



## Third Annual Bike Rides Extravaganza – Read All About It!



### The Spring Ride Extravaganza

is finally here and it's filled with fun and fascinating stories about rides some of our adventurous club members have taken and have now shared with us. Starting on page 8, read about several outstanding overnights, the RAGBRI, overseas expeditions, and more. We thank our club authors for providing the material for this year's Ride Extravaganza.

### Other newsworthy articles:

May 8 - Special Amgen program at club meeting.....p. 3  
 May 16 – Amgen Tour volunteer opportunities .....p. 3  
 Spring Fling, Annual Picnic, Lure of Grapes ..... p. 4  
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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.*

## 2019 Club Officers/Volunteers

President..... Kate Faulkner  
 Secretary..... Therese Satterfield  
 Treasurer ..... Patrick McDonald  
 Programs ..... Dan Mathews  
 Public Relations ..... Margaret Mathews  
 Rides ..... Sonia Sandomer  
 Grants ..... Bill Faulkner  
 Membership ..... Soheil Roshan-Zamir  
 Government Liaisons..... Leslie Ogden, Kate Faulkner  
 Director at Large..... Burt Elliot  
 Web Content..... Soheil Roshan-Zamir  
 Web Content..... Sean Michnowski, Mike Stewart  
 Website ..... www.cibike.org

## Chain Chatter Newsletter

Our newsletter, Chain Chatter, is distributed by email to members, unless requested otherwise. It is also posted on cibike.org under "members." Your letters, stories of cycling experiences (good and bad), news items, ride ideas, tech info, etc., are welcome! Please email information to: Margaret Mathews, Editor, at [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 Soheil Roshan-Zamir.

## Monthly Meetings

General meetings are held on the second Wednesday of each month (except August and December), at the Museum of Ventura County, 100 E. Main St, Ventura. The general meeting starts at 7:00. No meeting in March or April.

## Cool Breeze Century

Our Cool Breeze Century ride is held the third weekend in August each year; the 2019 event will be on August 17.

### **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,  
2018-2019 President

***Would people be happier  
if they rode a bike more often?***

This question came to me yesterday as I was biking on the coastal path through Emma Wood State Beach. Most cyclists approaching me from the opposite direction were smiling to themselves as they rolled along. Hmmmm, how often do I see people driving or walking with a smile on their faces? Not very often.

Helen Keller nicely described why bicycling was so enjoyable to her: "It is splendid to feel the wind blowing in my face...and the exercise makes my pulses dance and my heart sing."

Unfortunately, most people put away their bicycles, as if they were only childhood toys, once they get their driver's license and become real adults. Now many kids never even learn to ride a bike. So sad that they might never know the joys of sweating up hills and flying down them.

I used to follow the results of a program run by Bicycling Magazine that was called "Bike Town." They would give bikes to non-cyclists and follow what happened. For most participants the bikes changed their lives.

There were, of course, the measurable changes in health: diabetes controlled, weight lost, cholesterol lowered, body fat decreased, etc. These are all good things. The Centers for Disease Control estimates that more than one-third of children born in the year 2000 will develop diabetes. Diabetes and excess weight not only decrease life span, they also lower the quality of one's life. We CIBike members now have an invitation to participate in the HealthAware program at Community Memorial Hospital to look in-depth at our health and wellness. I personally have benefitted from the advice of their nurse practitioner and dietician. It should be very interesting to see how we cyclists compare to the general public.

And then there were the more intangible benefits of bicycling. Bike Town participants found themselves getting out of the house and recommitting to regular outings with friends. They felt better about themselves because having friends feels great.

*Continued on page 5*

## CIBike Next Big Things

**Read on for more info on how you can be part of the club's Next Big Things  
Being planned especially for YOU!**

- May 8 Club Meeting featuring Amgen Competitors and Amgen Volunteer Sign-Ups
  - Spring Fling at Paso Robles this year - sign up now – more info in this issue.
- Annual All-Club Ride and Picnic – July 13 at Rincon Beach Park – something for everyone, page 4.
- Cool Breeze Century – August 17 - preview Janeene's new jersey designs on page 5.

## Amgen Tour of California

### May 8 Club Meeting Special Pre-Race Presentation by Amgen Racers

May 8, Wednesday

Museum of Ventura County, 100 E Main St, Ventura

Free Parking Available at Site

Doors open at 6:00 for no-host social featuring beer, wine, fellowship.

Special presentation starts at 7:00 pm.

Amgen cyclists Alexis and Kendall Ryan will be our presenters.

They will be both be racing in the Amgen Tour, starting in Ventura, on May 16. In 2018 after Stage 1, Kendall was the Sprint champion and overall leader. Alexis and Kendall are on different teams, so there is lots of competition in that family!

In addition, club members and the local cycling community will be able to register to volunteer for the Ventura Stage of ATOC. This will be a great opportunity for Ventura to show their support for our local stars.

There will be info on bicycle advocacy and local cycling opportunities



Kendall



Alexis

## The Amgen AEG Tour of California Is Back in Ventura With the Men's Finish and Women's Start

**Thursday, May 16**

By Leslie Ogden

The Amgen AEG Tour of California is back in Ventura! And you know what? You're to thank! Venturans volunteered so enthusiastically and in such great numbers last year for the Men's Start that Amgen and AEG asked to come back. And not just to come back, but to make it a Women's Start, a Women's Finish and a Men's Finish in Ventura after a morning start in Pismo Beach!

We sure had fun last year and expect fun on steroids this time with all the amped up activities.

If you'd like to volunteer, please do! <https://www.amgentourofcalifornia.com/fan-forum/volunteer>

Club President and Amgen Tour Volunteer Coordinator Kate Faulkner said: "We will need more than double the volunteers that we had last year. Sign-up for volunteering is not open yet. **What you can do now** – Put the date on your calendar! Ask for the day off from work! Tell your friends - they can write us and we will add their name to our mailing list!" If you have questions, please contact your local TOC Volunteer coordinators: Kate Faulkner ([kerfaulkner@gmail.com](mailto:kerfaulkner@gmail.com)) or Leslie Ogden ([leslieogden@me.com](mailto:leslieogden@me.com)).



## CIBike Next Big Things continued



### 2019 Spring Fling Paso Robles on May 24-27

#### This year's Spring Fling will be held in Paso Robles

at the Great Western Bicycle Rally,  
also known as the Paso Robles Cycling Festival.

We'll have the same great group of fun friends – new and old - camaraderie and group rides. But the routes will be different for whatever bike you ride - road bikes, hybrids or e-bikes. Or think about just hanging out and relaxing for a nice weekend away. There's lots to see and do in and around Paso Robles including vineyards, wineries, breweries, sightseeing, relaxing by the pool with a cool adult beverage. Register soon and arrange your accommodations.

The Oaks Hotel offers discounts for Rally participants. Watch for more info in our club weekly emails, Facebook, and our website [www.cibike.org](http://www.cibike.org).

Buzz over to this site for more info and to register:

<https://www.greatwesternbicyclerally.com/>

### Annual All-Club Ride, Summer Picnic and Beach Party

We will return to last year's fabulous picnic site - Rincon Beach Park, on Saturday, July 13.



Please put this fun day on your calendar! Last year's picnic had something for everyone - several rides (one very casual), good eats, extraordinary ocean view, and cool shade. Some members even drove up just to enjoy the BBQ lunch and visit. Ride, walk, drive or parachute in - however you choose to get there will result in a day of tasty BBQ lunching, relaxation and enjoyment with friends. After lunch go down a few steps to the beach for a nice dip in the Pacific. Watch for more info on the website and in the weekly emails.

### Lure of the Grapes at Solvang/Buellton October 2019

Club members have always welcomed this great autumn weekender in Buellton/Solvang. Join us on October 25-27 for the annual Lure of the Grapes featuring long and short rides, local BBQ dining under the stars, club-hosted pizza and salad bar, relaxation. Come for the weekend or drive up just for the day. Watch for more info in the weekly emails and on the club website. Dan Mathews, event director.





*Editor's note:*

*Lucky for us we have the talented Janeene Nagaoka designing our Cool Breeze jerseys and graphics. Janeene described her inspiration for this year's design.*

"This year's jersey is a tribal sun and wave design in some deep, vibrant red, yellow and orange and black colors. The design just sort of evolved on its own. I wanted to use the waves because it represents our geographic location, and riders get that great ocean view as they ride up the coast. There are little starfish and sea creatures hiding in the waves as well. The sun has some elements of wind and movement to indicate a 'breeze.' The middle of the sun is actually a scene in itself. It has the rolling ocean, the hills and billowing rays of sunlight."



### ***President's Message – continued from page 2***

Just think of the friends you wouldn't have if you had never joined CIBike. So sad. So hard to imagine. Also, think of the wonderful places you have visited with friends on your bike. Club members are regularly biking in many corners of the world (Italy, Japan, India, Columbia, Thailand, England, France, Canada, etc.) and the United States. Being a bicycle tourist is a different way of experiencing new places. We travel at a speed that allows us to interact with locals going about their daily lives.

I had lived in Ventura for more than ten years before I started riding with CIBike. I thought I knew this region of southern California pretty well. I was so wrong! I knew the main highways and destinations. However, as I learned, I was completely unaware of the rural roads and small towns. Even roads that I had already traveled in a car appeared completely different, and more interesting, at the speed of a bicycle.

There is an annual report called the World Happiness Report. Interestingly, many of the "happiest" countries are places where a much greater percentage of the population than in the U.S. rides a bike for commuting and for pleasure. In fact, the report specifically points to obesity and loss of social capital (i.e. isolation, depression, and related lessening of human connections) as primary factors in the surprisingly low "happiness" score of the U.S. in spite of our economic wealth.

We cyclists know how to put a smile on faces. We can continue to share the fun of bicycling. There are many bicycling outreach events that CIBike members participate in to help spread the word about cycling. The Cool Breeze Century, Amgen Tour of California, community bike rides, bike rodeos and in-school education, mentoring non-cycling friends on their first bike rides, and more. Would people be happier if they rode a bike more often? I think they would.

***Who would have thought that something as simple as riding a bike could be a powerful invitation to better lives?***

***Thank you for all you do to support cycling. Kate***

## News from CIBike Board of Directors

### News about GPS and Our New Payment System

Membership Director Soheil Roshan-Zamir

[membership.cibike@gmail.com](mailto:membership.cibike@gmail.com)

#### RIDE WITH GPS; Premium membership through CIBike

All CIBike members now have access to the premium navigation tools on Ride with GPS for all club routes. You must create a personal account with Ride with GPS. This is a \$60 annual value for CIBike members. After connecting with the CIBike account, premium features such as downloadable, offline routes and audible navigation cues will be accessible via your mobile device. Here is a complete [tutorial](#).

#### Migration to new payment system

CIBike was offered the choice to switch to AffiniPay, a reputable, full-service merchant account provider, or to continue using PayPal and incur additional annual service fee charged to the club. The Board of Directors did some research on AffiniPay and decided it makes financial sense to switch to AffiniPay and avoid unnecessary administrative fees. Migration to AffiniPay has since been successfully completed.

Club members should not experience major changes. All can continue to pay for renewal and event charges by credit card (VISA, MasterCard & Discover). All payments will be processed by AffiniPay. As with past payments through the CIBike web site, credit card information will NOT be stored by our online membership system. Instead, all payment processing will be handled by AffiniPay.

### Really Fun Events Coming Up!

Programs Director Dan Mathews

[Programs.cibike@gmail.com](mailto:Programs.cibike@gmail.com)

**We have some exciting events coming up so clear your calendars! Read all about it in this issue of Chain Chatter and weekly emails.**

- Spring Fling will be in Paso Robles this year, May 24-27 at the Great Western Bike Rally, register on the club website and get your hotel reservation early!
- Annual All-Club Ride, Picnic and Beach Party will be on Saturday, July 13 at the same great location as last year's festivity - Rincon Beach Park. More info in this issue.
- Lure of the Grapes, October 25-27, at Flying Flags RV Resort in Buellton/Solvang. Info on website.

### CIBike Awards Generous Grant to BikeVentura

Grants Director Bill Faulkner

[Grants.cibike@gmail.com](mailto:Grants.cibike@gmail.com)

We CIBikers can be proud of our many contributions to improving bicycling in Ventura County and beyond. Some might not realize the major financial contribution that CIBike (with funds raised through the Cool Breeze) made to local non-profits that share our mission of bike safety and recreation. This year we have awarded a \$10,000 grant to BikeVentura. Their thank you:

*"Channel Islands Bicycle Club (CIBike) has awarded BikeVentura a \$10,000 grant to implement a variety of youth cycling programs throughout the County. We are so honored to receive this support from a club that isn't just a group of people that like to ride fast - they support changing the landscape of bike riding, and they see the value in starting 'em young!"*



## CIBike Club Meetings - They Are for You, Your Friends, the Community and Anyone Who Wants to Have a Nice Social Evening and Learn New Stuff

The January 9 club meeting drew a capacity crowd at the Museum of Ventura County with a fascinating presentation by Jim Sayer, Executive Director of Adventure Cycling. The Channel Islands Bicycle Club was the first stop on a national tour of clubs and organizations at which Jim discussed the Adventure Cycling's many touring and advocacy programs as well as his own personal bicycling experiences. Before the meeting, members were invited to ride with Jim on a jaunt up the coastal bike path. History was made on that ride when Bill Faulkner snapped this amazing photo of the group as they cycled northward and the image ended up in the national newsmagazine, Adventure Cycling.



Bill and Jim



Kate and Jim



Jim Presenting

Meetings are held on the second Wednesday of the month and are open to the public.

Doors open at 6:30 (except for the May meeting)

with a no-host social until the program begins at 7:00 p.m.

Museum of Ventura County, 100 E. Main Street, Ventura

**NOTES: No meeting in March or April.**

The May 8 meeting will start at 6:00 and feature a social hour, info stations,  
and a special Amgen program.

## The Ride Extravaganza Is Finally Here!

**FUN!!** Isn't it great being a member of the Channel Islands Bicycle Club (CIBike)? Besides being a fun group there are many ride opportunities and benefits that are available to you. If you are a regular rider, then you will be familiar with the ride calendar ( [www.cibike.org/rides](http://www.cibike.org/rides) ) as well as your free access to Ride with GPS. There are plenty of fun and adventurous rides that will be posted on the club's ride calendar.

**MORE FUN!!** In addition to the social rides – some of which you can read about in this world-famous Rides Extravaganza Issue - there's the really fun stuff that happens every year – the Spring Fling (this year in Paso Robles), Lure of the Grapes in October in Buellton/Solvang, and the annual all-club ride and picnic in July. Read about these fantastic events in this issue.

**MOST FUN!!** This issue features some of our member's stories ranging from inspirational to funny to a perilous journey, to overnights. But if you just want to enjoy a nice, relaxing local cruise with your bike buddies, there's that, too. Thanks to all who graciously submitted their true-life stories in the hopes that they will inspire others to go out and find their own biking adventures.

Everybody likes a challenge but half the fun is joining your cycling pals for a relaxing respite in nearby cafes in cozy countryside villages as shown here.



Read on for World Famous Ride Stories



Intro by  
Editor  
Margaret





Take your off-road bike to a secluded area, enjoy the view and quiet reflection, as Danny is doing at Montana de Oro State Park.



Ride alone or join one of the group rides leaving weekly from Ventura, Moorpark, and Ojai.

## A Wonderful Tale of Survival While Bicycling Through Japan Or – How To Survive a Typhoon and Still Enjoy Yourself

By Leslie Ogden

Sonia Sandomer, Terry Dawson, Bob Foote, Jim Teshima and I intended to spend the month of September cycling from Tokyo to Fukuoka, far to the south. Our trip to Japan didn't turn out as planned, but still was wonderful for the survivors!

A very very unlucky first day gave Sonia a triple-cracked pelvis, Bob a bruising from a collision with a woman and her baby, and all of us a week in a hotel in Tokyo's outskirts hoping Sonia would mend enough to go home safely. Our first typhoon hit soon after, making us happy to be inside. Even so, the injuries, the battles with insurance companies, the typhoon AND a devastating earth-quake in the north combined to give us pause about continuing this trip!

When Sonia and Terry left, Bob, Jim and I DROVE to Mt Fuji, had some awesome noodles, did some beautiful cycling, and joined a community ride around the five lakes surrounding Fuji-San. Looking better!

We then DROVE to beautiful Kyoto, played tourists and rode neighborhoods and Kyoto's equivalent of the LA River Trail before driving to a remote rice farming area. We enjoyed the riding and loved the food and hospitality.

The most glorious cycling came in the south, among a series of islands stretching from Imabari to Onomichi. They are linked by class one bike/pedestrian paths and spectacular (2-3 mile!) bridges. Beautifully designed, engineered and maintained, this is a ride you really have to do!! The town of Onomichi was lovely as well. Almost tropical (oranges, palms) with fabulous mountains and seafood.



Jim's family comes from the south, the Fukuoka area. He found the graves of his father's family and later his mother's (living) cousins which was touching for all of us.

Jim's maternal grandfather had established a community center/shrine in Omuta, and it was still there with a great yoga class going on. Inside was a big photo of Jim's grandfather!

Jim stayed another 10 days (and enjoyed 2 more typhoons) after Bob and I left.

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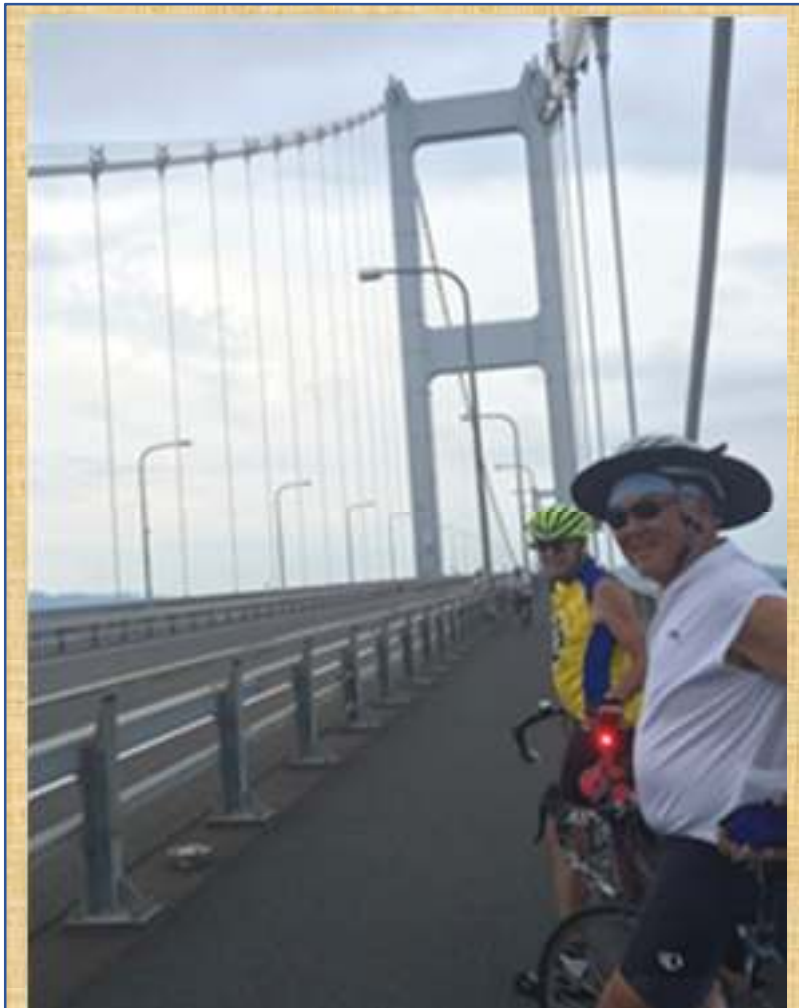
*Leslie's adventure - continued*

## Some Nuts and Bolts:

- Airfare was cheap for us, ~\$600 roundtrip Tokyo-LA.
- They mean it about taking your shoes off.
- No trash cans. No litter anywhere.
- Hmm... bring your trash back to your hotel with you!
- Toilets come with myriad instructions.
- GPS units come with none. Make sure yours is in English before leaving the car rental place. Keep your phone's GPS going!
- Portable WiFi units will save you. Get two at the airport.
- Our devices fit their plugs.
- Don't tip.



Kyoto



One of the Imabari-Onomichi bridges





## My First Bicycle Tour

By Derek Towers

### Day One

The day had finally come. After a couple months of training, gear acquisition, packing and route planning, it was the morning of departure. The train was to leave the Ventura station at 11 a.m. which left plenty of time to leisurely enjoy the morning. I'd like to say it was stress free but I'm a bit neurotic about everything.

### The Pacific Surfliner

The train ride up the coast to San Luis Obispo was beautiful. There are parts of the coast that you can only see from the train. The train ride alone was worth the trip, but the adventure was only beginning. The train let us out in the late afternoon. Just up the road, from the train station, in San Luis Obispo, was a great little Mexican food place, Taco de Mexico. We grabbed a quick bite before really getting going.



### Route Plan

Our plan was to ride the 15 miles to Morro Bay State Campground to camp overnight. It was a hot afternoon, with a decent head wind, and a nice little climb to start. The ride through San Luis and into Morro Bay is mostly rolling grass hills. We took the Highway 1 route and you ride directly by Cal Poly University, then the California Men's Colony, the National Guard, and Questa College. Off in the distance as we rode were the "Nine Sisters", beautiful, very old volcanic peaks.

### Morro Rock

Instead of going directly to the campground, we took a longer detour out to iconic Morro Rock. We made it into Morro Bay around 5 p.m.; the head wind had gotten cooler along with a lot of fog. Our scenic detour leads us through the beautiful Embarcadero waterfront. We wandered back through the town to the Morro Bay State Campground.

### Dinner

After getting camp set up, before heading off to dinner, we decided to explore the little peninsula across the street, with its great little nature trail. We headed back to the Embarcadero for some very tasty Thai food at Thai Bounty. We got back to camp pretty late. What a great first day of adventure.



### Day Two of My First Bike Tour

#### Friends on a Ride

Alan and I are both early risers, especially going to bed quite early. Who's Alan? Alan is a good friend, who when I mentioned this idea, told me to let him know if I get serious about it. Well I did get serious and Alan decided to join me on this childhood dream. Alan is a seasoned bike tourist, having completed a cross country trip many years ago. He and I did several training rides to get ready for this and to make sure we were ride-compatible.

#### Breaking Camp and Coffee

It rained the first night for about 15 minutes. The fog was quite thick the rest of the time and drops of water fell from the Eucalyptus trees we slept under. So, after not getting a lot of sleep the first night, we packed up camp and hit the road. First things first - coffee and breakfast. Alan mentioned a spot he knew in Los Osos, that him and his wife loved, so off we went the first 4.5 miles. We passed by the Elfin forest which if we had more time is great hiking area. The Back Bay Cafe is great little classic breakfast spot with tasty plates and coffee. We chatted with several kind folks asking about our adventure including a gentleman from Camarillo.

*Continued on next page*

*Derek's adventure - continued*

## Great Spots to Stop

The ride out of Los Osos and San Luis are just beautiful. The roads were not too crowded, except for a small bit of highway riding. Just past Avila we made the turn to head down the coast. We made a rest stop at the [Dinosaur Caves Park](#). There are some beautiful cliffs with caves. Our next pit stop was a Pismo Pier, but just a roll through stop. Then a mile later we pulled into the [Monarch Grove Park](#). A nice little eucalyptus grove during the off time, and an epic nature event during the right months. Watch out for South Halcyon Rd versus Mesa View Rd as it tops at a 14% climb. I walked a good bit of it.



## Lunchtime Surprise

Our next stop was an 8-mile detour, with a head wind all the way out. [Oso Flaco Lake](#) which sits at the end of an agriculture road was an incredible surprise. Before heading in, we had some lunch leftovers at the picnic benches. Bikes are rare visitors from our talks with some of the regulars. What a perfect way to see this hidden gem. There is a boardwalk that leads all the way to the beach. Stop for all the pedestrians, but what a blast!

## AirBnB

We made a quick stop for some cold beverages in the town of Guadalupe. The 16-mile ride from Guadalupe to the far southeastern end of Santa Maria, Orcutt was dry, flat, ag land. The nearly 70-mile day, ended at a very nice [AirBnB house](#). Our hosts were very accommodating. They were kind enough to drive us to the local grocery store to pick up dinner fixings. A nice shower and full belly, we crashed out hard after day two.

## Day Three

### Childhood Dreams

This childhood dream thing is really happening. I lived in Morro Bay, on a 30-foot sailboat, from 8 to 12 years old. The Marina and State Park Campground were my playgrounds. My best friend lived in the trailer behind the Bayside Cafe. When I moved away to Ventura, I'd regularly take the bus back to see my best friend. Just after I moved, I got my first real bike, a Schwinn, High Sierra mountain bike. As I sat on the bus, I started to form this dream of a multi-week-long adventure in the summer. I planned some of it, even bought some gear, but at the time it was just too big of adventure. But now, here I am, living it.

## Big Climbs

Day three was the big climb day. We were up and out of our [AirBnB host's home](#), before they had awoken. We planned to take the long way around, through Vandenberg and Lompoc steering clear of highways 135 and 246. The morning started with a whole lot of up downs as we traveled on and next to the Cabrillo Highway from Orcutt, near Vandenberg, and into Lompoc. This section of Highway is quite beautiful, not too much traffic, wide shoulders and nearly 2000' of climbing. We stopped for breakfast in Lompoc, at [Cajun Kitchen Cafe](#).



## Beautiful Climbing Continues

Leaving Lompoc on Highway 1 are beautiful rolling hills on a freshly paved road. The next section was just under 20 miles with another 2000' of climbing. I wish I had looked a bit more closely for spots to stop because right next to us were the [White Hills](#), a unique diatomaceous earth hill. Most of the hills are grazing ranches and so we were regularly greeted by cows and goats. With nearly 40 miles of climbing, it's always great to reach the summit. The downhill did not take 40 miles, but instead 1100' in only 5 miles. Going down the Gaviota Pass was quite a thrill. My thrill limit is at about 35 mph. A quick stop for a picnic lunch, at the Gaviota rest stop and we were back at it.

*Continued on next page*

*Derek's adventure - continued***Highway 101**

I had seen bicycle tourists a million times driving this stretch of Freeway. Now I was one of them. While the noise of high speed traffic is not relaxing, the beauty and calm of the Pacific Ocean continually in your right view balances it out nicely. Our original plan was to stay at [Refugio State Beach](#), but the host told us that the Hike and Bike at [El Capitan Campground](#) was even better. I was very tired at this point but the thought of floating in the ocean kept me moving. El Capitan campground has a great ocean view. After a delicious dinner across the road at [El Capitan Canyon Market & Deli](#), I went and floated in the Pacific.

**Day Four****First Stop**

Before stopping we enjoyed cruising all of State St, in Santa Barbara. Our first stop wasn't until Carpinteria at [Lucky Llama coffee shop](#). Some delicious highly caffeinated beverages and a sweet pastry treat, prepared us for our final bit of travel. We were being drawn home, as the sights and routes became more familiar. Alan's saying for the trip and in general, in California, always go north to south. The nice tailwind corroborated his theory.

**The PCH**

A Short 10 miles later we pulled into [Hobson County Park](#) and stop for an ice cream. It is a unique feeling of both being ready for the ride to be done and not wanting it to be over. This section of the adventure is truly breathtaking. As we got going again, with our increasing tailwinds, increasingly more familiar terrain, the adventure was coming to end.

**New Eyes**

This has been a truly perspective changing adventure. I rode my bike everywhere as a kid. It's cliché, but true, that it gave me a sense of both freedom and adventure. This trip recaptured some of that feeling. I started riding regularly again back in 2008, when a buddy let me ride his fixed gear bike. That bike was almost like relearning to ride a bike, something that was old was new again. After that I got my own fixed gear and commuted every day for 2 years straight, until I got in a serious accident with a vehicle. I'm of the philosophy of getting back on that horse. So, I started commuting and being a utility rider again.

**If you ride a bike - you are in good company.**

Arnold  
on his invisible bike



Patrick Dempsey



LeBron James



John Kerry



## Of Storms and Men

### *Reflections on Bike Adventures with CIBike*

By Chau Nguyen

*Editor's Note: The rainy season in Ventura County prompted this article by member Chau Nguyen who in 2018 bravely rode the washed-out roads and mud-splattered bike path along the Rincon. That not-too-distant memory inspired Chau to document that story as well as his reflections on being a CIBike member.*

**On December 4, 2017, the Thomas Fire erupted** near Santa Paula, around Steckel Park, a peacock-strutting park pit-stop CIBike cyclists know well. It would go on to become one of the largest wildfires in modern California history, burning approximately 281,893 acres (440 sq mi; 114,078 ha), and destroying 1,063 structures, while damaging 280 others. It would set the stage for the devastating mudslides to follow. It was against this backdrop that the lull of the holiday season unfolded. With the acrid smell of smoke in the air and piles of ashes downtown requiring more than magical chimneysweepers to clear, it was a difficult time to get out on the roads to enjoy the usual Tuesday morning ride. Before setting out, I recalled the many acts of kindness and generosity I've been a recipient of over the years from random riders as well as club friends. Those memories savored in the hippocampus: Glen riding alongside me when I started and would finish well over 5 minutes after every ride was done; Cassie, encouraging me to ride with the club; Dick, Johnny on the spot when my rear derailleur hanger decided to twist itself into a Gordian knot along Casitas Pass, and Buzz yelling, "Shift, Chau, shift!!!" on a short downhill over PCH as I was still learning how to ride.

**You've probably seen the adornments on license plates: "I would rather be ...cycling".** That was my sentiment after going 6 weeks having ridden only twice, and on the same stretch to Trancas to boot. But it was better than risking getting black lungs with all the soot aerosolized. Cyclists know this feeling well - the withdrawal from cycling syndrome; perhaps a little increase in heart rate, blood pressure, or just the anxiety and edginess that it entails to get that biking fix. And so I decided on the morning of Tuesday Jan 9, 2018, I would do my first ride of the New Year, the Summerland route. It had rained off and on for the past 12 hours or so, but nothing that seemed to indicate a tempest was brewing.

**That Tuesday was a balmy 58 degrees outside, overcast and gray; but no rain.** As usual, it felt much colder at the ride start in the Mission parking lot, which was mostly empty. No gaggle of cyclists today. I took off heading down the coast, bereft of windproof jacket or gloves, hoping I'd adjust after a few miles. On the bike path, I could see a parting in the clouds, with sunshine punching through like a peal from Zeus, over what looked like Summerland. That's a good sign I felt; by the time I get there the sun will likely be out and everything will be alright. A light drizzle began on the bikeway portion along the beach. What was most striking though was the eerie quiet: No cars were on the freeway! That's a little odd, I thought, but soldiered on.

**At the top of Bates hill I experienced a nanosecond of clarity-maybe I should head back?** So far conditions had been okay. This light drizzle after all was 99% of the time what passed for "rain" in Southern CA. I was sure for instance, that a seasoned veteran cyclist of the Northwest like Soheil would scoff at this "rain." The aroma of Caribbean coffee at Cantwell's deli filled my olfactory imagination. Once I get there, get coffee, and what Tuesday riders know as my gluttonous mid-day meal, I'd be fine I felt.



Skipping the usual siren song of the placid hills on Gobernador to get there quicker, I turned onto the 192. The wind had picked up by this point, and the precipitation as well. The typically smooth roads I was accustomed to began to muddy. Soon, my thin tires were sloshing through rivulets of water which then turned into a full stream. My reflective Gaerne shoes looked like they had been dipped into mud fondue. I started to see people coming down from the hills out of their abodes, looking dazed by what was unfolding around them: a steady torrent of over two inches of rain in a mere few hours, gravity pulling down the foundations of their homes. But what was most alarming was what I was not feeling: my left hand. It had gone inexplicably numb. With the wind and rain compounding the chill factor, this was probably a hypothermic effect I thought. I tried resting the hand, placing it even inside my jersey to the warmth of my core. *Continued on next page*

*Chou adventure – continued*

***It was a dead end ahead: a small snarl of traffic with a fire engine and a VCFD SUV stopping traffic***

in both directions at Cravens Rd. Worried about what operating in life with one hand might be like and weary, I approached Ray, the firefighter who seemed in command of the situation. I told him what was going on with my hand, and he suggested I get in his SUV and turn on the heater. It had been about 19 miles to this point, and around 10:20 AM. I could hear the distress calls over the radio dispatch in Ray's car. A family of 4? 5? were holed up in their attic due to the conditions and needed rescue. Slowly but mercifully, some feeling began to return in my hand from the car heater, and Ray's generosity.

***“Didn't you see the weather forecast?” he asked me incredulously.*** “You're pretty brave to be out here.”

That's a polite way of saying stupid, I assured him. “I didn't say it,” Ray countered, laughing. “We have an operations center in Carpinteria I can drop you off at. You can take shelter there for a few hours until the storm blows by or someone can pick you up.” I heartily agreed, but knew with the freeway closed and in this downpour that no one could, or even should, get out. The Carpinteria ops center was a converted clinic. Small cots lined one end of a cafeteria like room. On a long table about a dozen firefighters were planning out their heroics. One graciously shared his coat with me. I warmed up and waited for about 20 minutes, searching for the calm in the windstorm. I needed to plot a strategy to get back to the Mission, and to work, which was non-cancelable. I could take a pit stop at the Cliff House Inn, in the middle of the beach bike path.

The Carpinteria ops center was a converted clinic. Small cots lined one end of a cafeteria like room. On a long table about a dozen firefighters were planning out their heroics. One graciously shared his coat with me. I warmed up and waited for about 20 minutes, searching for the calm in the windstorm. I needed to plot a strategy to get back to the Mission, and to work, which was non-cancelable. I could take a pit stop at the Cliff House Inn, in the middle of the beach bike path.



***Disaster struck on the way to the public restroom at Rincon Beach Park.***

I had taken a spill on the Bianchi just before the downhill freeway entrance from the slippery road obscured by pools of granite and mud. Now the shoulder was sore, along with blood and road rash on my elbow, knee and left hand. I washed this off, warmed up my hands with the quick dry fan, and tried to do a little tai chi to stretch out sore muscles. Pushing on to the Cliff House, the path before me now was as a river with the bike fording it. I made it to the Inn, bloodied and bruised like a lost Viking. Nellie, the manager who was stuck there as well that fateful day, offered me some hot tea and the white cloth hotel towels to clean up. I was embarrassed to make a mess of them. She placed an old heater next to me. It did the trick, as I willed myself to make the next stop: the Ventura County fire station #25, north of Faria beach. Once there, I found this usually tranquil CIBike pit stop over-run with parked cars and trailer trucks. They had been forced to detour from the closed freeway. One driver asked me how long the shutdown would be.

***Strengthened by my stop at the Inn, I cruised past Fire House Station 25.***

Next would hopefully be eats at the Hobson County park grounds: how many times had I sped past that sign touting breakfast and tacos out front on PCH? Unfortunately, it was closed, Murphy's law remaining in full effect. I used the towel-free hand dryer again to warm up the fingers, and resolved to continue. The plan was to use outhouses as needed to shelter from the elements, and hopscotch back like a frog from lily pad to lily pad. My next stop was indeed a Porta-potty. GPS, which intermittently worked, reported that I was only a few miles from where I needed to be, a mere 25-30 minutes by bike so it reassured. From there, the journey of cold, wind, sweat, and rain whittled away at my body and mind, and I began to feel like a zombie similar to the folks I'd seen coming down from the hill slides earlier.

*Continued on next page*



*Chau adventure - continued*

Up ahead, I noticed a man getting out from the back of his camper to pour some hot liquid out. I hesitated briefly but then knocked on the back door. Surprised, the man answered. I told him I had just a little way to go but could really use a short break. He obliged. I later discovered that the camper that currently housed Mike and I was also Mike's home. He insisted he could take me back to the Mission, and I thanked him for it. The only thing more eccentric than me at that point was the weather outside, tranquil one minute and lashing the next. We finally made it back to the start where people were waiting for me to show up.

***The absurdity is not lost on me- a homeless man helped me when I needed someone most.***

When I reflect on a "good" ride, really what I recall is a sensation, like what you feel in front of an Impressionist painting: Water lilies by Claude Monet at the Musee de l'Orangerie. The ride specifics are obscure; other than I felt good or felt the ride went great. I remember not long ago, several picnic benches full of riders would fill out the standard Summerland stop at the deli. Old, young, slow, fast- we were all there. This is one of my fonder memories. A bad ride however, is emblazoned into the memory banks, unless you had cause to see stars. But the other memories that are so tangible are also the ones infused by kindness; many acts of which I've witnessed in my brief cycling bio. It is in these small moments I feel that cycling and cyclists can shine.



***Stopping for a fellow cyclist or calling out to them on the side of the road - it is always appreciated.***

Lessons learned? Weather? Check. Subdue testosterone fueled moments of madness? Check. But most importantly, we can share with one another our kindness, the one weapon we have against anti-love in this dangerous space-time. Because if a monarch butterfly flaps its wings half a continent away, things can change, weather can change, and we can change, for the better.

***A Great Ride Is the Ojai Valley Bike Trail from Ventura to Ojai and Beyond.***



The Ojai Valley Bike Trail will be **closed** for repairs starting in April from Nye Road south to Foster Park. Alternate routes are Santa Ana Road and Highway 33. Watch for opening dates on the website.

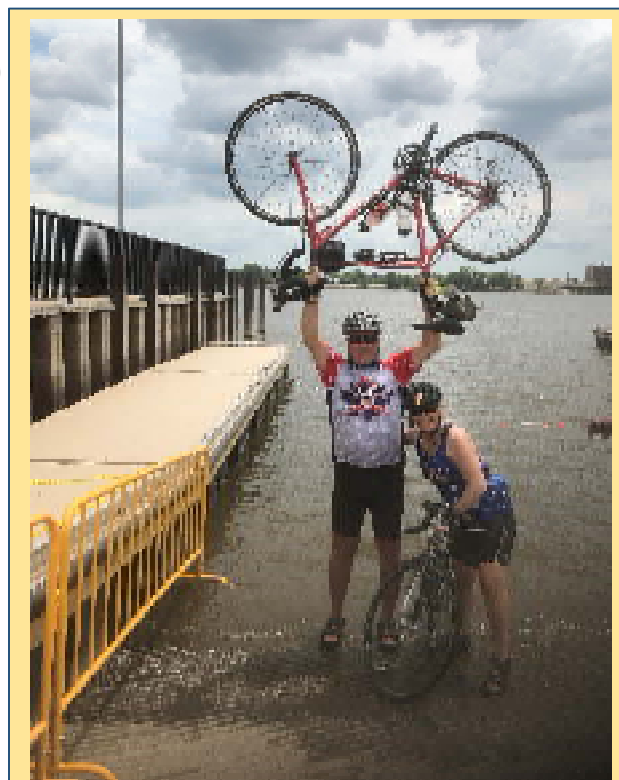
When it's ready to go, start at Ventura and the 33, through Foster Park and catch the Ojai Trail. When you cross the bridge, look for the sign that shows Channel Islands Bicycle Club as a financial contributor to the building of the San Antonio Bridge.





**RAGBRAI****(Register's Annual Great Bike Ride Across Iowa)****Why We Love This Ride***By Patrick and Sherry Mullin*

There are several bike rides across various states and countries, but RAGBRAI is the oldest, longest and largest. In 1973 two friends who worked at the Des Moines Register newspaper challenged each other to cycle across the state. Maybe they were inspired by the Tour de France, or maybe there was a bet pending on the outcome! Whatever made them think it was a good idea, the reports were that all who went (around 100 friends and family) had such a fun time that they continued to go every year. The ride is in the last full week of July. You dip your back tire in the Missouri River and 7 days later your front tire in the Mississippi. The cut off for registration is 10,000, but that usually balloons to around 25,000 when riders who can only ride a few days join in. It can be horribly hot and humid, or like last year pretty much perfect. Even though a lot of comfort depends on the weather, it's not why you choose this ride. To us, we love the biking, but it's the people of Iowa that make it so endearing. If you do this ride, I guarantee you'll think they are the kindest and most generous people on Earth.



Dipping in the Mississippi

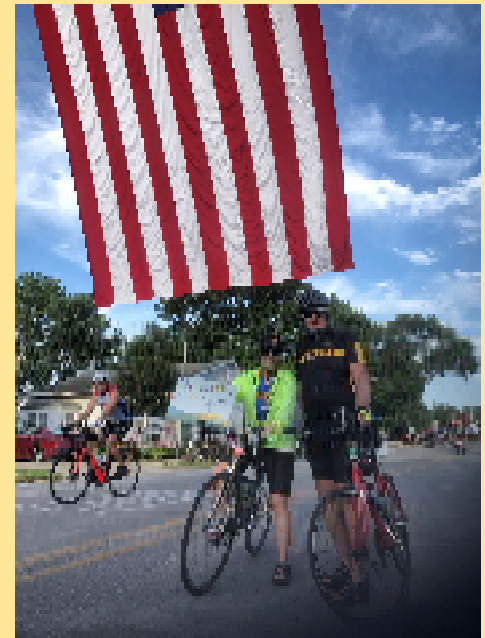


That's the big picture. But it's the specifics over the years that have kept us coming back. Like the close friendships with people you wouldn't have known otherwise... the heart-warming surprises of every kind, every day... the pure fun you have with total strangers you may never see again but will always remember, and the fact that you laugh HARD many times every day.

This year will be a fairly easy ride: a total of 427 miles with 14,735 feet of climb. The rides have shortened a bit since we began 21 years ago, which is good since I'm 21 years older! I can remember a particularly challenging one around 550 miles and what seemed like 1000 hills. Generally, the mileage is around 450-500 miles, and each day is usually 50-80 miles.

BTW, be forewarned: if a "hill" has a name, like Potter's or Mockingbird or Pilot Mound, etc. you're in for a doozy! The route changes each year, and brings a lot of money to the little towns we pass through and stop in for overnights. I asked a woman in a town of 500 what they would use the money for, and she said with a big smile, "a community pool!" In another it paid for a new fire engine.

*Continued on next page*

*Mullin adventure - continued*

Many American flags along the way

The residents are just happy to have RAGBRAI come through, to show off their towns and what they are proud of, and to join in the fun! There are famous musical groups and fireworks every night, and very good local musicians in almost every town during the day. Sometimes there's a rope swing into a lake, and there's always a farm that sets up a water slide, or big blankets on their shady lawn to rest. There are great food vendors between towns, the most famous being Pork Chop Man. There are Amish baked treats, organic yogurt and granola with berries, and pancakes of course... and that's just for breakfast. You certainly don't starve, and what a wonderful way to stay fueled!

You'll want to ship your own bikes unless you can drive there like we do. The book that RAGBRAI sends you when you've registered explains everything you need to know and bring. Just don't bring a mirror...you might not want to see how skuzzy you're looking by the 7<sup>th</sup> day! Do bring an eye mask to get to sleep, and ear plugs to stay asleep. RAGBRAI provides a truck that will carry your luggage/gear to the next town during the week, and a camping area. Some people contact the overnight towns and find homes, to either camp in their yard or maybe inside their homes. Like I said, these people are NICE!

There are also many groups and clubs you can join up with. We pay extra to go with Bike World, a large bike store in Iowa, which takes our bikes, and us, from West Des Moines to the beginning town on the Missouri River. Then they follow the route, setting up a big tent for resting and socializing each day. If you've had a difficult day, it's a good place to go for beverages and attitude adjustment, because you'll always find others who had the same kind of day. You can bring and pitch your own tent or pay more to have them do it. The first year they offered that service it cost an extra \$400. We would've paid \$1000! It's wonderful to have it already set up with an air mattress inside.



*Continued on next page*

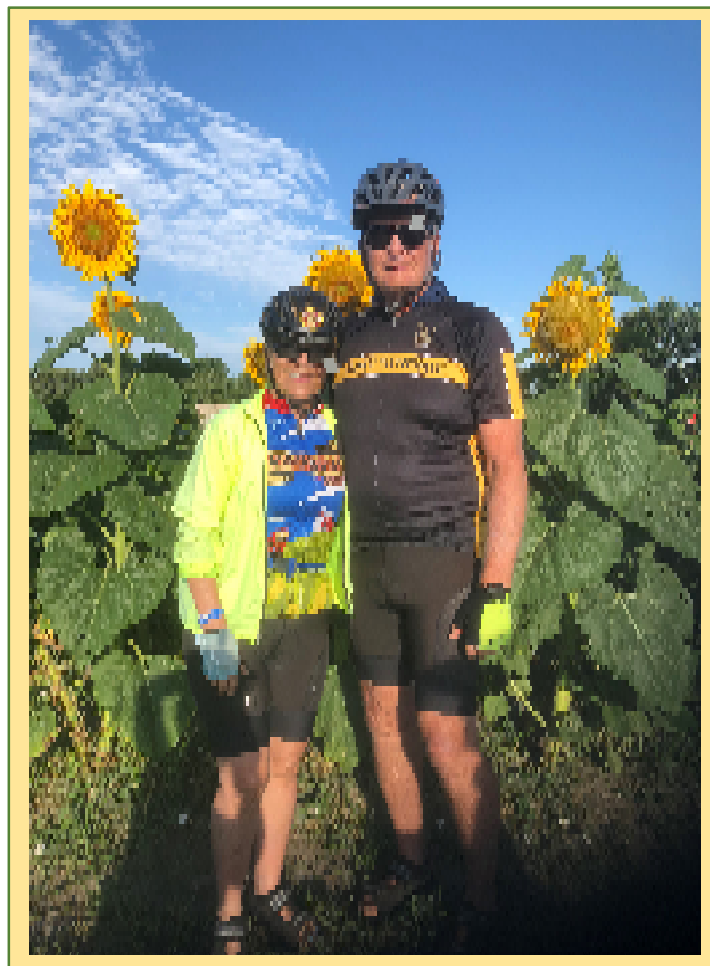
*Mullin adventure - continued*

So, if you go, here are some things you should try to do: Watch a human foosball game if there is one (kids and adults holding moveable poles kicking a soccer ball—it's hysterical.) Eat a "walking taco" (all ingredients put into a bag of chips...you'll want to eat them like that from now on!). Also eat as many "church-lady" pies as you want, because you're burning them off, and because they are drop-dead delicious! Put your name and where you live on the back of your saddle...more people talk to you, and you wouldn't believe how many people know where Oxnard is! Talk and donate to the kid who is raising money for a cause at the roadside. Pee in a cornfield. (I'm telling you it can be pretty funny!) When you go through a town and want a real bathroom, ask the Information person where you can find porcelain. If you're hot or just want a little quiet, go into one of Iowa's beautiful churches...also a good place for porcelain! As you can see, there's a science to avoiding hot porta-potties (called KYBOs in Iowa.) Never be afraid to knock on a door and ask if you can use their bathroom. I learned that from our daughter when we had missed the showers on the first night. She asked a homeowner at 10pm if we could use their hose to wash off for the night, and they said, "No! Come in and use our shower!" She said, "See, Mom!"

*There are only a few major rules on RAGBRAI:*

- Ride to the right side of the road,*
- always wear a helmet,*
- call out when getting on and off the road,*
- and no whining.*

*That last one took me a few years to master. Now I can't wait for July 21!*





## *Daddy-Daughter Ride*

By Jim White

Every year for the past four years, I have embarked on a ride from Ventura to San Diego. It's not an ordinary ride, it is a "Daddy-Daughter" ride. You may ask what a Daddy-Daughter ride is.

Well, ever since I stopped running marathons four years ago with my two daughters, I began to ride my bike more and run less. I wanted to save my knees and still enjoy the outdoors without harming my body. That's when I joined the Channel Islands Bicycle Club and was introduced to long rides with some terrific bicyclists. So, after a while, I thought it would be a great bicycle trip to ride down to see my daughter, Larissa, in Hermosa Beach, spend the night, then leave to visit my other daughter, Jessica, in Laguna Niguel. Jessica usually rides to San Diego with me. We stay overnight in San Diego, then ride back to Laguna Niguel for my overnight stay there and the following night in Hermosa Beach.



The ride itself is very enjoyable. It takes me down Pacific Coast Highway into Santa Monica and the bike path that goes around Marina Del Rey. Then there is a beautiful bike path that extends down to the Palos Verdes Peninsula. I ride up and over Pales Verdes through a very busy road through Wilmington and on into Long Beach. There is a beautiful bike path on the beach past the city. The path takes you into Newport Beach where I ride into Laguna Niguel to meet up with my daughter. After enjoying a nice home cooked meal and comfortable sleep, we take off to San Diego by way of Highway 1.

There are several different bike paths to ride and through the San Onofre Bluffs Campground parking lot that takes you past the San Onofre Nuclear Power Plant. Then it's on to and through Camp Pendleton. Going through the base you need to obtain a Bike Route Access Only Identification Card. You can acquire the DBIDS pass at the Visitors Center. Then it's on UC San Diego and Mission Bay. We usually finish in Old Town San Diego where we spend the night and start our trip back home.

I usually make this six-day ride during the Father's Day week which makes it extra special for me and my daughters. It is something I look forward to annually, as do my daughters.

## The Always Popular Urban Bike-Train Expedition

By Steve Light



Several times a year, club members are invited to join a special expedition from Moorpark to Union Station in downtown Los Angeles, have lunch, then haul bikes onto the Amtrak and enjoy relaxing a train ride home.

The Nov. 7, 2018 ride turned out to be another exciting adventure. It started with most of the group riding from Metrolink Stations at Moorpark or Simi Valley. I rode from my house and met them at the top of Santa Susana Pass. Then we rode the Orange Line and LA River bike paths to Downtown Union Station, with an unexpected detour where the path was closed, below Griffith Park. We had to turn around, ride back north, then south thru Griffith Park, to rejoin the LA River path at Loz Feliz. Along the way, we stopped at Porto's Cuban Bakery for lunch in Burbank. Coming home there was no dedicated bike car so we split up because the regular Metrolink cars allow only 3 bikes per car. ***Truly an urban biking adventure.***

***As a CIBike member you probably already know about the many weekly and special rides*** that are available starting from the Mission parking lot, Ojai, and Moorpark. Find current ride info on the rides calendar on your club website, [www.cibike.org](http://www.cibike.org). Thanks to Ride Director Sonia Sandomer for providing us with these adventurous rides including the new Third Sunday Ride.

***And did you know that Ride with GPS is now available to all club members for free*** (\$60 value). Use the link below and either sign in (if you're already a member) or sign up for their no-cost membership. From the pull-down menu on the left, select clubs and then CIBike. You'll especially enjoy the voice navigation, and both offline and pdf maps! Big thanks to Mike Stewart for populating this site with our faves: Go to:

[https://ridewithgps.com/auto\\_approve/Club/3437/tzgojTXEqKMLCvoj](https://ridewithgps.com/auto_approve/Club/3437/tzgojTXEqKMLCvoj)

## BICYCLING ITALIAN STYLE

by Dick Bellman

*In June 2018, a group of 10 intrepid CIBike friends undertook a two-week cycling journey in northern Italy.*

After 19 years of credit card tours going from one location to another it was decided to do a fixed base ride, actually two back to back fixed based rides. The cyclists included Don Abbott, Joni Jordan, Bill and Kate Faulkner, Deanna Owens, Sonia Sandomer, Terry Dawson, Leslie Ogden, Jim Dinges, and Dick Bellman.



*The internet turned out to be a valuable resource in planning this ride.*

Because bicycling is such an integral part of Italian culture there were many hotels which have become dedicated bicycle hotels, catering to the needs of cyclists. While bicycle friendly hotels are found throughout Italy, there are large numbers in northern Italy, most notably along the Italian Riviera on the Adriatic coast. We decided to avoid the highly touristy hotels along the Adriatic and found two sister hotels in the more central portion of northern Italy.

*After much research we ended up at the Garda Bike Hotel in Peschiera, at the southern end of Lake Garda.*

This wonderful hotel had a number of bicycling options, one being spending time at the Hotel Garda and then transferring to their partner, Hotel Lo Scoiattolo, in the tiny town of Pralormo. Ultimately we spent one week at each hotel.

*To say that our time at these hotels was wonderful may, actually, be an understatement of the quality of our experience.* All of our bicycling needs were attended to by a friendly, courteous and professional staff. Possibly the greatest amenity provided was the opportunity, at the end of each ride, of putting our dirty cycling clothes into a mesh bag and almost magically the next morning we would have freshly laundered bicycling clothes.

Getting to Hotel Garda was quite easy. The Verona airport is only about 20 miles from Peschiera with trains that would go from Verona to Peschiera train station, a mere 1/4 mile from the hotel. As an alternative, Hotel Garda will meet you at the airport and drive you to the hotel. Likewise, departure was also quite easy as we arranged group transportation from the Hotel Scoiattolo to Turin where we flew out of going home. *Turin is also a wonderful and we spend two days there before flying home.*

The amenities that were provided began with the option of renting bicycles, which considering the hassle and cost of shipping our own bikes, was a welcome opportunity. The hotel requested, not only the size of our current bike, but asked for specific measurements so they could best fit us to their bikes (or is it fit their bikes to us?) We ended up with high end Pinarello's! In most cases the fit was perfect, but if not they had a mechanic that made any necessary adjustments. These bikes were a joy to ride.

*Continued on next page*



*Bellman adventure – continued*

***Guide service was also an option.*** Having toured together for many years, being good at navigating, and not minding being lost while even enjoying the adventure of getting lost in a country in which we did not speak the language, we opted to skip the use of guides. By the way, this reduced the price of our trip. However, while in Pralormo we did engage the service of a guide, Sergio, for the day we rode to the hills of Torino and the Superga Basilica. That was an enjoyable experience as Sergio was an excellent bicyclist and guide. Using Ride with GPS I was able to duplicate routes offered by the hotel as well as creating additional routes for us to consider while there.

***The food was amazing.*** Each day began with a wonderful breakfast of both hot and cold items. Sandwiches and bananas were provided to take along on our ride each day. Upon our return in the afternoon there was an extensive choice of salads, cold cuts, fruit and many other delectable items. That was followed by dinner at 7:30. Each dinner consisted of salad, entrée and dessert from a menu with extensive selections. Well prepared, nicely presented and enjoyed with bottles of local wine. By the way, in case you were unaware, Italy is also well noted for its' wonderful wine. And wine was relatively inexpensive, as well.

***Early June is typically a good time of year to visit Italy. We were blessed with outstanding weather.*** There was just one day in which significant rain occurred. We appreciated the fact that we were doing fixed base rides so we chose not to ride that day. Instead we caught a bus directly across the road from our hotel and went to Asti where we spent the day. It ended up being a good choice as rain got very heavy that day.



Getting rental bike ready  
for action.

While in Pralormo, our hotel offered an additional amenity. The owner, Johnny, had an uncle, Amelio, whose family owned and operated a vineyard and winery. We were treated to a lovely wine tasting dinner at their family winery. The staff from the hotel drove us to the winery where we were not only treated to a magnificent dinner, but a different wine was paired with each course. What a lovely experience.

Roads were a mixed bag. Italy is well known for roads marked with pot holes. That being said, we have experienced such a variety of roads on previous trips that road conditions were not much of a problem. The roads around Pescara were more heavily traveled than the roads in the Pralormo region. We were never on major highways, and often on narrow roads with vineyards on both sides. Of course there were the cobblestone streets of the many small villages which we cycled through. Yes, Italians do drive fast, but they certainly seemed to avoid us. I guess many of them are also cyclists. Never did I feel unsafe.

***Would I do that ride again? Absolutely!***  
***It was a most enjoyable experience for all of the riders.***

## Short Shifters - Stuff You Want to Know

Our Motto - Keep Crankin'!

### Spotlight on big events coming soon!

1. April 27 – Ventura Cycles Community ride for Earth Day Ecofest in downtown Ventura Plaza. Ride starts at Channel Islands National Park Headquarters in Ventura Harbor and ends at the Ventura Plaza Park where an earth Day festival awaits. Watch for info on Facebook, on the website and in weekly emails.
2. No club meeting in April.
3. May is National Bike Month – lots of fun activities will be posted on our website, in the weekly emails and on Facebook.
4. May 8 CIBike club meeting featuring Amgen riders, refreshments, cycling info. See details in this issue.
5. May 16 –Amgen Tour of California returns to Ventura and 400-500 CIBike and community volunteers are needed! Sign up! See page 3 for more info.



### Read about different kinds of bike lanes.

<https://www.bicycling.com/news/a26311615/bike-lanes-video/>

**Ride of Silence** is a national day of recognition for bicyclists that have been killed in traffic collisions while on their bikes. Three CIBike members are among those remembered during the May event: Walt Hayes, Jim Dillingham and Matt O'Neill. Watch for info on the Ride of Silence event.

### Solar-powered bike lanes in Poland

<http://www.trueactivist.com/poland-unveils-bright-blue-bike-lane-that-is-charged-by-the-sun/>

### California Bicycle Summit, Sacramento, October

[https://www.calbike.org/events/california\\_bicycle\\_summit/?utm\\_source=%21Master+List&utm\\_campaign=0c42a2a488-](https://www.calbike.org/events/california_bicycle_summit/?utm_source=%21Master+List&utm_campaign=0c42a2a488-)

**Closed! The Ojai Valley Bike Trail** from Ventura to Ojai will be closed for repairs for five months starting in April. Watch for updates in our weekly emails, on Facebook or local news.

**Gear you might need to help prevent bike theft.** Thanks Terry Spragg for sending this article.

<https://www.outsideonline.com/2026986/gear-you-need-prevent-your-bike-ever-being-stolen>

**A 4,000-mile bike trail will offer cyclists a seamless coast-to-coast route.**

<https://www.railstotrails.org/great-american-rail-trail/>

*Got a short shifter to share? Send it to the editor and receive a free acknowledgement! Editor: [Margaretann2105@aol.com](mailto:Margaretann2105@aol.com)*



## Attention + Luck + Joey = Stolen Bike Recovery

*Editor's Note: After a journalist published this on social media, I asked Joey to write the story of his stolen bike recovery caper for the Chain Chatter. He agreed and provided the following story from his own perspective. JoJuhasz-Lukomski is the executive director of BikeVentura.*

My brother Nick likes to mock me about my looking at bikes that ride by, often craning my neck to get a long look at the name, the components, even the lugwork. I usually miss out on a good look at the person riding the bike, which sometimes Nick feels should be of greater interest.

Recently my eager attention to bicycles, and a whole lot of luck, reunited a very special bicycle with its owner. Nick Welsh, the Santa Barbara Independent's own "Angry Poodle," lost his bike more than a year ago when it was stolen from outside his office. A month ago, I was able to return the bike to him safe and sound, much to his surprise.

I was walking to the Ventura Farmers market one Saturday morning, and turned earlier than usual off main toward Santa Clara, to walk by the pawn shop to see if they still had a pretty nice vintage Eddy Merckx bicycle for sale. It was out of my price range, but super clean, and hey, there's always layaway. Before I could look through the window I scanned over the few bikes they had outside on "display" – just leaning against each other in a pile. I noticed some blue paint in the back, and my eyes opened wide – 'CELMINS' said the downtube. I looked closer, and noticed the carbon "Time" fork – definitely not the original, but that told me that this was Nick Welsh's bicycle.



Happy owner  
with recovered bike.

I had seen Nick riding around on his Celmins all the time when I lived in Santa Barbara. Naturally I was coveting it a little, but also admiring it as a piece of local bike history. It bore the World Championship stripes can only put on bikes by builders that have been ridden to that title. Rory O'Reilly won a time trial world championship on a Mike Celmins, so there they were. And I remember the time I saw Nick not riding the blue Celmins – I asked "Where's the Celmins?" and he told me it had been stolen. This conversation took place as we rode past each other, and that was that...

Back to the Pawn Shop, which was asking \$249 for the bike. They didn't know what they had, and I talked them down to \$200 and bought it. I thought it would be better to just get it out of there without trying to tell them about it being stolen, or call Nick and risk it being bought before he could get down to Ventura. Once I had the bike, I called Nick and told him I had his bike. It sounded like he was pretty floored, and came down the next day to get it.

That was the fifth stolen bike I've recovered in all my years. One of those was my bike just last year. I've learned not to give up hope, and that bike nerds are good for everyone except bike thieves. And while we talk about bike theft being rampant in our area, I find just as widespread the poor locking habits that invite bike thieves to swoop in. So, get a good lock, don't leave your bike outside overnight, and don't be afraid to stare!



## Bikes, Birds and Beach – Together on the Santa Clara River Loop Trail

Part 2 of 2 by Nina Danza, Sierra Club Ventura Chair

*Eight and a half miles doesn't seem like a very long bike ride.* But if the setting has exceptional views or endangered species living along the way, maybe it's worth more time. What if the 8 ½ mile ride links you to the beach? Many agree that would be a game changer. This is the vision for the Santa Clara River Loop Trail, a new ride with an extension to the beach (see map Fig. 1).

*Last year National Parks Service awarded a planning grant to two local environmental groups* advocating for a Santa Clara River Loop Trail. The grant is non-monetary but provides a year or more technical and management expertise for producing a concept of the project. The NPS staff especially helps partners build teamwork and pursue common goals when multi-agencies are involved. “Every major agency has looked separately at pieces of this project,” reports Nina Danza, Sierra Club Ventura chair, “there just happens to be no central leader to unify the efforts.” Parts of the study will discuss Safe Routes to School, public health benefits and greenhouse gas emissions reductions so that when completed, it will be grant ready to apply for construction funding.



*The Santa Clara River Loop Trail is for bike rides and more.* Thousands and thousands of people live within walking distance and would use it for fitness and commuting. Statewide riparian (stream-side) habitat is nearly wiped out, only 5% remains, and the fragment in our area attracts birders to observe endangered birds. Friends of the Santa Clara River (FSCR) and Sierra Club have worked hard to raise awareness and value of this natural resource between Ventura and Oxnard over the past few years. “How many spots near the city population areas are people allowed to visit the river’s natural environment?” asks Jim Danza, FSCR chair. “None and until people know they live near this vital resource it will be mistreated and undervalued.” To increase River literacy, Jim and FSCR have intervened in the Ventura County SCR1 levee project to propose the first major public access along the south bank including an outdoor classroom / amphitheater, educational kiosks and bike path (see CIBC Chain Chatter Issue Winter 2018, p. 18).

*A Santa Clara River Loop Trail would be a great asset for Ventura County* and allow people to see, learn and be part of their greater world. CIBike leaders sought to participate in the Santa Clara River Loop Trail study. Contact Nina Danza, prettycheapjewelry@gmail.com.



## *Important Calendar of Events*

**March – No Club Meeting in March**

**April – No Meeting in April**

**April 27 – Ventura Cycles Community Ride for Earth Day** – Family ride starts in Ventura Harbor. Be on the alert for more info in the weekly emails.

**May – National Bike Month!** Lots of fun activities and events. Watch for details in weekly newsletters, club website, and club Facebook page. Watch for info on the Ride of Silence.

**May 8 – Special Club meeting** featuring presentation by Amgen participants, biking info tables, and no-host social hour. Doors open at 6:00 p.m. Museum of Ventura County.

**May 16 - Tour of Amgen comes to Ventura!** 400-500 volunteers – members and community friends – are needed. Please keep an eye out for the sign-up instructions.

**May 24-27 - Spring Fling will be at the Paso Robles Great American Bicycle Rally instead of Buellton.** See article on page 4. Get your accommodations early. Details in weekly emails, website and on Facebook.

**July 13 – Annual All-Club Ride, Summer Picnic and Beach Party.** Details on page 4.

**August 17 – Cool Breeze Century** – Volunteer or Ride!

**October 25-27 - Lure of the Grapes** – returns to Buellton/Solvang! Most fun weekender for those who want to ride or just get away and relax. More info coming soon.

**November** – Club meeting and officer elections

**December** – Festive Holiday party for members!

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

## **SHOW OFF YOUR YELLOW PEDAL POWER!!!!**

### **Wear your jersey on every first Saturday ride!**

Proudly wear your club jersey on the first Saturday of every month  
to exert your yellow pedal power!

Don't have a jersey? No worries!

Jerseys, matching socks, and a few club jackets are available for purchase.

We'll be ordering a new supply of jerseys. Contact Dan Mathews for your Yellow Pedal Power.

