



FALL 2016

CIBC Advocates Safety and Preparedness for Everyone on All Rides

The following article was written by long-time CIBC member and former club president, Bill Faulkner, who offers a wealth of good advice for all cyclists from beginner to seasoned veterans.

RECIPE FOR TROUBLE-FREE BIKING

By Bill Faulkner

We all hope for a trouble-free bike rides. With a little preparation you can have a trouble-free ride most of the time (and be able to handle the majority of problems that might occur). I would like to describe the general preparation and typical tools that I carry on a club ride.

First, there is no substitute for a decent quality bike that is well maintained. You don't need to spend a lot of money on a bike (and you shouldn't if you're new to the sport). A "junk" bike can cost more to fix-up than it is worth and it could also be discouraging to ride. Start with something nice; not necessarily super high end. By joining the club, attending meetings, participating in club rides, and generally taking advantage of the knowledge and experienced of our club members, you will learn a great deal about cycling equipment and safety. In the first year or two with us, you will learn enough to decide if you need a better bike and if it is a good value.

Whether your bike is new or used, you will need to maintain it. A good bike shop can do this for you. Things that wear out include the chain, brake pads, and tires. If you keep your chain too long it will ruin your rear cassette and chain ring. If your tires become flattened along the top due to wear, have cuts, or you are getting flats frequently; it is time to replace them. In addition, you should inspect your cables and housings. If they are cracked, broken, rusty or just old replace them. Occasionally you will need to adjust the derailleurs for easy and accurate shifting. If a bike shop does the work for you it is well worth the price. The investment can make your old bike feel like new again and will go a long way in avoiding mechanicals on the road.



Bill and Kate Faulkner changing a flat in Chelan during their cross-country adventure.

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

2016 Club Officers/Volunteers

President.....Dan Mathews
 Secretary.....Sean Michnowski
 Treasurer Patrick McDonald
 Programs Terry Spragg
 Public Relations Margaret Mathews
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 Grants Norman Schiele
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 Directors at Large Bob Burrow, Mike Stewart,
 Fawzi Emad, Danny Mathews, Steve Gwillin
 Newsletter Editor Margaret Mathews
 Webmaster.....Ron Parker
 Websitewww.cibike.org

Chain Chatter Newsletter

Our newsletter, Chain Chatter, is distributed by email to members with email addresses, unless requested otherwise, and by mail to those without email. Also, it may be found on the club website. Your letters, stories of cycling experiences (good and bad), news items, ride ideas, tech info, etc., are welcome! Email:

Margaret Mathews
Publicity@cibike.org

Renewal Notices

Please watch for your renewal notice, which are e-mailed to members annually.

Monthly Meetings

General meetings are usually held on the third Thursday of each month (except December) during 2016. Due to scheduling and logistics, the dates may change. Current dates and locations are communicated in the club website, the website Forum, the CIBC Facebook page, and the president's emails. Club business and guest speakers are featured. Everyone is welcome.

*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....

Message from our President

Dan Mathews

This issue of the Chain Chatter focuses on Safety and Preparedness for everyone on all rides. With the days becoming shorter and the rains expected soon, we all need to be more aware of slippery roads, debris and our visibility, particularly at night, and measures we can take to stay safe. Road Cycling can be dangerous and the prudent cyclists use caution. This year alone, we have had several incidents caused by a variety of issues that may have been prevented with a more dedicated focus on safety and being prepared for those incidents. Longtime Club member and former Club president Bill Faulkner has written a keynote article on "Trouble Free Biking" highlighting the many issues involved in our sport

We also have had members develop bike problems on the road and not have the necessary tools or equipment to perform a simple repair. Bill's article lists key items that a rider should carry on all cycling trips for simple repairs. Proper lighting and reflectors are also discussed in Bill's article which help dramatically with visibility and are required by law at night.

In addition, the City of Ventura is now offering free classes on "Traffic Skills" which teach how to ride on the road safely and in compliance with all traffic laws. The techniques focus on road cycling safety at intersections, how to perform a quick-stop and debris avoidance techniques. See the info poster on page 10.

With new members and guests joining our Club rides, we all must be aware of how to make our sport safer and ultimately more fun and with trouble-free cycling. Join us on our rides – be safe and have fun! As always, contact me with your ideas, suggestions, and comments.



2016 Cool Breeze Century Follow-Up

By all accounts Cool Breeze Century was a huge success this year. We received many compliments through all stages of the ride. There were no complaints – well none that we took seriously. That rider satisfaction is directly related to the energy and caring of the 100 or so volunteers from CIBC and Ventura Kiwanis. What a fantastic group of people you are.

Statistically, we had 1,060 riders with 1114 registered with only 54 no-shows. We served 897 after-ride meals, so our 900 meal minimum is credible. The only reported mishap was caused by a pileup at the OST stop sign on the Ventura-Ojai bike path. Bart wrote: "I don't have the data for the amount of fruit, cookies, sandwiches, etc., but it was a lot. If I heard right, there were 800 popsicles."

Some changes were made this year: Tech T-shirts, free T-shirt to pre June 1 registrants, Selfie Boards, sliders instead of chicken for the after-ride meal, Voler Jerseys, water spigots at all major rest stops. Check out a ton of Cool Breeze photos on Flickr – find the link on the Cool Breeze Facebook page. Ready – Set – Go! Mark your calendars for Cool Breeze 2017 on August 19.

CIBC thanks the many volunteers who made this event a success, including the bike shops and mechanics who graciously volunteered their services and equipment. The following are the bike mechanics who volunteered at this year's rest stops:

- Rincon Beach (Bates Rd) rest stop was manned by Phillip Casanta of Hypercat Racing.
- All Saints Church rest stop manned by Mark Knoller of Avery's Open Air
- Stow Grove Park rest stop manned by CIBC's Norman Schiele
- Bike path Emma Wood to Hwy 150, and Rincon bike path had 6 SAG/mechanics provided by Community Bike Hub headed by Tobias Smith.
- Avery's Open Air owner Jon Avery supplied inner tubes for SAG and bike mechanic supplies for San Antonio School rest stop and Stow Grove Park mechanic Norman Schiele.

The Bike Depot stayed open late on Friday until 7:00pm, and opened early on Saturday morning at 6:30am.



Thanks to photographers Ron Parker, Margaret Mathews, and others who have shared these photos. Go to the Cool Breeze Facebook page for more photos.

CIBC Supports The HUB: A Do-It-Yourself Community Bicycle Shop That Focuses on DIY Bike Repair, Safety, and Fun

By Toby Smith, Community Organizer, Lead Mechanic, Program Manager, the HUB

The HUB (Helping Urban Bicyclists) Bike Shop is a do it yourself community bike shop located at 1150N. Ventura Ave. in Ventura and serves as a hub for the surrounding community. We offer mentorship, community, a workspace, bike repair and maintenance training, safety training and tools all for the low price of \$5 an hour for stand time. Our goal is to get more riders on the streets and make sure current riders keep riding!

Recently, BMX riding has become popular with the 10-14-year-old crowd. This interest has brought in quite a few young men from the local middle school. This group of regulars has grown to about 15 teens that come in on a consistent basis and modify, tune up and fix their bikes. These teens are able to ask questions, learn and make mistakes in a safe, nurturing and caring environment. Their voices are heard when making decisions such as, "Which helmets should we order next to sell in the shop?" They have built great trust within each other and the staff allowing them to seek advice and talk through situations they might be going through with a trusted adult mentor.

The teens that come in learn how to work together to accomplish their goals. They have not only used their time to repair and customize their own bikes but they have gone through all of the kids bikes that we have in stock and have made sure they are in good working order and ready to sell. Some have even moved on to building bikes from the frame up. This is an incredible opportunity for some of these kids to build confidence through learning and excelling at a trade. They are gaining valuable work skills/knowledge that will help them to be successful as they move into adulthood.

Want to find out more or get involved? For more info or how to contact us, visit the HUB on Facebook <https://www.facebook.com/VenturaBikeHUB> . Visit our Website www.vccool.org. Stop in, Volunteer, Donate your used bikes and parts, or just donate. We are open Tuesdays, Thursdays and Fridays 3-7 pm and Saturdays from 11-3.



CIBC Advocates for Safer and More Enjoyable Bicycling Through Volunteering in Our Communities

Bike Valet Service Provided by CIBC Volunteers

By Kate Faulkner

Channel Islands Bicycle Club and The Hub partnered with the City of Ventura to offer free and secure Bike (and other people-powered vehicles, such as skateboards) Parking at two events the 150th anniversary of the City of Ventura. The City provided awnings, bike stands, perimeter fencing, equipment transport, and set-up/take-down. We provided the volunteers who worked the Parking stations.

Cyclists rode to the events even though most of them did not know that there would be bike parking. They were so happy that they could leave their bikes and other items while participating in the event. We definitely need to do a better job of "getting the word out" in order to encourage more people to bike to major events.

Many thanks to the volunteers who made the service possible: Diane Stein, James Steele, Linda Bott, Soheil Roshan-Zamir, Sean Michnowski, Larry Daugherty, Sonia Sandomer, Leslie Ogden, Terry Dawson, Ron Parker, Yvonne Adan, Greg Abille, Jose Rodriguez, Patrick McDonald, Josiah Rodriguez, Louisa Sullivan, Jonathan Medina, and Ryan Schultz. Also, Derek Towers, City of Ventura Bicycle Coordinator, was critical to every facet of the operation. It was a terrific public/private partnership. Hopefully, we will be able to continue to support Bike Valet Parking at future events.

We will once again be partnering with the City of Ventura on Saturday December 3 for the Holiday Street Fair and Winter Wine Walk in Downtown Ventura. The event is from Noon to 8pm. Information on volunteering will be out in the very near future.



GOT SHOVEL? Help us keep our path clean! As a public service, CIBC members volunteer their time to maintain the Emma Wood Bicycle Path for all bicyclists and joggers. We have a job to do as we adopted this path in 1992. Channel Islands Bicycle Club made history as the first bike club to adopt a path.



Recipe for Trouble-Free Biking, Continued from Page 1

Next put together a basic toolkit. Here are some of the items you will need:

- Tire tubes; take 2 (especially if you're riding alone)
- Patch kit (glueless are quicker and take-up less room in your saddle pack).
- Bicycle pump and/or CO2
- QuickLink (for fixing a broken chain)
- A small knife (for removing glass from your tire)
- Tire irons; take 2 (for taking the tire off)
- Multi-tool with a chain breaker.
- Derailleur hanger
- Optional: zip ties, and tape

All this should fit into a tiny saddle pack. Make sure the multi tool is in a neoprene bag, so it doesn't rub a hole in your spare tubes. I like carrying both a bicycle pump and a CO2 cartridge. If you're with a group, the CO2 will get you going faster. However, the bicycle pump has many advantages and is a must on long or remote rides. The QuickLink and the chain breaker tool will help you fix a broken chain. If you don't know how to use it someone may come by who does. If you crash or your bike falls over you may bend the derailleur hanger. A spare tucked into your saddle bag could save the day.

Other equipment to carry:

- A properly fitted bike helmet
- A rear view mirror
- Front and rear lights (day bright suggested)
- Water bottle or hydration pack.
- Handiwipes or make-up remover wipes
- Sunglasses for eye protection
- Road ID or other identification
- Extra sunblock
- A few Band-Aids
- Money; \$20 and or a credit card.
- A small lock

A helmet is of course your most important piece of safety equipment. Make sure it fits, is comfortable and, of course, looks good. I cannot emphasize enough the rearview mirror. I like the "Take-a-Look" mirror that attaches to the sunglasses. Once you get used to it you will not want to ride without it. The mirror gives you a substantial amount of information about what is going on behind you. This includes everything from traffic to other cyclists who are gaining on you or falling behind.

Road ID includes basic contact and medical information. Some helmets have a place to stick it on the inside. Or you can buy a wrist or ankle strap. The new LED lights are inexpensive and bright. A good rear red blinker can put out 50 lumens while good front lights can produce 400 lumens. Both should be rechargeable. They will greatly increase your daytime visibility and safety. If you are riding at night, lights are required. Reflectors are also an important safety accessory.

Sunblock is important to carry because you should reapply it every 2 to 3 hours. Bring enough water for your ride's distance and the temperature. Try to drink a little bit constantly and keep your hydration elevated throughout the ride.

Take extra food with you. Even if you stop for a muffin break it is still important to have something to eat along the way. Here are the choices that I generally pick from: Bananas, granola bar, Cliff bar, Fig Newtons, raisins, carrots, dried fruit, hard-boiled egg, almonds, and sometimes a P&J sandwich. I generally do not eat the gels and goos, except on extreme rides (where they are invaluable). It's best to eat a little bit all the time. If you can't eat as you ride, eat whenever you stop. Try to keep your blood sugar, like your hydration levels, up and stable. On long, hard, hot rides this becomes more important and more difficult to do.

It's a good idea to take extra clothes for longer distance rides. If it is cold in the morning, I sometimes take a windbreaker or arm warmers on club rides. As the day warms up I stuff them into an empty tennis ball container which fits nicely into one of my water bottle cages.

If you've done all of the above you are almost ready for a club ride. There are just a few more last minute things you need to do.

Check the weather (www.nws.gov, www.sailflow.com).

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Coast to Coast by Bicycle; Ventura 5/7 and the Summer of 2016

By Kate Faulkner

Five CIBike members, Terry Dawson, Bill Faulkner, Kate Faulkner, Leslie Ogden, and Sonia Sandomer, set off from Seattle, WA on June 21 with the goal of reaching Washington, D.C. on August 23. Various known as "The Ventura 5" or "The California Cartel", we were part of a group led by two cyclists from Vermont, Nancy and Ken Wright. This was the tenth time that Nancy and Ken have led a group of cyclists across the country. Gene Ball, who had ridden with them before, connected us with Nancy and Ken.

Generally, the group of riders totaled approximately 20 people. 12 riders, including the Ventura 5, rode the entire distance from Seattle to D.C.. Additional riders, such as Gene and Diane Stein, rode sections of the ride. Gene joined us in Wisconsin and Diane joined us in Pittsburgh. The ride was supported by a driver carrying our luggage and often providing a lunch stop on the route. We always slept indoors in an eclectic mix of locations, including churches, motels, former convent, senior center, college dorm, retreat centers, and a "snake den".



We experienced an amazing number of long-distance bike paths. I estimate that we traveled nearly 1/3 of the cross-country distance on bike paths. Very unexpected and very relaxing.

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After just over 2 months of cycling, it was so emotional to reach the Potomac River and to ride across the Arlington Memorial Bridge with views of the Lincoln Memorial, Jefferson Memorial, and the U.S. Capitol Dome ahead of us. We finished our trip on the steps of the Lincoln Memorial.

Biking was a terrific way to experience the country. We are still somewhat amazed that we actually completed the trip. Each day was challenging in different ways. However, by taking each day as it came (day after day, after day), we made it and are looking forward to future bicycling adventures.

Annotation of Photos (in time sequence):

1. "Amtrak to Seattle": We took the Amtrak Coast Starlight from Oxnard to Seattle. We bought "roomette" tickets for the 30-hour trip. This is highly recommended as the increased cost of the roomette included an adequate bed for sleeping and all meals (which were quite good). The large bike boxes were very useful and only required removal of pedals and turning of handlebars.
2. "Seattle": Seattle is a terrific city for cycling. There are hundreds of miles of bike routes (many are Class I).
3. "Ventura 5 in Index WA": Our first mountain range to cross was the Cascade Mountains of western Washington. Very scenic and green. We had rain in a few locations.
4. "Montana Canola field": Agriculture dominated the landscape throughout the western and central U.S.

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Cross-Country Trip Continued from Page 7

5. "Corn Palace Mitchell SD": The only remaining Corn Palace in the U.S. is a tourist attraction in Mitchell, South Dakota. Corn cobs of different colors are fixed to the exterior of the Palace to create murals that illustrate the theme for that year. Who knew that so much could be done with corn?

6. "Terry at Snake's Den Lodge": Besides rattle snakes (in enclosures), the Snake's Den Lodge (our overnight stop in Presho, South Dakota) had endless numbers of animal heads, skins, and mounts on every wall and available floor space.

7. "Ventura 5 in Minnesota approaching Mississippi River": After weeks of cycling through the arid and hot Central states, we finally saw very welcome rivers and trees in Minnesota.

8. "Ventura 5 relaxing in Muskegon MI": We rode a ferry across Lake Michigan from Milwaukee to Muskegon.

9. "Diane and Gene GAP Trail near Pittsburgh": We became the Ventura 7 in Pittsburgh. This bridge is near the western end of nearly 350 miles of car-free bike path to Washington, D.C.

10. "Gene and Diane on GAP Trail": The Great Allegheny Passage is a 150 mile rail-trail paved with crushed limestone.

11. "Ventura 7 at Eastern Continental Divide": We (mistakenly) thought it was all downhill from the Divide to the Coast; so lots of smiles and cheering. Still plenty of hills ahead of us!

1. All Aboard!



2. Seattle



3. Washington



4. Canola Field



5. Corn Palace



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Cycle California Coast

By Leslie Ogden

After a year and a half community collaboration, Cycle California Coast has gone public. The photo below captures some of its many volunteers celebrating CCC's launch Friday, September 9, at Bates. This joint Santa Barbara and Ventura effort is led by Supervisors Salud Carbajal and Steve Bennett and has as its goal to market our two counties as world-class cycling destinations.



Cycling tourism can bring needed dollars and jobs to our communities and, in addition, says Bennett, "if we make these areas more attractive to international and national cyclists, we're also making them more attractive for residents."

We have a website up which we'd like you to like and to share with friends and through social media: www.cyclecaliforniacoast.com We have decided on and begun signage for two key rides, the Grand Loop and the Coastal Route, both of which you will recognize:

<https://ridewithgps.com/routes/9416832> and <https://ridewithgps.com/routes/9524103>

We have developed criteria and printed brochures for Bike Friendly Businesses which we've begun distributing.

[https://d3n8a8pro7vhmx.cloudfront.net/sbbike/pages/335/attachments/original/1473441610/Cycle_Cal_Coast_Brochure - FINAL.pdf?1473441610](https://d3n8a8pro7vhmx.cloudfront.net/sbbike/pages/335/attachments/original/1473441610/Cycle_Cal_Coast_Brochure_FINAL.pdf?1473441610)

And finally, we have a short video promoting the beauties of Cycling the California Coast <https://www.facebook.com/cyclecalcoast/> Please do what you can to promote Cycle California Coast. Things will just get better for cyclists in Ventura and Santa Barbara Counties if this group is successful.

Highway 101 Bike Path Receives State Honor

Information for this article is from The Star, Posted: May 26, 2016

A statewide honor has gone to a project that includes a bike path along Highway 101 linking Ventura and Santa Barbara counties. The California Transportation Foundation on Wednesday named the project as the Bicycle Pedestrian Project of the Year. The pathway, known as the Ralph Fertig Memorial Bike Path, was a joint effort between the Santa Barbara County Association of Governments, Caltrans and the Ventura County Transportation Commission. State Senator Hannah-Beth Jackson said: "This new bike path is quickly becoming a favorite for residents and a jewel of the Central Coast." Construction funding was awarded by the California Transportation Commission with voter-approved Proposition 1B funds and completed in 2015.

Channel Islands Bicycle Club cyclists are frequently seen riding on the new bike path, wearing their familiar yellow jerseys.



We are CIBC! We Have Fun! Join Us!



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Conduct an: "A B C Quick Check" (as taught by the League of American Bicyclists):

A = Air. Pump your tires and check their condition. Underinflated tires slow you down and increase your risk of getting a flat. Inspect your tires for wear or cuts.

B = Brakes. Spin your tires. Do they rub or make noise? Apply the brakes and make sure they grab before the brake lever hit the handlebar.

C = Chain and Cranks. The chain should be lubricated and wipe off any excess. The cranks should feel solid.

Quick Check = Check the quick release on your wheels. They should be snug. Bounce your bike on the pavement and listen for rattles or loose items that shouldn't be there. Give your bike a test ride. Hop on and start pedaling. Shift the gears a few times, adjust your helmet and mirror, and make sure everything is working smoothly.

If so, you are good to GO. Have FUN!

Bill Faulkner

Tom Stark chooses scenic view
while fixing flat tire.



6. The Snake's Den



7. Minnesota Rivers



Cross Country Trip Continued from Page 8

8. Muskegon



9/10. GAP Trail



11. Ventura 7 at Eastern Continental Divide



Bill and Kate will present a slide show of their cross-country journey at our January 2017 general meeting! Watch for details on website and Facebook.

Important Announcements!

Club Elections In November

General CIBC board member elections will be held during the general monthly meeting in November. Watch for details on website Forum, Facebook, and president's email.

Increased and enhanced parking spaces for bicycles at two Ojai coffee shop stops!

Emporium Coffee Shop'



NoSoVita – has bike racks with locks and keys



Happy 85th Birthday to long-time CIBC member Mike Gold!



Free Bike Classes!!

FREE Bicycle Classes
OCTOBER • 2016
 Learn how to ride safely and perform maintenance on your bike

PART 1 - Get Your Bike Ready to Ride!
 Tuesday, October 4th (7pm - 9pm)
 Learn all the important aspects of basic and responsible bike maintenance: fixing flats, ABC, quick checks, bike fit and some safety considerations. Hosted at Ventura City Hall, 541 Park St., 4pm-6pm. Open House Room. (No fee & no sign-up!)

PART 2 - Become a Confident Rider!
 Thursday, October 6th (7pm - 9pm)
 Understand your rights & responsibilities as a driver operating a bicycle safely and legally on public roadsways. Most importantly, develop the ability to identify unsafe road situations and make decisions that can prevent crashes and collisions. Hosted at Ventura City Hall, 541 Park St., 4pm-6pm. Open House Room. (No fee & no sign-up!)

PART 3 - Bike Handling Skills & Group Ride
 Saturday, October 8th (9am - 12pm)
 In the morning, the group meets at the parking lot behind Ventura City Hall to practice handling skills on the track for a couple hours. Later in the day the City's green bike lanes and bike routes so you enjoy a group ride around Ventura with your League Cycling Teammates.
 Meet at the parking lot behind Ventura City Hall, at the 541 Park Street local entrance. (Only participants who attended the Part 2 "Become a Confident Rider" class may join the group ride.) **RSVP!!!** A link to meeting registration and a contact list is provided.

VENTURA
 www.cityofventura.ca.gov

Bicycle safety education is supported by the City of Ventura. Visit www.cityofventura.net/bicycling-and-riding for more information.

Activate your inner journalist:

Submit articles, photos, news alerts, achievements, and fun stuff for the Chain Chatter. All you have to do is:

- submit in word format (not pdf)
- submit photos and include names, places, info
- articles/stories not to exceed 600 words
- suggestions, comments (no complaints allowed)
- ideas for feature articles
- send to margaretann2105@aol.com.



And finally



Calendar of Events

Keep up-to-date with events, sign-ups and scheduled rides and by going to the website (Cibike.org) and Facebook.

- Oct. 16 Epic Challenge
- Oct 21-23 Lure of the Grapes
(Sign up early – space is limited)
- Nov 17 General Meeting

This will be a fun and interesting meeting – come enjoy a “social” in lieu of a presentation and be present for the board elections that will be conducted during this event.

Dec 3 Bike Valet Service at the Ventura Holiday Street Fair and Winter Wine Walk. Volunteers needed Info coming soon!

Dec 11 Holiday Party

★ Monthly club meetings are open to everyone. Join us to learn about what’s going on, opportunities to get involved, and visit with your biking pals. Check the Cibike.org website and Facebook for times and location.



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