



Press Release: For Immediate Distribution

**Channel Islands Bicycle Club
P.O. Box 1164
Ventura, California 93002**

Bill Faulkner, Director of Programs
(805) 648-1426 / programscibike@gmail.com

Channel Islands Bicycle Club Spring Lecture Series

Channel Islands Bicycle Club (CIBike) will host a free lecture series in March, April and May. Each program, on the second Wednesday of the month, is open to the public at the Museum of Ventura County, 100 East Main Street in downtown Ventura. Doors open at 6:30pm with a beer/wine social.

March 11

Better core strength, Better cycling, for Better health and wellness

What: Dr. Adam Story, a chiropractor in Camarillo, will discuss new and innovative Core training techniques to increase strength, stamina, and avoid injuries. New research has shown old fashion exercise can cause injuries, injuries that can be avoided.

Who: Dr. Story has been a chiropractor specializing in sports medicine in Camarillo for 24 years. He has been a cyclist since he was 10 years old racing BMX. Dr. Story also mountain bikes, competes in triathlons, cyclocross, and rides for fun.

April 8

Nutrition for Endurance athletes (CIBike Health Study results)

What: Registered Dietitian Melissa Davidson will speak about "Nutrition for Endurance Athletes". She will talk about fueling up for the big event. What does the body need during and after a strenuous day? How much hydration will be needed? What are the pros and cons of various performance enhancing supplements, such as caffeine?

Additionally, Ms. Davidson will provide results from the year-long study of a cross-section of CIBike members. We will see if bicycling and other endurance sports have special health benefits.

Who: Melissa Davidson is a Registered Dietitian at the CMH Healthaware program (<http://www.cmhshealth.org/my-health/healthaware/assessments/>). Additionally,

Ms. Davidson is a Certified Specialist in Sports Dietetics, a group fitness instructor, and a personal trainer.

May 13

Cycling Comfort where it Counts

What: There are three points of contact between you and your bike: seat, hands and feet. How they feel can make the ride a pain or a pleasure. Common issues, problems, and solutions will be discussed. The saddle is often the biggest problem area. With great care and sensitivity Phil will go over saddle form, function, structure and positioning in ways that will resolve most issues.

Who: Performance coach for endurance athletes and master bike fit specialist Philip Casanta of HyperCat Racing has amazing credentials (IBFI Level 4 Fit expert) with over 30 years' experience. He was a professional cyclist and has worked with professional teams (Rabobank, Exergy, Toyota United, Vanderkitten Chix, Luna, Clifbar) and with professional riders, triathletes, and cyclists of every stripe. You will learn some very cool stuff!

The Channel Islands Bicycle Club is Ventura County's largest recreational road cycling club. CIBike is working to make Ventura County a bicycling destination and to share the benefits of bicycling for health, recreation, sport, and transportation. The club welcomes both beginners and experts.

CIBike provides free public programs in a spring and fall lecture series. These months include March, April, May and September, October, November. The programs are the second Wednesday of each month at the Museum of Ventura County at 100 East Main Street in Ventura. Doors open at 6:30pm with a beer/wine bar. The program starts at 7:00pm.

CIBike hosts group bike rides several days per week.

www.cibike.org.