



Three Harbors Tour

Read about this summer ride
and other fun adventures
in this issue.



CI Bike Adopts E-Bike Policy

In response to a growing trend for use of electric bikes (e-bikes) the Channel Islands Bicycle Club has received inquiries about the use of e-bikes on club rides. Club President, Kate Faulkner, did some research to prepare this response. During the research, other bike club policies were reviewed. Many bike clubs do have adopted policies to provide clarification on this matter. In addition, Kate also contacted the CI Bike's insurance carrier for input on this matter. Their response was that some e-bikes are covered by the insurance policy while others would not be due to factors such as speed, weight of bikes and similar distinguishing characteristics.

There are various types of e-bikes with specific bike laws. The following information is from www.peopleforbikes.org and other sources. The following information is a consolidation of research by Kate, Bob and Margaret.

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

2018 Club Officers/Volunteers

President.....	Kate Faulkner
Secretary.....	Leslie Ogden
Treasurer	Soheil Roshan-Zamir
Programs	Bob Burrow
Public Relations	Barry Cole
Rides	Sonia Sandomer
Grants	Bill Faulkner
Membership	Daniel Mathews
Government Liaisons	Leslie Ogden, Kate Faulkner
Director at Large and Editor	Margaret Mathews
Webmaster.....	Sean Michnowski
Web Content	Mike Stewart
Website	www.cibike.org

Chain Chatter Newsletter

Our newsletter, Chain Chatter, is distributed quarterly by email to members, unless requested otherwise. It is also posted on www.cibike.org under "members." Your letters, cycling experiences (good and bad), news items, ride ideas, tech info, etc., are welcome! Please email information to: Margaret Mathews, Margaretann2105@aol.com.

Renewal Notices

Please watch for your renewal notice; notices are emailed to members annually. Questions about membership may be directed to Dan Mathews, membership.cibike@gmail.com.

Monthly Meetings

Starting in April, general membership meetings will be held on the second Wednesday of every month (except in August and December) at the Museum of Ventura County, 100 E. Main St., Ventura. The general meeting starts at 7:00.

Cool Breeze Century

Our Cool Breeze Century ride is held the third weekend in August each year; the 2018 event was on August 18.

CIBike Mission

The Channel Islands Bicycle Club (Cibike) is an inclusive, non-profit organization that promotes bicycling for recreation, health, sport and transportation. Cibike is committed to increasing awareness, skills, and safety for cyclists through worthy programs, grants, and partnering with agencies that share our vision of fun and safe cycling.



President's Message

By Kate Faulkner

We CIBike members are important catalysts for growing bicycling in Ventura County.

More people riding their bikes for transportation, recreation, and exercise would be a good thing. Why? Cycling is good for our health, our communities, and the environment. We likely all have personal experience of the mental and physical health benefits of cycling. Cycling with friends compounds the fun, motivation, distance, regularity, and other positive aspects of biking.

More cyclists means better cycling infrastructure, calmer traffic, and greater safety for all. These are goals we can all applaud.

We are seeing cities around the U.S. embracing bikes, for the betterment of the cities, their residents, and visitors. I recently visited New York City and was amazed at the extent to which they have transformed streets to better accommodate both cyclists and pedestrians. The result is a densely populated urban area with a network of bike lanes and separated bikeways that supports bicycling as the fastest form of transportation for short and middle-distance travel. I spent a wonderful weekday biking through three of NYC's busiest boroughs.

Probably no other place in the U.S. has a climate as favorable to biking as coastal southern California. ***Ventura County has been named the "most desirable place to live in the U.S."*** by the Washington Post and the U.S. Department of Agriculture. We have the climate, scenery, topographic diversity, and other environmental qualities that make our backyard an outstanding place to live and to bike. Year-round, our weather is about as good and as predictable as it gets for cycling. Ventura County goes from sea level to over 8,800 feet of elevation. Approximately half of the county is public land, undeveloped, mountainous, and scenic. The more than 40 miles of coastline offers views of the Channel Islands. We should have some of the highest participation rates for bicycle riding. Unfortunately, we lag many other areas, particularly for commuting.

Our bike infrastructure, while not perfect, is good. ***We have many choices for routes that are safe and designed for cyclists.*** So, why don't more of us get on our bikes on a day-to-day basis? This is a question that has many different reasons.

Continued on next page

President's Message, continued

We know that many people don't think that cycling is safe. Yes, it is possible to be injured, or even killed, riding a bike. However, that is true of almost anything in life. Traveling in a car might be one of our most dangerous practices. Like anything, HOW we ride our bikes is an important determinant of safety. Do we follow the rules of the road? Are we visible (bright clothing, lights, reflective items)? Are we predictable and communicative with drivers? Do we avoid the "door zone" of parked cars? Do we use a rearview mirror? A bike helmet? If riding in a group, do we communicate road hazards to others?

CIBike has partnered with the League of American Bicyclists, the City of Ventura, and Bike Ventura to teach road biking skills to cyclists of all ages and skill levels. Let me know if you are interested in this type of training and I will help locate a class in this area.

Car calming and infrastructure for bicycles (bike paths, bike lanes, separated bike lanes, secure parking, bikes on transit) are also important components of determining whether people bike. We are making progress in this area. However, there is a bit of a "chicken and egg" issue with bike facilities. Much of our local bike infrastructure is underutilized. This situation makes it hard for some to justify prioritizing expenditures for cycling, especially when the funds directly compete with automobile support. ***As active cyclists, we are demonstrating that there is a demand for cycling infrastructure and managing cars to enhance the safety of all road users.***

Additionally, we make it so easy (and necessary) to drive a car. Parking is plentiful and often free. We forget how expensive it is to own and operate a car. An AAA study pegs the average annual cost of owning and operating a car at \$8,500/year. Just think of the stable of bikes you could own for less money!

This seems to be a perfect time for us to think about electric bikes. ***E-bikes could greatly expand the demographics, distances and utility of riding bikes.*** Our October 10 club meeting at the Museum of Ventura County will feature E-bikes. The speaker will be Patrick Van Horn of Giant Bicycles. We will even have a chance to try out the latest E-bike technology between 1pm and 5:30 pm. Consider the great potential of this technology to bring more people into cycling. And read more about e-bikes in this issue of Chain Chatter!

More people cycling! That is what I hope for; for our better health and for the better health of our communities.

Interested in serving on the 2019 CIBike Board? Throw your hat in the ring!



The 2019 Board of Directors (BOD) elections will take place at the November 14 club meeting. Members must be present to vote. But you can throw your hat in the ring NOW!

In the club's weekly email to members, President Kate wrote: "Serving on the club Board is very rewarding and will let you help shape the direction of this club. All positions are open. Positions which currently have no candidates are Secretary and Director of Public Relations. Please contact Leslie Ogden if you are interested. Secretarycibike@gmail.com.

The election will take place at the November 14 club meeting; members must be present to vote. The meetings are held at the Museum of Ventura County, 100 Main St., Ventura. Doors open at 6:30 and will offer no-host beer and wine and the opportunity to visit with Club officers and members before the 7:00 elections and presentation.



First Saturday Jersey Day

Show your true colors on the first Saturday of every month by wearing your club jersey. Finish 2018 with yellow pedal power on October 6, November 3, and December 1.

No jersey? No worries! Contact Dan Mathews to get suited up with jersey and socks. New shipments are being planned.

Short Shifters – Stuff You Want to Know

Our Motto: Keep Crankin'

) **Spotlight on events – details in this newsletter:**

- Club Elections: Election of CIBike Board of Directors takes place at the November 14 meeting. If you would like to become more involved with CIBike, please announce your candidacy for a position on the Board of Directors. All positions are open and there are two vacancies to fill – Secretary and Public Relations. See this newsletter for more info.
- Check the ride calendar and website for fun upcoming events. Read about the annual fall weekend getaway -the Lure of the Grapes , and the Union Station Amtrak-Bike November adventure.

) **BikeVentura News Alerts**

- Wednesday Nights at the Ventura Bike HUB - Volunteer night 3-7pm, help the hub while learning bike mechanics, no experience required.
- First Fridays at the Ventura HUB - Art and Live Music from 6-9pm, <https://bikeventura.wildapricot.org/event-2855829>

) **Club Meetings** Held at Museum of Ventura County

Museum of Ventura County at 100 E. Main St., Ventura. Doors open at 6:30, enjoy the no-host wine and beer service before the 7:00 pm presentation. The October 10 meeting features a presentation on e-bikes with demo rides offered in the Museum parking lot from 1:00 to 5:30. You must be 18 years old, have a driver license, credit card and helmet. Club elections will be held at the November 14 meeting.



) **Cycling through Camp Pendleton**

The bike route through Camp Pendleton between San Clemente and Oceanside, will be closed Oct 1-5, 2018. Also starting Oct 1, you will need a bike ID card obtained from the Visitors Center, valid for a year. The on-line registration system will no longer be valid. Those who are already registered can enter until Sept 30. See: www.pendleton.marines.mil/Base-Access/Recreational-Bicycling/ For those who don't want to travel through the Camp, ride along I-5 for seven miles.

) **Recording Your Ride: Using Evidence Wisely Parts I and 2, The BICYCLIST Magazine**

Another interesting article from The BICYCLIST magazine. We have permission to provide the following link <https://bicyclist.xyz/regulars/legal-cycling/recording-your-ride-using-evidence-wisely/> <https://bicyclist.xyz/regulars/legal-cycling/recording-your-ride-part-ii-video-evidence-can-promote-accountability/>

) **Charity Miles.** Many cyclists may not know about <http://www.charitymiles.org/>. This organization raises money for a charity you specifically have picked for every mile you walk, run, or cycle. It cost you NOTHING! No more hitting up co-workers, family members or out of pocket donations! You simply download the app on to your phone. Once you begin your ride you open the App, press begin, do your ride and the app does the rest. Check it out it's a great way to give going forward.

) **Bike Path Etiquette**

Perhaps it's time we all reviewed common sense etiquette for riding on our bike paths. This article is provided with permission from Bicyclist Magazine, Issue 151, Summer 2018. <https://bicyclist.xyz/regulars/in-practice/bike-path-etiquette-common-sense-for-safety/>

) **Early train service to Santa Barbara and Goleta**

New early-morning train service to Santa Barbara and Goleta makes it possible to ride the Amtrak® Pacific Surfliner® to work or play. Relax in your seat and enjoy beautiful ocean views and free Wi-Fi and power outlets. <http://www.trafficsolutions.org/Train>

*Mark Your Calendars for These Fun Events!***18th Annual Lure of the Grapes – Join the Fall Weekender!**

Bv Dan Mathews. Event Director

**All members are invited to the fun and adventurous fall weekender – October 19-21**

Most activities of this fun weekend getaway start at Flying Flags RV Resort in Buellton.

Our main goal is to have fun while biking, dining, wine-tasting and shopping in a social atmosphere. Riders can reserve a cottage, RV site, glamping tent, or a vintage Airstream at Flying Flags or choose from many nearby hotels including a beautiful new Hampton Inn by Hilton in Buellton.

Some great rides are planned – on Friday we will have a 50-mile route with remote start that was very popular at the Spring Fling event. That evening we will meet up at Flying Flags and enjoy their delicious BBQ dinner – a great chance to relax with friends and enjoy a really good meal. **Members who are staying at the Flying Flags resort will get a 15% discount off of their BBQ dinner.**

Saturday will be extra fun with rides and wine tasting. Riders will stop mid-way at the bucolic Los Olivas village for a rest stop (shown below). For our non-cyclers, a wine-tasting just down the street from the Los Olivas rest stop is being planned. Perhaps some of the riders would like to join that activity as well! That evening we will enjoy a tasty pizza dinner and a healthy salad bar.



Also featured will be tasting of local wines as we gather around the fire pit to relax and swap adventure stories with friends. For a wealth of information on the Santa Ynez Valley area and activities – visit Mike Stewart's blog at

<http://lureofthegrapes.blogspot.com/>

There is no cost to register so plan now to join us for the relaxing fall weekend in October. Sign up on the club website or contact Dan to register. Come for the weekend. Come for the day. Whatever you choose, don't miss this relaxing weekend. **Please contact me with questions, suggestions, comments! Dan**

Continued from front page

California's E-Bike Law for the Road

- J E-bikes are regulated like bicycles. The same rules apply to both e-bikes and human powered bikes.
- J E-bikes are not subject to the registration, licensing or insurance requirements that apply to motor vehicles.
- J California designates three classes of e-bikes:
 1. Class 1 – Bicycle equipped with a motor that provides assistance only when the rider is pedaling, and that ceases to provide assistance when the e-bike reaches 20 mph.
 2. Class 2 - Bicycle equipped with a throttle-actuated motor that ceases to provide assistance when the e-bike reaches 20 mph.
 3. Class 3 – Bicycle equipped with a motor that provides assistance only when the rider is pedaling, and that ceases to provide assistance when the e-bike reaches 28 mph.
- J Helmets are required for riders of class 3 e-bikes/ (*editor's note: CIBike requires helmets for all types of bikes and for all riders.*) Persons under 16 years of age may not ride a Class 3 e-bike unless as a passenger. There are certain access restrictions for Class 3 e-bike riders.

Become familiar with California Bike Laws as well as your local laws. California laws may be found at the two links referenced in this article: <http://www.calbike.org/> , and www.peopleforbikes.org.

While there are other resources for learning about the rules and regulations for e-bikes, it's always a good idea to verify the information through your own research. Remember that some of the regulations may vary from city to city so check local laws at municipal websites. Our message at CIBike is to encourage all riders of all bikes to safely embark on their bicycle journeys. So, welcome e-bike riders (of conforming bike types)! As with all bike riders be safe, be familiar with vehicle code requirements, and HAVE FUN!

The CIBike e-bike policy may be found on the club website under the rides calendar, and is printed on page 8 for your convenience.

CIBike offering e-bike demos and info presentation

at the October 10 club meeting

Would you like to learn more about e-bikes and even take a demo ride? Read about this opportunity on page 7.

Traditional Road Bikes and E-Bikes - SHARE THE ROAD *By Barry Cole*

Road cyclists have used the mantra "Share the Road" for decades to remind drivers that both cars and bikes have the right to use city streets and back roads. Now with the introduction of e-bikes there is a greater need to advocate the Share the Road mantra. The growing uses of e-bikes has resulted in a new class of cyclists using bike lanes, bike paths and city streets. -



Traditional road cyclists should support the new e-bike users for a number of reasons. For one, it is a whole lot easier to share the road with e-bike users versus individuals in 2,000 plus pound vehicles. Secondly, the more e-bikes users there are, the more likely cities and towns will create bike lines and bike paths that make us all safer.

Some traditional road cyclists consider e-bike users cheaters and they would be if they were competing in races like the Tour of California or Tour de France. However, when e-bike users are commuting to work or riding for fun they are no different than traditional cyclists that use the roads and bike paths for recreation and commuting.

I have been a road cyclist for over 30 years and a member of the Channel Island Bike Club. Many people that might never ride a traditional bike can now hop on their e-bikes and see the world like we do.

Let's share the road with them.

Calling all club members, guests and friends!
Learn Something New and Enjoy an Evening of Visiting and Relaxing!
Join our monthly club meetings for a fun evening!



Club meetings feature interesting presentations and demo's.

Photo courtesy of Dan.

CIBike's monthly meetings are an opportunity to learn about different aspects of bicycling and to enjoy visiting with old and new friends – all who share their love of bicycling. The meetings are not just for club members! The meetings are open to the public – they are for everyone who has an interest in safe and fun bicycling.

Meetings are held on 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 no-host beer/wine bar. Programs start at 7:00 p.m. Ride your bike to the event and park it inside – there is plenty of room for bikes and people.

Join Us!

Wednesday, October 10 E-Bike Demos and Presentation

Bicycle manufacturer Giant has been building E-Bikes for more than 20 years, and the latest models are powered by Giant's Hybrid Cycling Technology. This innovative system combines electric power with human power to produce an efficient, powerful and natural E-Bike riding experience.

Demo rides will be available between 1:00 p.m. and 5:30 p.m. in the Museum parking lot. You must be at least 18 years old (or accompanied by a parent), have a credit card, driver license, and helmet. Afterward, join the club meeting for an e-bike presentation by Patrick Van Horn, club member and Giant Bicycle USA employee.



Wednesday, November 14 Club elections and Presentation on Three Great Ways to Travel Internationally

The first order of business will be club elections of Board members for the 2019 year. Club members must be present to vote. Following the elections, there will be a fascinating presentation on tried and true ways to travel by bike internationally. Bike Vacations are popular ways to see the world and there are many choices on how to make it happen. If you do not want to rough it, "bike hotels can make it easy by (high quality bikes, bike mechanics, guides, routes, lunches, and more). There are many options for these tours with a varied level of support. On November 14, CIBike club members Dick, Sonia, and Jim, all veteran bike travelers, share their recent international trips (Sicily, northern Italy, and Japan) and describe how to plan and organize your own international adventure.



First Aid training For Active Club Members

By Bill Faulkner, Grants Director

The Channel Islands Bicycle Club is offering club members the opportunity to learn first aid training through the American Heart Association. The first session was held in July at the Ventura Training Institute in Oxnard in July. Members who attended were Steve Light, Mirta Millares, Kate Faulkner, Soheil Roshan-Zamer, Terry Dawson, Bob Foote, Barry Cole, and Edward Lay.

The one-day 7-hour class, includes an American Heart Association two-year certification in CPR, AED, and First Aid.

The training is important because: if you are riding outside of cell phone coverage and someone goes down, the care you provide can make a difference.

Regarding liability: you are protected by the California Good Samaritan law. This law states that unless you are grossly negligent in your first aid care you are not liable, even if you make mistakes in that care.

Who is eligible for the training? The training is open to all club members who have also provided a significant service to the club during the past year. Watch for information on future sessions.



The CIBike E-Bike policy may be found on the club website, www.cibike.org, under the ride calendar and is shown here for your convenience.

Channel Islands Bicycle Club Electric Bicycle Policy

The Channel Islands Bicycle Club (CIBike) allows the use of electric bicycles that are pedal-assisted, Class 1 or Class 3 e-bikes, which meet the specifications provided below in a manner consistent with CIBike's liability insurance and with California and Federal Law.

Class 1 and Class 3 e-bikes, which are pedal assisted e-bikes (i.e., e-bikes that can only be operated by being pedaled by the rider and do not have a power-on-demand throttle), are permitted to be ridden on Club rides. Riders of Class 1 and Class 3 e-bikes must follow the rules established for e-bikes within the California Vehicle Code. (See CVC 312.5 and CVC Article 4 (commencing with Section 21200) of Chapter 1 of Division 11.) This includes following the rules of the road that apply to standard bicycles and e-bikes.

On any Club ride, e-bike riders shall adhere to CIBike riding guidelines and safe practices, with particular attention paid, during group or paceline riding, to riding at a speed consistent with other cyclists.



July 14 Annual Club Picnic, Rides, and Beach Party

By Bob Burrow, Programs Director; Photos by Margaret

The 2018 CiBike Picnic was held on July 14th. This year's event took place at Rincon Park (Bates Beach) venue which is well known as the rest stop along the annual Cool Breeze Bike Ride. After grabbing some snacks, this year's event began with riders meeting to head out on rides into Santa Barbara. Other riders rode up from Ventura to join in the festivities. Riders were also given the option of riding from Rincon Park along the coast trail and then spending time at the beach park. The weather fully cooperated with blue skies and warm breezes which complemented the beautiful coastal overlook at the park. Coastal breezes welcomed the riders back to the park just in time for an awesome BBQ lunch.



CIBike Picnic Continued



CIBike Picnic - continued

Special thanks to Event Director Bob Burrow for organizing the entire event, ordering the good weather, keeping track of the crowds, leading the birthday songs, assembling a team to plan and lead rides, and making sure everyone had a fantastic time.

Thanks Bob!

During the mealtime, participants were able to talk about cycling and other topics. Several choruses of Happy Birthday were sung for those celebrating recent birthdays.

Once again Bodacious BBQ knocked it out of the park with their great BBQ and side dishes. After a great meal, dessert was offered including peach cobbler, brownies and carrot cake.

Nearly 50 participants took part in the annual picnic. Everyone agreed that the location was ideal and several participants extended their stay by going down to the beach to enjoy the great weather and location.

Thanks are in order for those who helped out with the event. Margaret decorated the venue and helped out with holding down the fort while riders were out on courses. Thanks to the CIBIKE Rides Coordinator Sonia for coming up with the routes and the ride leaders who navigated the groups out and back.





The Cool Breeze - 24 Years of Making Cyclists Happy

Story by Bat Bleuel, Photos by Ron Parker

August 18, 2018 was the 24th year our club has sponsored, with the Kiwanis, the Cool Breeze. Proceeds are dedicated to our grant programs that award funding to other non-profits that promote safe and fun bicycling. Special thanks to Ron for his Cool Breeze photos. — Editor Margaret



If the riders who talk to us are any indication, Cool Breeze is the best Century ride going. Riders continually expressed their gratitude to our wonderful volunteers, to the route markings, to the SAG drivers, to the ease of registration, to our willingness to solve their problems, and on and on. The hundreds of volunteers from CIBike and Ventura Kiwanis, who are the heart of the ride, cannot be thanked enough.

The stats are about the same as last year. The final dollar amounts are not in as of this writing, but we registered 1,041 riders, 979 of whom rode. Exactly 347 checked in on Friday evening. The only stat that was way off was the number of after-ride meals served. With these numbers we can usually estimate about 850 to 900 meals, but we only served about 757.

At this writing we have not yet had a wrap-up meeting but the administration of the ride went so smoothly that we do not expect much input from those chair persons on the committee. Now the next big thing is marking our calendars for next year's Cool Breeze!

***The next world-famous
Cool Breeze will be
August 17, 2019.
Mark your calendars!***



Over 200 volunteers dedicated their time and energy to make the Cool Breeze an extraordinarily fun event.



CIBike Members Support Local Community Activities

Editor's Note: These are only a few of the many events supported directly and indirectly by CIBike members. There's always opportunities for everyone to join in and work for a cause – or just for fun

Fourth of July Community Ride

By Derek Towers, Bicycle Coordinator, City of Ventura

The Fourth of July Community Ride was a huge success. With help from Parks and Rec, Police and Transportation, this event was wonderful. We had between 80 to 90 people ride. We had people from 8 years old to 80 years old. We road through the streets of beautiful Ventura. This is truly the great stuff about the community.

In addition to City Staff, we had the support of the local Bike Club (CIBike) and Local Bike Advocate Organization (BikeVentura). Their volunteers helped with the Community Ride and our Bike Valet. Nearly 100 bikes were parked in the Valet.

One quote that still stands out, was from a young girl who was maybe 10 years old, riding with her dad. She told me she really wanted to do the bike ride with her dad, but was worried she was going to miss out on the candy at the Push'em Pull'em Parade. Well, we pulled into the tail end of parade before it had really started moving. Later, they dropped off their bikes at bike valet and she showed off her big bag of candy with an even bigger smile.



For more info on cycling or cycling events in Ventura, contact Derek Towers dtowers@cityofventura.ca.gov or 654.784

CIBike President Kate Faulkner said: "The Ventura 4th of July Community Bike Ride was a very fun ride that was sponsored by the City of Ventura and supported by numerous volunteers by CIBike. The CIBike volunteers helped to manage the cyclists who were novices at riding in a group and riding on roadways. The bike route utilized bike lanes or routes for the entire trip. Over 80 riders, many sporting red, white, and blue clothing and bike decorations, cycled from Arroyo Verde Park to downtown Ventura. The city sponsored a very popular bike valet parking at the Street Fair on Main Street in downtown. Thank you to all of the CIBike members who assisted with the 4th of July Community Bike Ride."



BikeVentura Kids Camp in Ventura and Oxnard

In early July, BikeVentura under the direction of Joey Juhasz-Lukomski, hosted bike camps for kids from low-income neighborhoods in Ventura and Oxnard. The first camp was held in Cabrillo Village in Ventura. The campers earned free bikes after completing the week-long camp and learning about bike maintenance, safe riding, safe route selection, and character development. The camp was put on in partnership with EPIC Leadership Center, an organization of volunteers working with youth in low-income neighborhoods.



At the Cabrillo camp, each day concluded with a ride on some of Ventura's streets and bike paths. The final ride was from Foster Park to the beach, and back to the Ventura HUB. At the end, the kids kept their bikes to put all their new knowledge and skills to use, and to enjoy the freedom a bicycle will afford them. They also received free helmets, lights, and locks.

A second bike camp was held in August at the El Centrito Family Learning Center in Oxnard. About 35 kids eagerly attended daily classroom lessons on safe bicycling riding following by fun practice runs in the neighborhood.



The day started with Joey giving classroom instructions on bike safety.



CIBike Rides - Join Us!

The Famous CIBike Union Station-Metrolink Adventure

Will Be Offered Again in November –

Sign Up on the website to reserve your space!

This club ride is getting to be one of the most popular riding expeditions for club members.

Starting at the Moorpark Train Station, the approx. 60-mile ride is fairly fast-paced and passes several Los Angeles landmarks including Griffith Park, movie studios, and Gene Autry Museum. There are rest stops and good eats along the way.

Board the Amtrak with your bike and enjoy the leisurely return trip to Moorpark.

Want to learn more about the Los Angeles Union Station?

Click on this link provided by Mike Stewart.

<https://www.kcet.org/shows/lost-la/union-station-and-the-dream-of-flying-buses>

Hot August Night Rides Under the Moon

*Club rides are not just limited to daytime excursions!
We have night ride adventures also! During July and August,
Ride Director Sonia arranged two fun rides from Ventura to
Meiners Oaks along the less-travelled Ojai Bike Path. At ride
destination, the group enjoyed the unique benefit of dining
al fresco under the August 26th full moon.*



**For complete information on upcoming rides,
Check the club's ride calendar on www.cibike.org**

The Inaugural Three Harbors Ride July 31, 2018

Thanks to our CIBike Ride Coordinator Sonia Sandomer for a unique ride experience on a hot summer day on the “Three Harbors 35 Miler”. As an alternative ride from the warmer inland routes, about 20 riders chose the cooler slightly foggy route along the coast. They enjoyed the ride south from Ventura through the three harbors – Ventura, Channel Islands and Pt. Hueneme.



Autumn Ride into Cactus Country: Blooming Cacti instead of Fall Foliage

During the early Fall, Mike Stewart led mostly Moorpark riders on a Sunday morning “Somis Citrus Groves Ride.” At one point in their adventure, the riders discovered an amazing sight - eight blooming cacti – shown with Steve and Jo Ann

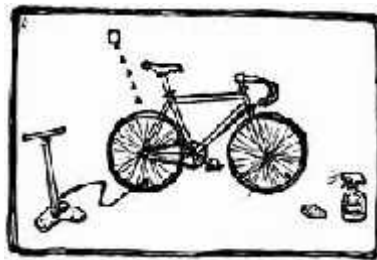


The Unexpected Joy of a Serendipitous Bike Mishap

By Club Member Chau Nguyen

On December 4, 2017, the Thomas Fire erupted near Santa Paula and it would go on to become the largest wildfire in modern California history. It was against this backdrop that the lull of the holiday season unfolded. It was a difficult time to get out on the roads to enjoy the usual Tuesday morning ride, this time along PCH.

The ride on December 19 started auspiciously enough, one could almost taste the cool salty Pacific Breeze. But then a sharp pin punctured my back tire, and with that my dream of hours of mindless distraction vanished. I pulled to the side to do the diagnostics. A few more cyclists passed me by.



I was back on the gravelly road only to be deflated again, defeated by the 0.5 cm pin I had missed earlier. Out of tubes and low on patches, another problem surfaced- a rear spoke had broken. When it rains, it really does pour. It was maybe only about 6-7 miles back to the car, so that was good. A group of cyclists rode by, asked the obligatory question if I was ok, to which I gave the obligatory answer: Yeah. But they must've seen or sensed the forlorn expression I had, because they promptly did a 180 degree turn. They offered me their spare tubes, CO2 cartridges, and expertise. Larry, Glen, and John from Camarillo were a Godsend to me, their gifts could very well have been gold, frankincense and myrrh, I was that thankful in the very season for giving thanks.

As new friends, we shared coffee at a Starbucks in the open-air Camarillo outlets. Their 180 had turned a topsy turvy morning from depressed start to joy, from rain to rainbow.

This is part of the joy of bicycling – you never know when you will get an opportunity to meet new friends through a bicycle mishap.



Events

October 10 CIBike club meeting at the Museum of Ventura County

Want to learn more about e-bikes? Join us for a special program on e-bikes, starting with free demo rides at the Museum of Ventura County parking lot from 1:00 – 5:30. Afterwards join us for a no-host beer and wine bar at 6:30 followed by the e-bike presentation at 7:00.

October 19-21 Annual Club Weekender in Buellton/Solvang area. Isn't it time for a *nice relaxing* mini-vacation in the countryside? The Annual Lure of the Grapes is open to ALL members and their guests. There are *various rides* both long and short with *delightful rest stops in quaint country villages* surrounded by wineries, horse farms, and the enticingly refreshing California autumn. During the late afternoon, enjoy casual dining with your friends at the Flying Flags Resort. For those who choose a *totally relaxing weekend*, a few nearby adventures are in the works. All members are welcome! For more info and to sign up, please go to the club website. For questions and help registering, please contact event director Dan Mathews at membershipcibike@gmail.com.

November 14 Annual Club officer elections and international bike travel program.

Members must be present to vote. Following your civic duty, enjoy an informative presentation on great ways to travel internationally by bike, by Dick Bellman, Sonia and Jim.

December 9 - Club Holiday party – good eats, fine wine, dancing, fun! Watch for more info on the club website and in the weekly club emails.

Check the ride calendar for weekly rides from Ventura, Moorpark, and Ojai.

Yes, this is another reminder!
Exercise your yellow pedal power!

Wear your club jersey on the first Saturday of every month to exert your yellow pedal power! Don't have a jersey? No worries! Stylish CIBike jerseys, sharp vests, tasteful matching socks, and a few extreme club jackets are available for purchase. We even have the world famous Cibike water bottles! Contact Dan Mathews – he even offers free delivery!



Two swashbucklers wearing snappy club jerseys.