

# CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER



## Second Annual Bike Rides Extravaganza— CIBike is all about the rides – read about our cycling adventures and how you can join the fun.

### **Welcome to the Second Annual Chain Chatter Rides Extravaganza!**

This issue features stories about fun, innovative and challenging bike rides – some familiar treks and others that might be new adventures. Our contributors have added interesting historical facts, paths on roads less travelled, fun experiences, and new perspectives on old rides. That's what the Channel Islands Bicycle Club is about – finding those less traveled roads while discovering new treasures in familiar destinations. We are a club of riders – accomplished, beginners, easy riding, faster, some in it for the health benefits of exercise, some for the pleasures of camaraderie and companionship while out on the roads, some just for the pure fun. Maybe you will learn something new reading about your cycling friends' adventures.

Have you ever ridden on an active runway? Read Dan's account on page 11.

Read about Mike's different varieties of local routes, on page 4.

What about getting lost on a Century ride? Janette has the story on page 5.

History and alternative routes to Piru are explained by Rick on page 6.

Those are only a few of the fun adventures CIBike cyclists have shared. Create your own adventures - meet up with your friends on the many regularly scheduled weekly rides or specialty adventures. Check the rides calendar at [www.cibike.org](http://www.cibike.org). Don't forget to be self-sufficient with the right safety gear, water, snacks, extra tubes. Be safe, have fun.

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*Breaking News:*  
New Club Meeting Venue  
and Date - page 3



*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](http://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](mailto: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](mailto: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 will be 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



### **Why be a member of CIBike?**

I started thinking about this question for a few reasons. Recently I was interviewed by club member Karen Campbell on her radio show "Women Talking" on the topic of bicycling. Neither Karen nor her three co-hosts are cyclists. They had lots of questions that centered on "Why ride a bike?"

We, the members of CIBike, have many different reasons why each of us decides to jump on a bike on a regular basis. I will bet that we have a smile on our faces when we describe to others why we ride. Yes, we might ride in part because of serious "should" reasons; such as "I should get more exercise, exercise is good for me, exercise is good for weight management", etc. However, I doubt that the "shoulds" are what keep us cycling.

**The reason that cycling puts a smile on our faces is that cycling makes us feel good in so many ways.** Likely, each of us has different aspects of being a club member that are most important to us. Does being a member of CIBike enhance how we feel about bicycling? For me, it certainly does. Some of our club members say "I just want to ride." They have found that it is much more motivational to ride with others. The conversations help the miles pass quickly. Our group of cyclists has so much fun talking it is often hard to get everybody going after a re-group stop! The "coffee stop" on club rides is as much about socializing as it is about refueling (although, great pastries are definitely a draw for many of us).

**We learn from other cyclists.** We learn about bike mechanics, new bike technologies, routes, great bike vacation ideas, cycling events and issues. As a group, we have increased "safety in numbers" because we are more visible to motorists. CIBike has partnered with the City of Ventura and BikeVentura to offer Street Skills training to cyclists utilizing a course and trainers certified by the League of American Bicyclists. Many club members value being part of an organization that is a positive force in our community.

**CIBike is a long-term and well-respected voice for cycling in Ventura County.** Club volunteers and grant monies have contributed to many projects and programs that support cycling and cyclists. I feel pride every time I ride over the beautiful San Antonio Creek bridge and see the CIBike logo because of our financial contributions to the construction of the bridge. Often, it is our club's voice that supports cycling improvements. The club leadership wrote letters and attended CalTrans meetings in support of a coastal bike path along Highway 101. There were strong voices out there that did not want the coastal bike path. Yet, we prevailed and are now able to bike between Ventura and Santa Barbara without riding on the freeway. (Continued)

*(President's Message continued)*

CIBike membership also has **direct benefits for members**. Club membership includes membership in the League of American Bicyclists - the largest and oldest bicycle advocacy organization in the country. Club members receive discounts at many bike shops in Ventura County. Members are covered by the club's general liability insurance when on a club ride. CIBike is connected with other organizations that are also providing benefits and improving cycling in our area.

I would guess that most CIBike members would say that they are club members because of the **camaraderie of our organization**. Many of us have made very close friendships

through CIBike. I love the group photos on our web site. All of the photos, whether at a ride start, on the Spring Fling/Lure of the Grapes, or at the opening of the Coastal Bike Path, show the happiness and fun of being part of our group.

CIBike is a positive organization and a positive voice for expanding the numbers of people on bikes and improving bike infrastructure.

**Our club's dolphin logo embodies the joy and the camaraderie of being part of CIBike. We, CIBike members, can wear it with pride.**

## Short Shifters – Stuff You Want to Know

*Our Motto: Keep Crankin'*

### ) New Club Venue and Meeting Night Starting in April

Starting with the April 11 general meeting, we will have a new venue and meeting night. Meetings will be held on the second Wednesday of every month except for the Cool Breeze month of August and the Holiday Party month of December. Meetings will be held at the Museum of Ventura County, 100 E. Main St., Ventura. The museum is located next to the parking lot where CIBike cyclists meet for weekly rides. Members may enjoy a before-meeting dinner at Capriccio's in downtown Ventura; receive a 20% discount. Reservations recommended.



**To launch the new meeting site, there will be a special program regarding the May 14 Amgen Tour of California.**

Special guest speaker will be Ryan Ung, Race Director, competitive cyclist and triathlete, who will give a behind-the-scenes view of the Amgen Tour. You will also learn about CIBike's participation and opportunities for you to be part of the action. Take a front row seat at the May 14 Amgen Tour of California by volunteering. Sign up on [www.cibike.org](http://www.cibike.org)

### ) Bike-Smithing 101 with Toby Smith

The Ventura Bike HUB is offering a four-week, eight session intensive bicycle Anti-Theft Mechanics class taught by shop manager Toby Smith! The course will cover maintenance and repairs for every part of the bicycle - you can even bring your own for bike practice! Each class will combine classroom education with hands-on practical learning. You'll graduate feeling like a pro! Bike Ventura Members also get \$30 off their registration. Not a BikeVentura member? **Join today!**

### ) Plans for Santa Clara River Bike Path

CIBike has an opportunity participate in a grass-roots organization that is planning and funding a bike path along the Santa Clara river. Interested parties include the Sierra Club, Friends of the Santa Clara River, BikeVentura, and the cities of Oxnard and Ventura. The round table formed in February 2018 under the Watershed Coalition Ventura County, Santa Clara River Committee and is called the Recreation-Education-Outreach (REO) subgroup. This group is seeking CIBike representation. If interested, please contact either our club president or Nina Danza, Sierra Club Ventura chair, [sierraclubventura@gmail.com](mailto:sierraclubventura@gmail.com).

### ) Volunteer Nights at the HUB

Every Wednesday from 3:00 to 7:00 p.m., the HUB welcomes volunteers of all skill levels to help with bike projects and keeping the shop looking good. We provide food, and all the guidance you'll need to feel accomplished after helping your favorite community bike shop thrive. Not only that -there's lots of fun people to meet! Register at BikeVentura <https://bikeventura.wildapricot.org/event-2855829>.

### ) Cool Breeze Century Planning Is Underway

The August 18 event is a partnership between CIBike and the Ventura Kiwanis and benefits these organizations' grant programs. Daily updates are on social media. Watch for volunteer info. If you would like to help publicize this event, please contact its director, Bart Bleuel, [bbleuel@sbcglobal.net](mailto:bbleuel@sbcglobal.net)





**Bike Adventures****Pedaler's Fork 41 Mile Ride-**

By Mike Stewart

*Adventuring out of the Ventura area* to explore the different varieties of routes is always a good bet for a fun day of biking. So it is with the "Pedaler's Fork 41 Miler."

*The route begins* in east Ventura County at the Triunfo Park Community Park in Westlake Village right off the 101 Freeway south of Thousand Oaks. There is plenty of shade covered parking with restrooms and water fountains to fill up your water bottle. Our ride departed at 9am on a beautiful spring-like morning as we biked around the lake in Westlake. Here the roads are smooth and flat before heading into Agoura Hills. The key word here is "hills." The overall elevation on this ride is around 2,800 feet, so having good climbing legs is the rule here

*Our adventure headed into the famous Santa Monica Mountains* as we overlooked Paramount Ranch State Park and regrouped for our photo-op at beautiful Lake Malibou. Yes, this is the correct spelling for this hidden gem. We experienced some climbing before reaching our restroom break at the new King Gillette Ranch State Park. A beautiful surprise with oak trees, water fountains and yes...new restrooms.



*Now the "fun" begins as we start our climbing on famous Mulholland Highway eastwards* towards Calabasas. Here the views are spectacular and the climbing was not as difficult as suspected although it did start to warm up. We reached the top at the junction of Mulholland and Dry Canyon. Now the "fun" really begins as we drop at least 500 feet very fast on our way into Old Town Calabasas. Old Town Calabasas parallels the 101 Freeway where our main goal is reached at Pedaler's Fork.

*Pedaler's Fork is a biker's haven.* Included on the site is a restaurant, coffee shop and bike shop, yes bike shop. There is a secure bike rack with locks provided for over 20 bikes. The group selected goodies and relaxed outside under the oak trees.



*Our return route includes biking along Agoura Road, which has bike lanes*, all the way into Westlake Village. The section is a combination of oak trees, sycamores with lots of "rollers" before reaching our lunch stop (yes...we are eating again) at the famous Stonehaus Winery in Westlake Village. This is a beautiful place to have lunch outside under the trees with friends before heading back to the start point. We had over 11 riders on this version of the Pedaler's Fork Ride (Diane, Sonia, Deanna, JoAnn, Ria, Janet, Arly, Barry, Mike, George and Steve). This route is only experienced during the winter or fall months as temps can be uncomfortable in the summer in Calabasas. So check the CIBike Rides Calendar for the next Pedaler's Fork adventure.



**Want to join the fun but are just starting out on your bicycling adventure? Watch for the CIBike Easy Rider Program – join other newbies, learn the basics, have fun.**

**www.cibike.org**

**Bike Adventures****A Hilariously Memorable Lighthouse Experience**

By Janette Ramsey

**A few years ago a group from Bakersfield** decided to sign up for the Lighthouse Century ride, the annual ride sponsored by the San Luis Obispo Bicycle Club and held in the central coast. Four of us decided we would do the century ride together. The night before the ride we went for dinner and planned our ride, we talked about start time, time at rest stops and what time we could feasibly finish. Saturday morning

we - Mike, Raul, Taya and Janette - met at the ride start bright and early. We were so excited to be doing this century together. We started out, it was a fairly cool day with a little drizzle of rain but we were laughing and talking as we rode along. We were approximately an hour in when we came to a sign and Raul shouted steer right here! It wasn't long before we were all looking at each other and saying "This area looks so familiar" another rider who was from Canada came up beside us and said he thought we had passed this area before, what the heck??? We rode a little longer and there was a Highway Patrol officer standing outside the school where we started, he had a large grin and asked how we finished so quickly, he said he thought some kids had moved a sign.

**We took off again a little less cheery than the first time** and ended the day with 115 miles! I should also tell you that Mike lost a leg to cancer as a kid and he did that 115 miles with one leg. I told him we should make him a leg and put it over his shoulder to do the ride the next year or maybe for a Halloween ride.

**Sulfur Mountain Ride on my homemade '73 Raleigh**

By Steve Light

When I heard the bike club was planning a ride over Sulphur Mountain, I was a little apprehensive, having heard how difficult it might be. Also, in that it involves 10 miles of dirt and gravel fire road, that's way out of my normal cycling experience. I've never had a mountain bike in my life, preferring to stay on the black stuff. Then, I thought, it would be good practice for the Eroica California Vintage Bike Ride this April 15. There was no other choice than to take my 1972 Raleigh Super Course that I built as a hill-friendly Eroica road bike. Sulphur Mountain and Eroica sounded very similar - 40ish miles total, about 1/4 of that on dirt and gravel. Everybody else showed up on mountain bikes or hybrids, more suited for the dirt conditions. I was on the old Raleigh. We rode up the Ojai bike trail, took a short ride up Highway 33, then turned onto Sulphur Mountain road. We climbed over the gate and started our dirt adventure. I got about 100 yards, hit some soft sand, and had to bail out, and walk a short way to where I could get back on level ground to restart.



My first thought was, "This is going to be a long day."

After that mishap, I never put a foot down all day, except for photo ops. The secret to dirt riding is to keep your speed up in the soft stuff, and just power through it, at least on the skinny 28c Panaracer Pasela tires I was riding. That was my plan from then on, and I really enjoyed the ride. It is fun to get out of your comfort zone a little. Everyone was very supportive of each other, the weather was perfect, and the views spectacular. It's a great confidence builder to try different ride conditions. I have been dealing with a bothersome heart condition the last year or so, and being able to do the 3000' of climbing on the many 10% (and more) grades really lifted my confidence, too. It was amazing to see just how big an area the Thomas Fire actually damaged.

I would have never have seen all of this or had such a great time if I had stayed "on the black stuff." I hope I have as much fun on the Eroica ride as I did on Sulphur Mountain. If not, it won't be the bike's fault.

**Bike Adventures****Ventura to Lake Piru - A great alternative for a longer ride**

By Rick Shimmel

Looking for a long-ride alternative to the usual Santa Barbara coastal route, PCH or Lake Casitas/Ojai/Santa Paula loop? Consider Ventura to Lake Piru and back for a different destination ride and you won't be disappointed, especially during the winter months when inland temperatures are lower. CIBike had a Lake Piru Adventure planned for Sunday, February 18<sup>th</sup> but if you didn't make that date, then this is still a worthwhile ride for small groups or even solo. It's an easy route to follow through pretty parts of our county you may not visit often.



Until recently, I had ridden to the Fillmore/Grimes Cyn area a number of times but never the whole way out to Piru and its namesake lake. Ozzie Manzano, avid local cyclist and KOM boss, encouraged me to try the Lake Piru round-trip, which is one of his favorites. So I put it into my ride list and finally made it there in early February. It was a great ride and one I'm glad to recommend.

One of the best things about this ride is that for much of it you'll be on 2-lane roads with very little traffic. If you start from Hobert Park in Ventura, the round-trip will be about 75 miles and 3,600 feet of elevation gain, depending on your return route. Another option is starting in Santa Paula to reduce the round-trip to about 50 miles.

I like riding to Santa Paula from Ventura via Foothill Road and then going straight through town on Santa Paula Road. Take Santa Paula Rd. past 10<sup>th</sup> Street (Hwy. 150) the whole way to 12<sup>th</sup> Street, and turn right on 12<sup>th</sup>. Go straight on 12<sup>th</sup> across the bridge over the Santa Clara Riverbed and it turns into South Mountain Road, headed east. South Mountain starts as a lightly rolling two-lane road and has nice pavement, with the mountainsides on your right and the lush agricultural fields of the Santa Clara Valley on your left. There are great views of the Topa Topas across the valley.

Stay on South Mountain and it will take you out past Balcom Canyon Road and Bardsdale Cemetery, where South Mountain bends to the north and becomes Sespe Street. Soon after that, you will turn right onto Bardsdale Avenue for the leg toward Fillmore. Bardsdale Ave. is a straight shot to the Hwy. 23 Junction, taking you past the historic Bardsdale Methodist-Episcopal Church, built in 1898 by German immigrants in the "carpenter Gothic" style. Once you hit Hwy. 23, continue straight (eastbound) as though you were headed to Fillmore. A right turn on 23 would put you on the route over Grimes Canyon to Moorpark, but that's a ride for another day. Stay on 23 as it also bends to the north and then, before crossing the Santa Clara Riverbed again, you will make a right turn onto Guiberson Road toward Piru.

Guiberson is another rolling two-lane road and, although the pavement there is not quite as good, it has less traffic than South Mountain and the countryside becomes even more rural as you head east. Stay with Guiberson until you hit the "Road Ends" sign and then take the only available left turn onto Torrey Road, which takes you north into Piru.

*Continued on 7 Page*



**Bike Adventures****Ventura to Lake Piru**

(Continued)

Torrey Rd. crosses the Santa Clara Riverbed again and then does a quick right-left jog, putting you onto Main Street through Piru. The town of Piru, population 2,063 in the 2010 census, has a colorful history and has been a popular filming location for movies and television since the 1940's. If you have time on the way back from the lake, it's worth taking a quick spin through the quaint business area, which looks like a page from the past in many ways.



Stay on Main St. the whole way through town until it becomes Piru Canyon Road, a right turn toward the lake. A sign to Lake Piru points the way. From here, the pavement is very nice and you'll roll out past agricultural, livestock and thoroughbred ranches and farms along the way to the foot of Piru Dam. The most significant climbs of the ride come in the last few miles before you reach the elevation of the lake itself but the steepest pitches are only about 7-8% and they are not very long.

Lake Piru, which serves as a reservoir and recreation area, is sadly just a shadow of its former self since it has been hit hard by the drought. Continue the whole way into the campground at Lake Piru Recreation Area and you can replenish your water and take a look around before heading back west toward home. The rangers on duty at the gate should let you in without paying the day use fee.

You can take the same route back to Ventura in reverse, or you can detour into Fillmore to refuel by turning right on Hwy. 23 when you get back there on Guiberson. There's a Starbucks at the corner of Hwy. 23 ("A" Street) and Hwy. 126 where all of your critical caffeine and pastry needs can be addressed.

Another nice alternative route back from there is to continue north through Fillmore on "A" St., then take a left on Old Telegraph Road, which cuts diagonally across town toward the west. On Old Telegraph you will go past Shiell's Park before turning right onto Grand Avenue. Take Grand north about two-thirds of a mile and then turn left onto Cliff Avenue. Up a short, steep rise on Cliff and then a very short distance brings you to Sycamore Road, where you will turn right and climb at about 8% for roughly four-tenths of a mile before Sycamore flattens out and bends back toward Hwy. 126 and Santa Paula. After the climb, it's a nice, rolling two-lane ride through agricultural land.

A little over four miles along Sycamore from the top of the climb and you will hit the right turn onto Hwy. 126 but then you will have to ride along 126 proper for about three miles before you arrive back in Santa Paula. The shoulder is wide but there can be a lot of debris in it and you'll have some high-speed traffic blowing by you, so some riders prefer to avoid this route.

Lastly, because Ventura to Lake Piru is mostly an east-west route, you can virtually count on headwind in at least one direction and sometimes both if the afternoon wind clocks around and starts blowing in off the ocean.

But it's still a great destination and fun, interesting ride, and if you watch the weather and pick your day thoughtfully, then the elements will play just a small part in the stories you will tell later about your first ride to Lake Piru.



## Riding to the Toolkit Skyline City

By Robert Johnstone



*Bob at the San Diego waterfront*

**Just realized that San Diego does not actually have a “pet” name**, although I’ve heard the above description of its down-town skyline (including Allen wrenches, a Phillips screwdriver and wood chisels!) So let me introduce that “handle!”

Either way, let me extol the virtues of a little cycling adventure down the Pacific coast as a great way to drink in the beauty of S.CA at an energy output level that can be adjusted to address any level of bicycle rider.

I have a total of 8 or 10 rides, taking 3 or 4 days to cover the 215 miles or so between Ventura or Camarillo and S/D. I am also aware of a club member completing the ride in 2 days.

My approach to the accommodational needs has been to find reasonably priced motels – I always appreciate a good shower and a comfortable bed after several hours in the saddle! I also like to “ride light” rather than load up the bike. After my first trip, using a backpack for riding (and off-bike) clothing I invested in a rear pannier set up (much easier on the gluteus maximus zone!!)

My overall average speeds have typically been in the 16 – 18 mph, depending on urgency and companion needs. For three days trips I have stayed in Hermosa/ Redondo Beach, San Clemente and Old Town San Diego. A more relaxed 4 day has involved Santa Monica, Long Beach and San Clemente, with a slightly longer 4<sup>th</sup> day. I would recommend the San Diego Old Town Inn for final destination accommodations.

My approach for the trip has always been ride down – train back (make sure you “book” your bike for the rail section of the adventure.) However, train first and ride back is obviously just as viable! Happy to chat with anyone on specific aspects of the route. Enjoy our wonderful terrain opportunities!



### Be Prepared!

Be Prepared on your ride!  
Be self-sufficient – carry the basic tools you might need in case of a flat tire or mechanical glitch. Carry an extra tube, a pump, tire irons and a small first aid kit.



**Bike Adventures****A Bike + A Burley + A Tent + A three-year-old = Memories of a Lifetime**

By Simon Stirner

***A local camp out***

The first time our son (3yr) and I wanted to go bike camping, we headed to McGrath state beach. It was a great recommendation from a friend and club member and a great choice for a first try out. Everything packed for the trip, our son was excited to be co-pilot on the ride-along-bike generously loaned to us by another friend and club member. Unfortunately, the park had locked the gates three days prior to our arrival due to the usual flooding (lesson learned). As great of a destination it would have been, we had to turn around and ride back home that day. The weather called for a backyard camp out and hot cocoa.

***Next try: Emma Wood State Beach***

So off we go! This time our son chose the Burly Trailer, I guess the 13 mi. ride last time, stuck in his head (or his legs). The weather couldn't have been better 68F, sunny and a light breeze.

***1. The East End***

From home less than a mile onto Telephone Road, we rode safely separated from automobile traffic thanks to the City of Ventura to Kimball Park. We're taking the bike path parallel to the 126. Crossing Main via Telephone is always a scary part. Never know if cars will stop at the red light. This calls for improvement☺. But it is worth the next stage.

***2. The Strawberry Fields***

Right on Market and left at the end onto the Bicycle path that leads us downhill and along strawberry fields. It's a nice and calm stroll that is easy to enjoy. Great ride to watch some birds too.





**Bike Adventures****Memories of a Lifetime (continued)****3. The Keys**

Paying attention at Harbor Blvd, we crossed the road into the Ventura Keys. Cruising along nice homes and singing along with my son, we're taking a pit stop at Marina Park for some play time. We're continuing our trip, passing nice beach houses towards San Buena Ventura state beach.



**4. A Beach Cruise** We're riding along the beach, the breeze in our faces and the sun tinkling our noses, a wonderful day to take it slow. It is nice to see so many people enjoying the great weather.

**5. The Promenade**

Reaching the Pier, we're slowing to a stop for more playground time at the beach. After a snack, we continue the ride, enjoying musicians and artists along the beach front. We reach surfers point and the dunes, heading up the river to Main, turning left and over the bridge, passing the RV Park and finally turning into Emma Woods State Beach. The campground is empty! Until today I have no idea if it was legal what we did but we camped out at the beach, where we found a few nice coves, surrounded by bushes and brushes. Watching my son enjoy the sun set and later the stars and the moon and falling asleep in his sleeping bag was a treat.



**Bike Adventures****Colorado's Glenwood Springs Features Scenic Bike Trails along the Colorado River**

By Terry Spragg

Colorado is determined to become the Nation's number 1 cycling state as determined by the League of American Bicyclists. Colorado's "Pedal Project" will spend \$100 million over four years to unite 16 bike paths into one comprehensive system. Colorado, in particular Glenwood Springs, is one of my favorite and most frequented bicycle adventures. This 17-mile trail is famous for its spectacular scenery as experienced while riding into the city. Heading southwest from the city is the Rio Grande Bike Trail which rises 2,100 feet over 42 miles to the town of Aspen. The trail traverses the roaring Fork River and is again noted for its stunning scenery and gradual elevation gain.



A main focus of the Colorado bike project seems to focus on the tourist destination of Glenwood Springs. Already famous for cycling, the Glenwood Springs area features the Glenwood Canyon Trail adjacent to the Colorado River with granite walls towering 1,300 feet high. Glenwood Canyon, the town's most famous bike trail extends 17 miles to the east at the base of the Colorado River. This Canyon is adjacent to the Colorado River in an area of forests and granite walls. The hiking trails lead to amazing overlooks and waterfalls.

<https://www.visitglenwood.com/things-to-do/glenwood-canyon>

Heading southwest from Glenwood Springs is the Rio Grande Bike Trail, rising 2100 feet over 42 miles to the town of Aspen, meanwhile traversing the Roaring Fork River. Another 25 miles of bike paths adjacent to the Trail ascend into narrow, dead-ended canyons. Where else can you pedal from the Grave of gunslinger, Doc Halliday to Aspens' memorabilia dedicated to author Hunter S. Thompson.

For a luxury stay, check out the historic Hotel Colorado, built in 1893 and is famous for guests including Teddy Roosevelt, Molly Brown, and William Howard Taft. For more information about Glenwood Springs, <https://www.google.com/url?hl=en&q=https://www.visitglenwood.com/things-to-do/trail-guide/biking&source=gmail&ust=15198644431>



Overall, the Glenwood Springs is one of my favorite cycling destinations.

**Bicycling Down an Active Runway While Airplane Hovering Overhead**

By Dan Mathews



My bike journey from Oxnard to Carlsbad on February 21-23 provided me with the opportunity to ride on an active runway. The southbound route takes riders through the unrestricted portion of Camp Pendleton south of San Clemente. The bike path goes onto the Marine Corps 5,000-ft aircraft emergency runway north to south ending at Las Pulgas Road and I-5. Cyclists are allowed to use this runway unless it is being utilized for military operations. While riding on the runway, a V-22 Osprey was hovering directly over me and my bike, probably using me as a waypoint. It's rare enough to even see an Osprey but to have one hovering 100 feet overhead is certainly an experience! After the runway course, cyclists are allowed to ride 7.5 miles south on the I-5 until reaching Oceanside. If you want to avoid riding on the I-5, one may also go through the Pendleton Las Pulgas security gate (prior arrangements required) to traverse the restricted portion of the base. And if you want to avoid being a waypoint, try the base route!



***CIBike Partners with Giant Bicycles and BikeVentura  
To Provide Free Bicycles, Helmets, Lights to Thomas Fire Victims***



The Channel Islands Bicycle Club (CIBike) joined a community partnership of Giant Bicycle and BikeVentura to build and distribute free bicycles, helmets and lights to victims of the recent Thomas Fire, the worst wild fire in California history. In the city of Ventura, over 500 homes and structures were destroyed in the fire that began on December 4 and was finally extinguished weeks later. Giant Bicycles of Newbury Park, donated 200 Momentum bikes while CIBike donated the safety equipment – helmets and lights. On February 28, volunteers from the three organizations assembled and outfitted the new bikes for family members whose homes were destroyed in the fire. On March 4, a second giveaway operation was conducted at the BikeVentura HUB with the help of volunteers from the three organizations.



Photos by Ron Parker



## 8<sup>th</sup> Annual Solvang Spring Fling Bike Weekend- Sign Up by April 4

By Mike Stewart, Event Director-

If you have never experienced the Santa Ynez Valley during springtime then this is your lucky day. Come join the CIBike Members on our "8<sup>th</sup> Annual Solvang Spring Fling" biking weekend. This club activity is set from Friday, April 6<sup>th</sup> thru Sunday, April 8<sup>th</sup> in the quaint town of Buellton. Here our activity center is the beautiful Flying Flags RV Resort set on Avenue of the Flags Avenue just off the 101 Freeway.



This weekend includes biking in this beautiful area while enjoying each other's company during dinners, wine tasting, shopping and relaxing. We advise you to make reservations for accommodations NOW! This is a popular region and lodging fills up fast. Most try to reserve an RV site or camping cabin at Flying Flags RV Resort. Other options are the Sideways Inn, Pea Soup Anderson's, Quality Inn, Marriott Hotel, Motel 6 all close in Buellton.

Our activities involve 3 days of biking (you can choose 1 or 2 or all 3 days). Friday morning is a hilly, loop from our remote start at Los Alamos Park at the bottom of Drum Canyon in the quaint town of Los Alamos. We head northeast to Aliso Canyon Road and DOWN Foxen Canyon Road on the way to Orcutt, then back to Los Alamos for lunch at the fantastic Bob's Well Bread Bakery. This route is 51 miles.

Friday's dinner is prepared by Flying Flags. You can choose from their BBQ menu of tri-tip, chicken, ribs or fish. Price range is \$18-\$20. Saturday brings 4 options of bike routes, a 50, 40, 30 or 25 miler. Please download/print the route you want before arriving to the ride start. All routes are hilly but so beautiful in this Santa Ynez Valley. Saturday's dinner is provided by the CIBike Club, it is a Taco Feast, at Flying Flags RV Resort. We will sit at the fire pit area and enjoying each other's biking tales while eating tasty tacos - bring your own beverage please.

Sunday's route is an easy and beautiful one to Neverland Ranch on Figueroa Mountain Road north of Los Olivos where we will stop for treats and coffee before heading back home.

Reminder, this is a club activity where you must REGISTER online at the CIBike webpage BY APRIL 4. Just click on "Members" drop down menu and then "Even Signup" while choosing the Spring Fling activity and answering a few questions. Any questions, please contact Mike Stewart at his email address of [mdstew48@gmail.com](mailto:mdstew48@gmail.com) and for details and route slips/maps visit the webpage at "Solvang Spring Fling" of <http://solvangspringfling.blogspot.com/>.





## Zone Training

By Club Member Billy Dean

billyspages@outlook.com

**Training in specific zones is a results-oriented way to align your heart, your training and your goals.**

Each zone is a Training Level (TL) associated with a range of heart rates and training effects. The range of heart rates for each zone are percentages of your Heart Rate Reserve (HRR). Your heart rate reserve is the range of heart beats between your Resting Heart Rate (RHR) and your Maximum Heart Rate (MHR). Your maximum heart rate can be approximated by subtracting your age from 220. You can get closer to your actual MHR by running on a treadmill or cycling up a hill near your anaerobic redline.

AEROBIC	
LOW AEROBIC (Cardio Endurance)	HIGH AEROBIC (Cardio Efficiency)
60-70% HRR	70-80% HRR

### Low Aerobic

You burn fat (low octane fuel) and your heart delivers all the oxygen your muscles need. Exercise in this range of heart rates builds cardiovascular endurance. It's the Fat-Burning Zone but you'll lose more weight by burning fat and glycogen and that requires a mix of low and high aerobic exercise.

### High Aerobic

You burn fat and glycogen (high-octane fuel), and your heart delivers all the oxygen your muscles need. Exercise in this range of heart rates builds cardiovascular efficiency ~ the ability to transport oxygen to and carbon dioxide from your muscles. Stroke volume, the amount of blood your heart pumps with each beat, is the key to improving fitness. You notice improvement as an ability to exercise longer before dropping back to the low aerobic zone.

ANAEROBIC	
ANAEROBIC THRESHOLD (Athletic Endurance)	ANAEROBIC REDLINE (Competitive Speed)
80-90% HRR	90-100% HRR

### Anaerobic Threshold

You are at or beyond the point where your heart can no longer deliver all the oxygen your muscles need. You are burning only glycogen but cannot burn it down to just carbon dioxide. This leaves a lactic acid "sludge" of unburnt sugar that causes your muscles to fatigue. Exercise in this zone builds tolerance to lactic acid accumulation and therefore athletic endurance. You notice improvement as an ability to exercise longer in this zone before your muscles shut down.

### Anaerobic Red Line

You are near your maximum heart rate (MHR). Exercise in this zone builds competitive speed by training fast-twitch fibers in your muscles. You notice improvement as ability to exercise faster over a given distance.

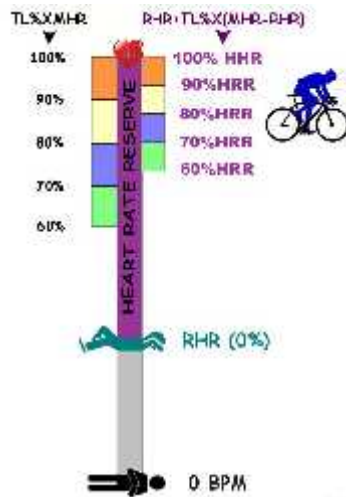
## ZONE TRAINING CALCULATIONS

The most accurate way to determine your target heart rate (THR) for a training level (TL) is to base your calculations on a percentage of your heart rate reserve (HRR), not on a percentage of your maximum heart rate (MHR). The diagram on the following page shows you why.

(Continued)



## Zone Training (Continued)



The left side shows zone training calculations based on your **maximum** heart rate. The right side shows zone training calculations based on your heart rate **reserve**. If you compare the training levels on the left with the training levels on the right, you'll notice that using your maximum rate **instead** of your maximum **and** resting rates results in **under** training.

The calculations on the right side of the diagram reflect the understanding that your heart operates between your RESTING and MAXIMUM heart rates, not between DEAD and MAX. The calculations on the right side of the diagram reflect:

- ) How your heart **actually** operates;
- ) Your fitness, not just **anyone** your age;
- ) **Changes** in your resting rate as fitness improves;
- ) The goals you seek by not **under** exercising.

### Do-It-Yourself MHR Test

The calculations on both sides of the diagram use **220-AGE** to determine your maximum heart rate. As you've just read, the calculations on the left side of the diagram are less accurate than the right side because they use your heart rate reserve. But the **220-AGE** is a **general** formula for the **average** person. So your zone training calculations will be even more precise if they're based on your **actual** maximum heart rate.

Find a gradual hill about 2 miles long. Warm up for 15 minutes, then start climbing the hill. Increase your effort gradually until you're within one or two hundred yards of the top, then stand up and sprint as fast as you can. Record the highest number displayed on your heart rate monitor. Rest, then repeat this test a few times to get an average value.

### Training Zone Calculators

The calculators below will perform the heart rate calculations for you. If you do **not** know your actual maximum, click the first link. If you've determined your **actual** maximum heart rate with the DIY MHR Test above, click the second link. To use the training zone calculators, **click on the links at the bottom of the club ride calendar**, [www.cibike.org](http://www.cibike.org)

For more info, please contact Billy at [billyspages@outlook.com](mailto:billyspages@outlook.com)

## CIBike Awards Grants to Non-Profits that Share Our Mission

During 2017, the Channel Islands Bicycle Club awarded seven grants to non-profit organizations that share the Club's mission of safe and recreational bicycling, to increase awareness, skills, and safety for cyclists of all ages. Our grants have provided funding for a number of worthy causes several of which are showcased here. Proceeds from the annual Cool Breeze Century are used to fund the CIBike grant program.

### Thank You Letter from School for Kids Bikes

The Oxnard Police Department (OPD) used their grant funds to purchase bicycles, helmets and lights for children from families that would not normally afford new, safe equipment. This includes having a safety net to provide bike equipment as needed for family and community special needs. The funds are also being used to create an educational bicycle safety video to be shown at Oxnard schools. Detective Crystal Walker, OPD, provided this thank you letter from a grateful staff at a local school that received kids' bikes and helmets - thanks to a grant from CIBike to OPD.

From: **Center 122 Green Valley CDC** <[Center122@cdicdc.org](mailto:Center122@cdicdc.org)>

Date: Mon, Aug 14, 2017 at 2:00 PM

Subject: Green Valley -- Thank You

To: Crystal Walker <[crystal.walker@oxnardpd.org](mailto:crystal.walker@oxnardpd.org)>



Good Afternoon Mrs. Walker

The staff and students of Green Valley would like to give you a huge Thank You for all that you have done. Working with the Channel Island Bike Club to get helmets for the students that needed them. We are very grateful and appreciative. Receiving these helmets have been a great asset and very useful for the students to be encouraged to participate in physical activity outside of school while maintaining a healthy lifestyle. Once again Thank You! If you have any questions feel free to email us back. Have a great day! And wonderful rest of your week!

Sincerely,

Staff and Students from Green Valley, Summer 2017

### Kiosk and Fixit Station Donated by CIBike By Derek Tower



Ventura City Staff recently installed a Kiosk and Bicycle Repair station, along the Pacific Coast Bike Route, near Main St. and Peking in Ventura. A grant from the Channel Islands Bicycle Club to the City of Ventura, allowed for the procurement of equipment. This installation at a highly utilized segment, near the entrance to the City, in collaboration with one of local bicycle organizations demonstrates the City's efforts toward a silver designation by the League of American Bicyclists. *Photos by Kate Faulkner*



### Startup Fillmore Bike HUB Purchased Trailer and Banners with CIBike Grant Funds

The Fillmore Bike HUB is a mobile bike shop recently established to foster healthy lifestyles, teamwork and self-esteem among local youths. The HUB aims to help steer kids away from gangs and give them a sense of purpose through bike building, maintenance and riding. With a CIBike grant, the HUB was able to purchase a small trailer used to transport bicycles, equipment and parts. In addition, the funds were used to buy banners and a mobile tent. This HUB serves the needs of everyone who can benefit from inexpensive transportation and healthier lifestyles. Some local businesses have welcomed the Fillmore Bike HUB to operate on their premises.

*Photos by Ron Parker*





## Bikes Aren't Just for Bicycling Any More!

In addition to the pleasures of cycling, bikes have all kinds of uses these days including becoming the grist of whimsical and wonderful art works as our club members have shared with their photos. In the first picture, Barry Cole poses under an archway of used bikes found at an antique store in Massachusetts. Mike Stewart is shown in the second picture in front of a Texas sculpture made of 100 steel bikes.



Barry Cole



Mike Stewart





## Important News Alert for CIBike Members! High authorities have designated every first Saturday as Yellow Jersey Day!

Wear your club jersey on the first Saturday of every month to exert your yellow pedal power! Don't have a jersey? No worries! CIBike jerseys, matching socks, and a few club jackets are available for purchase. We even have CIBike water bottles!

Contact Dan Mathews to buy your Yellow Pedal Power.



## Calendar of Events

- April 6-8 – Spring Fling** Fun Weekend for Members - Deadline for members to sign up is April 4
- April 7 – Wear your Yellow Club Jersey Day**
- April 10 – Bike-Smithing 101** with Toby Smith, four-week eight-session classes – Contact BikeVentura
- April 11 – NEW CLUB MEETING VENUE! Join us at the Museum of Ventura County,**  
100 E. Main St., Ventura; Doors open at 6:30, meeting at 7:00 p.m. Special Amgen program featured. Members may enjoy a before-meeting dinner at Capriccio's in downtown Ventura; club members may receive a 20% discount; dinner reservations recommended.

### **MAY IS NATIONAL BIKE MONTH** **watch for biking activities in your community!**

- May 5 – Wear your Yellow Club Jersey Day**
- May 9 – CIBike general meeting** – County of Ventura Museum
- May 11,12 – Riding Ready – Free Bicycle Skills Class at Bike Ventura HUB.**  
Registration required. For more info contact BikeVentura.
- May 14– Amgen Tour Second Stage from Ventura to Santa Barbara**  
Sign up now to volunteer at this event, go to [www.cibike.org](http://www.cibike.org)
- May 14-18 – National Bike to Work Week**
- May 18 – National Bike to Work Day**
- May 17 – Ride of Silence** Watch for info on how you can participate locally in this national event.
- June 2 – Wear your Yellow Club Jersey Day**
- June 13 – CIBike general meeting** – County of Ventura Museum
- July 14 – Annual picnic and all club ride** – Bates Park
- August 18 – Cool Breeze Century.** Watch for info on how to volunteer.
- November – Annual Club officer elections**
- December 9 – Club Holiday party**

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



**Note from the editor:** Many thanks to the contributors who graciously took the time to write articles and send photos for the Spring Chain Chatter. Someone recently thanked ME for preparing this newsletter but without all of our authors all we would have is a masthead. Huge thanks to Dan Mathews for proofreading this newsletter and making suggestions for improvement. The next Chain Chatter will be published toward the end of June. So there is plenty of time to send in your adventure and story ideas. Also -if you have aspirations to step up your journalistic instincts, please let me know. Thanks to all and Ride On! Margaret



Check out the club rides calendar for fun and sometimes challenging cycling through Ventura County. Rides start in Ventura, Ojai, Moorpark and are conducted most days of the week. Required equipment includes helmets, lights, water, food, IDs, and sense of camaraderie. Join us!

