wheelmen)
- 08/05 Mt. Tam Double (Marin Cyclists)
- 09/16 Knoxville Fall Classic Double (Quackcyclists)
- 09/23 Tour of Two Forests Double (Planet Ultra)
- 10/14 Bass Lake Powerhouse Double Century (Fresno Cycling Club)
- 10/21 Solvang Autumn Double Century (Planet Ultra)
- 10/28 Death Valley Fall Double Century and Century (AdventureCORPS)

# Club Rides

Club Rides are held every Saturday and Sunday (and major holidays) starting at 8am. (8:30am winter). Riders meet in the parking lot at the back side of Mission Park between Santa Clara Street and Main Street in 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. There is a good selection of the best short (20-35 miles), medium (35-50 miles) and long (50-100 miles) rides. Usually riders of all degrees of ability, from beginner to expert, are here for you to ride with. A sweep rider accompanies many of the medium 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.

**Easy Riders**

“Easy Riders” are those who want to travel at a pace of 10 to 12 miles per hour on a relatively flat route. Whether you’re new to cycling or an old pro who likes a moderate pace—the Easy Rider rides might work for you. No rider gets dropped. All rides can be shortened. Ride start is at Mission Park at the regular ride time, currently on Saturdays, unless otherwise noted.

**Lennis’s Group**

Every Saturday and Sunday morning, Lennis Dearing leads an “Easy Ride.” All are welcome. Ride start is the same time as the regular club ride, but the start location may be different. Call Lennis at 671-5552 or 231-6427 in advance to find out what the ride will be.

**Tuesday Bike Path Fun Ride**

“A” ride. Every Tuesday at 5 pm a group rides from the intersection of San Jon and Harbor Boulevard in Ventura to Foster Park and back, a 16-mile round trip. Great for families. Lights are needed in the winter.

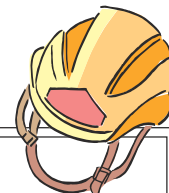
**Maps and Route Slips**

The monthly ride schedule is also posted on the club website, [www.cibike.org](http://www.cibike.org), along with route slips and maps for most routes.

**Bicycles and Equipment**

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

## HELMETS ARE REQUIRED



**Degree of Difficulty:** “A” represents a relatively flat ride; “B” is a ride with some climbing; “C” is a ride with major climbs; “D” is a ride with major climbs and passes; UCI climb categories per chart below; “Easy Rider” is mostly flat, up to 20 miles.

<b>UCI climb category:</b>	<b>Cat 4</b>	<b>Cat 3</b>	<b>Cat 2</b>	<b>Cat 1</b>	<b>hors Cat</b>
Length (miles)	< 2	< 3	3 - 6	6 - 12	> 12
Grade (%)	< 3	< 4	> 4	> 5	> 8
Familiar example	Bates Road	Dennison from Ojai	Casitas Pass	Rose Valley	Gibraltar Road

**CIBC Ride Schedule for December 2005/January 2006  
Meet at 8:15 AM; Clip in at 8:30 AM (unless otherwise stated)**

<u>DATE</u>	<u>ROUTE (Climbs)</u>	<u>MILES</u>	<u>DIFFICULTY</u>
Sat., Dec. 3*	Santa Ana Road / Lake Casitas / Ojai; Snacks at Cafe Emporium .....	35 .....	B
Sun., Dec. 4	Get Acquainted Ride to Carpinteria (Toro loop option) .....	32+ .....	B
Sat., Dec. 10*	Casitas Pass (Cat. 2) counterclockwise; snacks in Carpinteria .....	48 .....	C
	<b>Show Your Colors! Wear your club jersey today.</b>		
Sun., Dec. 11	Rose Valley (Cat. 1) .....	56 .....	C / D
Sat., Dec. 17*	Casitas Pass clockwise (Cat. 2); Snacks at the lake .....	46 .....	C
Sun., Dec. 18	<b>Remote Start</b> from Thousand Oaks Transportation Center .....	43 .....	C / D
	Parking lot, Rancho Road exit from Highway 101. Ride Route: Stunt / Piuma (Cat. 2)		
Sat., Dec. 24*	<b>Remote Start</b> from Hobert Park, Telegraph Rd., at Petit .....	50 .....	C
	Ride Route: Santa Paula / Fillmore (snacks) / Grimes / Saticoy		
Sun., Dec. 25	Merry Christmas Show and Go		
Sat., Dec. 31*	Santa Barbara via Toro to Hot Springs and East Beach Grill, .....	55 .....	C
	with Mountain option.		
Sun., Jan 1	Special New Year Day Hangover Recovery Ride. Surprise .....	tbd .....	tbd
	Route—ride mileage will be equal to the day's predicted high temperature.		
Sat., Jan 7*	Ventura / Santa Paula / Dennison / Ojai / Ventura .....	49 .....	C
Sun., Jan. 8	Get Acquainted Ride to Carpinteria (Toro loop option) .....	32+ .....	B
	<b>Show Your Colors! Wear your club jersey today.</b>		
* <b>Easy Riders option:</b> Meets Saturdays at 8am in the parking lot at the back side of Mission Park in Ventura. Ride destination (between 5 to 20 miles in length, all on bike paths or quiet roads, depending on the skill of those who show) will be determined when riders have gathered. Call Michelle at 488-6059 for more information.			

**Weird Things You Would Never Know**

- Butterflies taste with their feet.
- A duck's quack doesn't echo, and no one knows why.
- In 10 minutes, a hurricane releases more energy than all the world's nuclear weapons combined.
- On average, 100 people choke to death on ball-point pens every year.
- Elephants are the only animals that can't jump.
- It's possible to lead a cow upstairs...but not downstairs.
- A snail can sleep for three years.
- No word in the English language rhymes with "MONTH".
- Average life span of a major league baseball: 7 pitches.
- The electric chair was invented by a dentist.
- On average people fear spiders more than they do death.
- An ostrich's eye is bigger than its brain.
- "Go." is the shortest complete sentence in the English language.
- A crocodile cannot stick its tongue out.
- The cigarette lighter was invented before the match.
- Americans on average eat 18 acres of pizza every day.
- All polar bears are left handed.

**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.)**

**Agoura Cycles**

Joel Richman  
29041 Thousand Oaks Blvd.  
Agoura Hills, CA 91301  
(818) 991-6333  
[www.agouracycles.com](http://www.agouracycles.com)

**Bicycles of Ojai**

Bob Coble  
108 Canada Street  
Ojai CA 93023  
(805) 646-7736  
[www.geocities.com/bicycleshop](http://www.geocities.com/bicycleshop)

**Moorpark Bike Shop**

Kevin Baer  
11 High Street  
Moorpark CA 93021  
(805) 531-0208  
[www.moorparkbicycles.com](http://www.moorparkbicycles.com)

**Simi Cycling Center**

Butch or James  
897 Los Angeles Avenue  
Simi Valley CA 93065  
(805) 522-0565  
[www.simicyclingcenter.com](http://www.simicyclingcenter.com)

**Avery's Open Air Bicycles**

Jon Avery  
1783 East Main Street  
Ventura CA 93001  
(805) 653-1100  
[www.openairbikes.com](http://www.openairbikes.com)

**Bill's Bike Shop**

Mark Eaton  
2360 E. Las Posas Road, #A  
Camarillo CA 93010  
(805) 484-1203

**Newbury Park Bicycle Shop**

Jim or Mike  
1560-6 Newbury Road  
Newbury Park CA 91320  
(805) 498-7714

**Sundance Cycles**

Ashton "AJ" Johnson  
and Steve Dozier  
5019 Kanan Road  
Agoura Hill CA 91301  
(818) 991-9103  
[www.sundancecycles.com](http://www.sundancecycles.com)

**The Bicycle Clinic**

Raul Yeprez  
940 North Ventura Road  
Oxnard CA 93030  
(805) 485-1619

**Camarillo Bike Company**

Ted Saville  
2263 Pickwick Drive  
Camarillo CA 93010  
(805) 482-7742  
[www.camarillobikeco.com](http://www.camarillobikeco.com)

**Ray's Bicycle Shop**

Ray & Susan Schultz  
7838 Telegraph Rd, #A  
Ventura CA 93004  
(805) 659-3775  
[www.raysbikeshop.com](http://www.raysbikeshop.com)

**Supergo Bike Shops**

2893 Johnson Drive  
Ventura CA 93003  
(805) 650-9338  
[www.supergo.com](http://www.supergo.com)

**Bicycle World**

Javier Saucedo  
10225 Telephone Road #1  
Ventura CA 93004  
(805) 659-5917

**Matt's Cycling Center**

Phil Carpenter  
2427 East Harbor Blvd.  
Ventura CA 93001  
(805) 477-0933

**Rincon Cycles**

Dennis Coffman  
5100 Carpinteria Avenue  
Carpinteria CA 93013  
(805) 684-9466

**Trek Bikes of Ventura**

4060 E. Main Street  
Ventura CA 93003  
(805) 644-TREK  
[www.trekbikesofventura.com](http://www.trekbikesofventura.com)

**Bicycle World USA**

Tony & Jose Ragatz  
135 East Harvard Blvd. #D  
Santa Paula CA 93060  
[www.bicycleworldusa.com](http://www.bicycleworldusa.com)

**Michael's Bicycles**

Michael Thomas  
2253 Michael Drive  
Newbury Park CA 91320  
(805) 498-6633

**Shoreline Cycles**

Brian & Carolyn Dallas  
105 Oak Street  
Ventura CA 93001  
(805) 641-9283  
[www.shorelinecycles.com](http://www.shorelinecycles.com)

**Westlake Cyclery**

Mike or Kim  
3195 Willow Lane  
Westlake Village CA 91361  
(805) 497-3030  
[www.westlakecyclery.com](http://www.westlakecyclery.com)



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