



Introducing the 2020 CIBike leadership team, left to right.

Grants Director Dan Mathews, Membership Director Soheil Roshan-Zamir, President Leslie Ogden, Programs Director Bill Faulkner, Past President Kate Faulkner, Treasurer Patrick McDonald, Director at Large Burt Elliot. Not shown: Public Relations Director and Chain Chatter Editor Margaret Mathews, Secretary Theresa Satterfield.

CIBike 2020 Plans and New Leadership Team Introduced at the December 8 Holiday Party

A festive group of CIBike members and guests enjoyed the December 8 Annual Holiday Party at the Marriott Courtyard in Oxnard coordinated by Patrick and Sherry Mullin. The fun evening was MC'd by Burt Elliot. while Jim Dinges created a presentation of the past year's bike adventures using photos from club members. President Kate Faulkner gave an overview of club events and introduced the incoming Board of Directors. Outgoing Grant Director Bill Faulkner spoke about grants awarded by the club during 2019. Linda Bott awarded the club's Cool Breeze check which will allow for more grants to be awarded during 2020. To end the evening's entertainment, Kate led the group in her famous line dancing. Photos by Dan.

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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..... Theresa 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 Mike Stewart
- Website www.cibike.org

Chain Chatter Newsletter

Our newsletter, Chain Chatter, is distributed to members in the President’s email blasts. 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.

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 of March, April, May, September, October November, 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 2020 event will be on August 15.

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**

Looking Back and Looking Forward

CIBike has had a very active 2019.

CIBike grants in 2019 to governmental and non-profit organizations were substantial and are already reaping tangible benefits. At our recent Holiday Party, Bill Faulkner, CIBike Grants Director, reviewed the over \$45,000 in grants that the board approved this year. The majority of the funds support youth cycling in Ventura County.

As a result of a CIBike grant there is now a highly engaging bike safety and skills training for all 6th graders in the Ventura Unified School District. Our grant, which purchased the bicycles for the training, is the foundation that allows an ongoing partnership between the school district, the City of Ventura, BikeVentura, and CIBike to teach young people to ride. We hope that, once exposed to bicycling, they make it part of their lives as they grow into adulthood.

CIBike supported other youth bicycling programs with grants to BikeVentura (bike rodeos), Simi Valley Boy Scouts (12 Points Bike Ride), Newbury Park Middle/High School Mountain Bike Team (Trailer for support of team travel), and VeloSport Cycling (travel support for junior racers).

Additionally, CIBike continued our financial support of the very important national, state, and regional bicycle advocacy organizations that are working effectively to network and create better conditions for cyclists. We provided funding to the League of American Bicyclists, Adventure Cycling, Rails to Trails, California Bicycle Coalition, and CycleCalCoast.

A big Thank You to all of you who have volunteered for the Cool Breeze or participated in our bike advocacy activities! You are making good things happen.

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It is also time for us to look forward to 2020.

Many of us are setting personal goals associated with bicycling. If you are looking for a 2020 goal, how about joining the Year Rounder Challenge? This is a terrific incentive to ride regularly and, specifically, to log a metric century every month. If you are interested in participating, e-mail Sonia Sandomer at ridescibike@gmail.com.

This is also a fitting time to think about growing our club and getting more people riding their bikes for recreation and transportation.

People often say to me that they used to love riding their bike but they can't imagine riding on streets with traffic. They shake their heads and say something like: "It seems so dangerous," or "I could never do that," or "Aren't you scared? There are so many bad drivers out there."

I have to admit that they have a point. There are a lot of bad drivers out there. Yet, I have biked well over 100,000 miles without injury since joining this club. I cannot imagine spending all of those miles sitting in a car. How sad would that be?

I have responses for the doubters. I might respond "Cycling is great exercise." Or "Cycling is a great way to meet new people." Or "Cycling is better for the environment than driving a car."

Perhaps my future response should be: "You just have to try it! Join me on a ride." We are all ambassadors for cycling. Let's share the joy! This is my final Chain Chatter column as CIBike President. I've enjoyed the last two years. CIBike is in great hands with President Leslie Ogden and a dedicated board. ***With your continued support, CIBike can expect many years of good times and good accomplishments***



**2020 CIBike President -
Leslie Ogden**

CIBike is a group that I am proud to be a member of. I joined in 2002 when I bought my first bike since the 60's. Here I've enjoyed quality people, high ideals and lots and lots of fun! In 2020 I hope to continue the lofty path set for us by last year's board. I invite you to join me and our new board in even more community involvement, good social times and as I noted - lots of fun!

Welcome to our returning Secretary – Theresa Satterfield

“I have been a member of the Channel Islands bike club since the beginning. I am one of the original members way back when Ed and Udas Young created the Oxnard Ventura bike club. I have held the positions of secretary, ride coordinator and president and have been enjoying my years with the club.”



Returning as Director at Large – Burt Elliot



I have enjoyed riding a two-wheeler since I got my first bike for my 6th Birthday. It was a metallic green Czechoslovakian one speed with coaster brakes. I called it the “Green Spark.” Lots of great memories riding with my friends. Now I ride a much bigger (and lighter!) bike but the best part is riding with a great group of friends. I grew up in and went to school in Canada. (Limited winter cycling!) As an engineer I was transferred to many different locations ultimately landing up in Ventura 24 years ago. I rode on my own and with my wife Dana until I joined the club in April 2018. I am excited to be a member of the Channel Islands Bicycle Club and looking forward to helping the club by serving on the board.

Dan Mathews Returns to Board as Grants Director



Dan will serve as the 2020 Grants Director. He formerly served as President in 2015 and 2016. He has also held the positions of Membership and Programs Director. Dan said: “I’m looking forward to serving the club as Grants Director. I hope to encourage local non-profits that share our club’s mission to apply for our grants. I’m also anticipating joining more of the weekly rides.”

Returning Membership Director Soheil Roshan-Zamir



Soheil has served as Membership Director and Treasurer and in 2020 will return to the membership position. In addition, Soheil has been instrumental in designing and maintaining the club website and membership systems. He is pleased to announce an easy way for members to access their membership cards. Please see the easy instructions in this issue of Chain Chatter.

Membership.cibike@gmail.com



Bill Faulkner Returns to the Board as Programs Director

Bill has served the club in most of the positions including president. In 2020, he continues as Grant Director, a role he had in 2019. Bill wrote:

"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."

Patrick McDonald Returns as Treasurer



Patrick is returning as Treasurer to the 2020 Board of Directors. He served as Treasurer in 2015 and 2016 and also was the club's Grants Director. While Patrick is an avid weekly rider and frequent cycle tourer, he sometimes rides on his wife Jan's electric bike just to keep things interesting. Patrick and Jan are frequent volunteers at the club's events including the Cool Breeze.

Margaret Mathews returns as Public Relations Director and Chain Chatter Editor.

Margaret has been a club member for about 1,000 years having served in several positions as well as being the Chain Chatter editor. Unfortunately, she rarely rides her bike but has ridden with the club's "Easy Rider" group up the coast – a good way for beginners to get started on their two wheels and enjoy the pleasures and security of riding with a group. Margaret encourages suggestions for biking stories and adventures especially for the Spring edition that will feature the Rides Extravaganza.



The Chain Chatter editor's position will be opened up in the Fall of 2020. It's a fun role that provides opportunities to be in the forefront of the club's breaking news and to utilize your journalistic skills. Email margaretann2105@aol.com.

Membership Card Print on Demand – New Feature!

The total membership number during 2019 has stayed steady at about 310. A new feature has been added to everyone's profile. Each member can now access her/his club membership card/ID on demand by simply taking the following steps:

1. Login to your account
2. Click/tap your name
3. In the pop-up window, click/tap "**View profile**"
4. Scroll down to see your Membership card
5. To download the card to your mobile, click/tap "**Image optimized for smartphones**"
6. To print, click/tap "**Printable PDF**". PDF file will be downloaded to your device.



Soheil Roshan-Zamir

Membership Director

membership.cibike@gmail.com

**We Are grateful to our 2019 Board of Directors
For keeping CIBike in the forefront of fun and advocacy**

President.....Kate Faulkner
Secretary Theresa Satterfield
Membership..... Soheil Roshan-Zamir
ProgramsDan Mathews
Public RelationsMargaret Mathews
Rides..... Sonia Sandomer
Grants..... Bill Faulkner
TreasurerPatrick McDonald
Government Liaisons..... Leslie Ogden, Kate Faulkner
Director at Large..... Burt Elliot

Dedicated Volunteers

who keep the organization's wheels spinning

Web Content.....Soheil Roshan-Zamir
Web Content.....Mike Stewart
Social Media, Photography, Archivist.....Ron Parker
Graphics and DesignsJaneen Nagaoka
Historian..... Theresa Satterfield
Cool Breeze Leaders.....Bart, Diane, Linda, Foster
RandonneursFoster Nagaoka, Linda Bott
Government Liaisons.....Kate Faulkner, Leslie Ogden
Chain Chatter Editor..... Margaret Mathews



**Heads up! Mark your calendars
and watch for more info
on these fun CIBike events**

There's a big change with our meeting schedule! Instead of monthly meetings, the club will have a spring and fall meeting series. 2020 club meetings will be the second Wednesday of March, April, May, September, October, November. More info in this issue.

The Bike-Train adventure is on the calendar for March 16, 2020. Seating is limited so sign up early on the website/

More event info on the calendar on page 13.

An Opportunity to Help Your Club and the Biking Community

Omar Rains Bike Path Cleaning: CIBike "adopted" this path, which runs through Emma Woods State Beach, many years ago. In fact, this was the first adoption of a bike path in the State of California. We are responsible for keeping the path and surroundings free of trash. CIBike will clean the path on the third Wednesday at 9:00 a.m. of each month. All are invited and the event is on the CIBike calendar.



Jim and Bill on the Omar Rains Bike Path.

Amazingly, keeping the bike path clean is very rewarding (lots of "thank you's" from passing cyclists) and easy. At the last cleaning, we had enough person-power to also pick up trash along the lower portion of the new coastal bike path along Highway 101.

We will meet at 9am at the entry kiosk for Emma Woods State Beach. Caltrans has provided trash bags, gloves, and trash-picker poles for us. All we need to do is pick up trash. There is no heavy lifting or sweeping involved. We can report to Caltrans any problems that require their involvement.

Another way that CIBike, and you, are making a difference for our community. Please join us on Wednesday, January 15. Questions?

Email Presidentcibike@gmail.com.

The Channel Islands Bicycle Club Monthly Meetings Are Open to the Public and Feature Special Programs

If you're looking for a fun and interesting evening please come to the CIBike meetings held at the Museum of Ventura County, 10 E. Main St, Ventura. Arrive at 6:30 for a social gathering with refreshments followed by a presentation at 7:00. Starting in 2020, the club will reduce the number of monthly meetings from 12 to 6 featuring a Spring (March, April, May) and Fall (September, October, November) presentation series. Stay tuned to the newsletter, Facebook, our website, and monthly emails for meeting announcements. The following are a few of our 2019 highlights.



August 2019 – Cool Breeze Century No meetings in August because everyone supports the Cool Breeze!

No club meetings are held in August as that is the month of the annual Cool Breeze Century. All hands were on deck for this year's event that drew a nice crowd of enthusiastic riders from over the state and beyond. As it does every year, proceeds from this event go into the club's grant program. Next year's Cool Breeze will be on August 15 - put it on your calendar and plan to volunteer. Stay tuned for more info next year

September 2019 Club Meeting

Dr. Gregory Tchejyan, Orthopedic Surgeon and Tri-Athlete

On September 11, Dr. "T" told us how to avoid knee and hip injuries while riding our bikes, He also entertained the us with photos and stories of his biking adventures in Italy. Afterward, Dr. T answered questions from the audience.

October 2019 Club Meeting

Randonneuring – embracing the joys of distance cycling

If you finally learned how cyclists can ride 200 km or more and still have a happy face, then you must have attended this fascinating October 9 presentation by members Linda Bott, Greg Jones and Foster Nagaoka. The "Randos" ride routes of 120 miles or more. They ride in groups or alone but they are always self-sufficient.

November Club Meeting

Patrick and Sherry Mullin - RAGBRI Adventures

Club members and popular story-tellers Patrick and Sherry Mullin entertained the audience with a humorous and heartfelt story of their annual RAGBRI adventure. Sherry presented a most captivating version of her interactions with the welcoming townspeople, food services, tent camping, sore muscles and friendships made over the many years that they have cycled in this event.



2019 December 8– Holiday Party in lieu of club meeting

The club's annual holiday bash featured a free drawing for a club jersey, prizes, good eats and lots of fun. read all about it in this issue. After reading about all of the festivities, you will surely sign up for the 2020 end-of-year merriment.

2019 Lure of the Grapes in the Capital City



CIBike has two fun weekends every year and all members are invited! The Spring Fling is usually in April or May and the Lure of the Grapes in October. This year's Lure of the Grapes moved to Sacramento on October 18-23 for great rides led by member Tom Stark.

Tom wrote: Fourteen riders ventured to Sacramento to ride a four-day event. We rode approximately 200 miles in two counties visiting nine cities, two universities and a bunch of other points of interest. Mike Stewart was our official photographer and documented places we visited. Kate Faulkner programmed the rides into Ride with GPS so we only got lost a few times. Leslie thought her Garmin was stolen from her bike at the Folsom lunch stop but it turned out that Bob had taken it, thinking it was his, and was protecting it from being stolen. The happy hour every night provided for laughter and a fun review of the days ride. Most of the participants think it is a good idea to do a multi-day ride in a different place each year.

For more photos click on this link, graciously provided by Mike Stewart.

<https://photos.google.com/share/AF1QipPD-9ZSor46qoJYif3HAVfrWO459Log0bf66co2UrpFCXOE8fGBrEjz03bcwZ0n1w?key=V2VVYnRMS3dqZ3ZUS0xZa25kRy1IcGs4dkJrOUNn>



Continued on next page

2019 Lure of Grapes Continued



If this looks like fun, then plan ahead and add the 2020 weekenders to your social calendar. Be watching for more info in President's emails, Chain Chatter, and on Facebook.

*Spring Fling, May 22-25, Paso Robles
at the Great Western Bicycle Rally Expo*

*Lure of the Grapes, October - A new southern
site perhaps? More info coming soon!*

CIBike Influence goes Beyond Stellar Cycling Abilities – Our Bike Advocacy Extends through Counties and Benefits Us all.

Leslie Ogden

CIBike President-Elect and Government Liaison

It's been a while since we've updated you about Government Liaison issues. A lot is going on!

Oct 30 and 31 People for Bikes conducted two conferences. One at BikeVentura focused on Ventura issues. Another in Santa Barbara addressed biking infrastructure issues with a broader brush. We were pleased that Ventura City Councilmember Christy Weir attended both.

You may remember that People for Bikes spoke to our club about local cycling safety, connectivity and accessibility. It turns out that Ventura is not very different from Santa Barbara, Lompoc, Santa Maria and other nearby communities as regards these issues. It is also the case that communities can make dramatic improvements to ridership and safety. “All” they need is expanded connectivity and a comprehensive, measurable plan. People for Bikes shared with us examples and game plans of communities that have. If you are interested in being part of such an effort, please contact Kate or me.

In Saticoy a comparable effort is underway. Alta Planning and Design is seeking a grant to improve access and connectivity for cyclists and pedestrians in this little community. Dec 8 they will hold a “Walk Audit,” an assessment of challenges and fixes. Kate and I have been attending these meetings and will do the walk as well.

And finally, **TA-DAH! improvements many of you have helped bring about in Ventura County** by attending Ventura County Board of Supervisors meetings.

The board has done short-to-mid range planning and budgeting to add bike lanes to county roads starting with the low-hanging fruit. For example, the county just added **29 miles of new Class 2 bike lanes** by restriping and signing existing paved shoulders!

The board is also willing to tackle more costly projects. CIBike member Steve Bennett secured a vote to spend an unprecedented **\$6 million+ of county funds over the next few years to add new bike lanes to county roads**. This is the first time that general-purpose county funds have been used for bike lanes. Locally, we expect the Casitas Vista Road and Rice Road bike lanes to be built next year.

There well may be more to come. The draft circulation version of Ventura County General Plan Update addresses cycling connectivity and inclusion in very positive ways. I encourage you to look at **Section 4.2** of this proposed plan. https://vc2040.org/images/2040_General_Plan_Files_-_May_2019/04_Circulation_Element_2019-05-09.pdf

The bike improvements in this ambitious plan are not at all secure. This spring and early summer there will be opportunities to weigh in. We will surely let you know! Meanwhile, feel free to request updates at <https://vc2040.org/>

Thank you for all your good-hearted energy!

Leslie



Editor's note: Club members Leslie Ogden and Kate Faulkner serve as the club's government liaisons.

Prying Open the Chain Chatter Archives To Reveal Past Cycling Greatness: December 2018

Challenge Accepted!

On December 15, 2018, an intrepid group of CIBikers accepted the challenge of biking up Gibraltar Mountain in Santa Barbara County. According to a Roots Rated blog, this challenging bike climb is the most scenic cycling climb in Southern California and is consistently placed on the list of Top 50 world class cycling climbs. It is 3,995 feet from sea level to La Cumbre Peak. But did that intimidate our CIBikers? Heck No! Challenge accepted!



Shown at La Cumbre Peak, ~4,000 ft elevation: John Bayne, Kerri Galgas, Don Abbott, Tim Turpin, Soheil Roshan-Zamir, Kate Faulkner, Bill Faulkner.
Not shown: Steve Light and Jim Teshima made it to the top of Gibraltar.



Check Out the World-Famous CIBike Rides Calendar!!

Join your CIBike friends for fun and sometimes challenging rides that are scheduled several days of the week. Check the rides calendar on the club website www.cibike.org

Better Bike Lanes Wanted Along Olivas Park Drive

by Nina Danza, Sierra Club Ventura Chair

For 25 years City of Ventura has planned to extend Olivas Park Drive

and connect to Johnson Road at the Hwy 101 southbound ramp (see purple line on map). Not a bad idea, except two accessories of the project are: (1) build a levee between the road and the Santa Clara River (brown line on map); and (2) for the purpose of paving acres of the adjacent land for industrial use (pink and yellow areas on map). Structural flood protection techniques like this are outdated. Levees have zero climate change resiliency, no question are going to overtop, and kill the river environment.

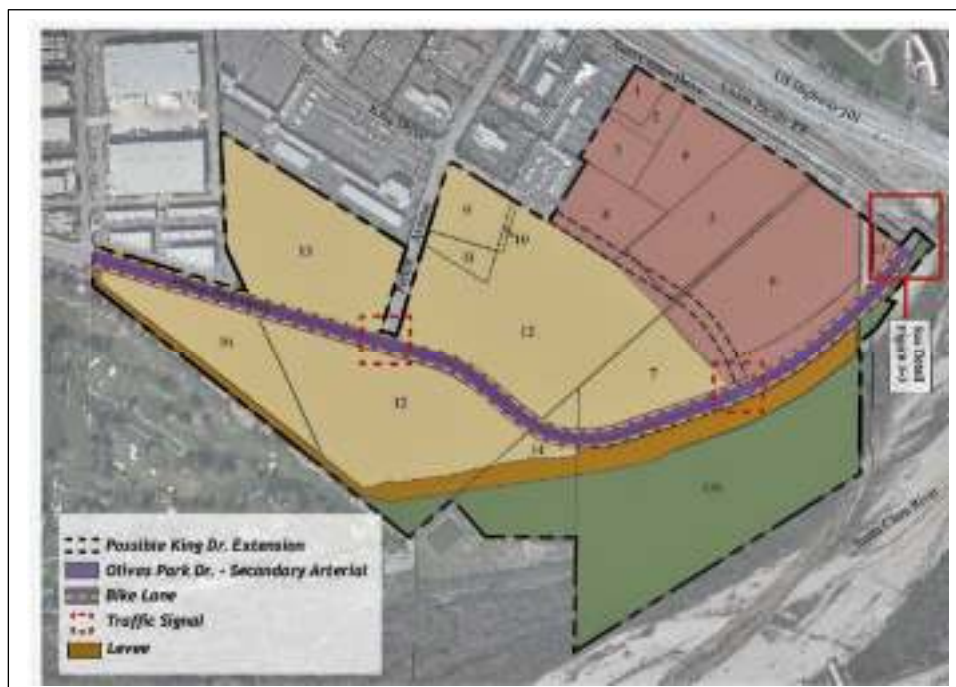
What a wasted opportunity!

Many residents want a more environmentally acceptable vision for the area. They want the Santa Clara River to be valued and for its north bank to be open as a recreation corridor. They want a modern approach used incorporating non-structural flood protection, water quality improvement, and ecosystem elements. Yet, nothing can stop the levee according to city planning, "It is a done deal previously analyzed in an EIR and approved by council years ago."

Local leaders want a higher quality project at the site.

It is visible by hundreds of thousands of drivers along Hwy 101. At least three things would make the plan better: (1) change the planned on-street, painted bike lanes into a 2-way SAFE protected bike lane along the river side of Olivas Park Dr., (2) provide access from the protected bike lane onto the levee for river views, birdwatching and education, and (3) add connectivity from the requested protected bike lane to the Johnson Rd bike transportation (see street cross section). Imagine! Connectivity for people bike riding from where they live almost to the beach! This is still a work in progress, so please find out more and help.

Contact: sierraclubventura@gmail.com





Important Calendar of Events

The club has a new general meeting schedule! Instead of monthly meetings, the club will conduct a Spring and Fall meeting series. The Spring series will be in March, April and May. The Fall series will be in September, October, and November. The meetings are on the second Wednesday of the six months; the venue and times will remain the same:

Meeting venue: Museum of Ventura County,
100 E. Main St., Ventura

Time: Doors open at 6:30 p.m.

Plenty of free parking!



January 2020

Check the ride calendar for fun cycling adventures! No club meeting until March.

February 15 – Ride Articles Wanted for Chain Chatter!

The March Chain Chatter will feature the Annual Rides Extravaganza so send your ride adventures by February 15. We are looking for members' fun and adventurous rides. Send editable word documents to Margaretann2105@aol.com.

March 11 – Club meeting, social hours and presentation. See times and venue info above.

March 16 – LA Bike and Train Ride – space is limited - sign up on www.cibike.org, activities.

April 8 – Club meeting and presentation.

May is National Bike Month – Watch for special announcements and activities including the National Ride of Silence bike ride.

May 13 – Club meeting – Stay tuned for presentation topics!

May 22-25 Spring Fling will be held in Paso Robles at the Great American Bicycle Rally on Memorial Day Weekend. Keep watching for specific info and put this on your calendar for an exciting yet relaxing weekend away!

July 11 – Annual Club Ride. Picnic and BBQ at Rincon County Park – same venue as last year. Put this date in your calendar for a fun and relaxing day of biking, visiting, and BBQ.

August 15 – Annual Cool Breeze Century. Please add to your calendar – all hands on deck for volunteers!

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

Thanks to our Chain Chatter contributors - you know who you are!!
Big thanks to Dan, patient proofreader and quality control chief.

The Spring Chain Chatter will feature a Rides Extravaganza - send your ride adventures to Editor Margaret: margaretann2105@aol.com But never fear! The Chain Chatter staff welcomes all news, features, tidbits and cartoons that pertain to our favorite past time of cycling.

