



Fourth Annual Bike Rides Extravaganza



CIBike has cancelled all group rides until the Ventura County Public Health Department lifts social distancing and in-home quarantine.

However, we can still enjoy reading about cycling stories in the *Spring Ride Extravaganza*. Grab your coffee and read stories written and shared here by adventurous club members. Thanks to the CIBike cyclists who took the time to share their biking stories.

Starting on page 9, read about Terry Spragg's San Francisco ferry ride that was bulging with bicycles. Then read on for more fun and inspirational bike adventures,

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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.

2020 Club Officers/Volunteers

President.....Leslie Ogden
 Secretary.....Theresa Satterfield
 Treasurer.....Patrick McDonald
 Programs.....Bill Faulkner
 Public Relations.....Margaret Mathews
 Rides.....Jim Dinges
 Grants.....Dan Mathews
 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 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.

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 Presentation Meetings

Due to our country's health crisis, club meetings and lecture series have been cancelled for April and put on hold for the following months. Please get current event info in the weekly club emails, on Facebook and on the website, www.cibike.org.

Cool Breeze Century

Our Cool Breeze Century ride is held the third weekend in August each year; the 2020 event is scheduled for August

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 Leslie Ogden,
2020 CIBike President



We have a **great CIBike Board** this year, and we're off to a good start. Thanks to Theresa Satterfield, Margaret Mathews, Dan Mathews, Kate Faulkner, Bill Faulkner, Soheil Roshan-Zamir, Patrick McDonald, Burt Elliot and Jim Dinges for being so willing!

Bill has set up an inspiring Spring Lecture Series: March 11 was an inspirational program. The April 8 has been cancelled. The May 13 lecture, "Health and Fitness for Better Cycling," is on hold due to the national health emergency. More info on our events is on the following pages.

The current national emergency has forced us to cancel group rides. Keep an eye on our website for the wonderful variety of rides Jim and Mike are bringing our way for when the emergency is lifted.

We granted funds to important advocacy groups:

Adventure Cycling Association, California Bicycle Coalition, Adventure Cycling Association, California Bicycle Coalition, Adventure Cycling Association, Rail to Trails and League of American Bicyclists. These fine groups make cycling better for all of us. In addition, they single out CIBike for special treatment. You'll find some of the bennies among the "Reasons to Join CIBike."

Kate and I are helping **Saticoy** make life safer for its pedestrians and cyclists. We have also helped move **CycleCalCoast** forward as it integrates cycling between Santa Barbara and Ventura Counties. Look for more on both fronts.

A number of our members sent letters to the Ventura County Board of Supervisors in support of the bike and pedestrian infrastructure improvements proposed in the Draft **General Plan 2040**.

Thank you, all Hope to see you soon on the road... and may those roads be ever more bike-friendly!!

Leslie

Why Join Channel Islands Bicycle Club?

By Leslie Ogden

- Membership in a dynamic community of cyclists that supports local cycling
- Liability insurance
- Regular communication regarding local bicycle events - keep current with our newsletters and emails
- Frequent member-only special rides to resume after the national health emergency
- Two, member-only bike travel weekends/year
- Access to premium navigation tools (downloadable routes and voice turn-by-turn) on Ride with GPS for all club routes (an \$80 value)
- Membership in The League of American Bicyclists (LAB) (a \$40 value)
- Membership in CalBike, our state bike advocacy group (a \$25 value)
- Membership in the Adventure Cycling Association (a \$40 value).
- Membership in BikeVentura (a \$30 value)
- Occasional training opportunities (CPR/First Aid/AED, League Certified Instructor)
- Annual club picnic for members only
- Annual club holiday party for members only
- Representation on CycleCalCoast, a Santa Barbara/Ventura joint advocacy group to improve cycling infrastructure locally
- Representation on the City of Ventura's Bicycle Advocacy Committee

CiBike works with law enforcement and local transportation authorities to promote bicycle-friendly communities and support safe and convenient bicycling for people of all ages and abilities.

**CiBike is actively improving cycling for all.
Please join us. We are stronger together!**



Important Message for CIBike Members and Friends

All club rides and many of our events have been cancelled until the Ventura County Public Health organization lifts social distancing and in-home quarantine.

Our communities are experiencing significant lifestyle changes that require us to limit our activities, take care of our health, and of course watch out for our neighbors. We have a universal goal of maintaining a healthy community and keeping ourselves healthy.

Please keep up-to-date with the club's plans and rescheduled events by reading our weekly emails from the CIBike president and by checking the club website, www.cibike.org.

And now....

A letter from the Editor

Margaretann2105@aol.com



Your CIBike Board of Directors is continuing to work diligently on the planning of meetings, events, rides, weekenders and advocacy opportunities as well as providing up-to-date communications. Before our rides were cancelled, we had plans for the coming year many of which have already been reported in this newsletter. Rather than delete those articles, I have left them available for you to see what we have been working on and hopefully when we get back to our normal lifestyles, plans can be implemented.



So - check the status in your club emails and the website often - the show will go on - in due time!



CANCELLED

Cancelled until further notice:

- All CIBike group rides

- April 8
Spring Lecture Meeting

CELEBRATE EARTH DAY WITH VENTURA COMMUNITY RIDE

Saturday, April 25, 2020



8:30 AM

MEET AT CHANNEL ISLANDS
NATIONAL PARK VISITORS
CENTER IN THE VENTURA HARBOR

9:00 AM

PUBLIC BOYARDS

9:30 AM

RISE STARTS

10:00 AM

RISE FINISHES AT VENTURA
EARTH DAY ECO FEST

RISE DISTANCE: 6 MILES
ALL RISES ARE ON PAVED ROADS

VENTURA EARTH DAY ECO FEST WILL HAVE
A RACE RALLY, LIVE ENTERTAINMENT AND MORE

Community Ride:
CANCELLED

**CIBike and the City of Ventura
Present Special Earth Day
Community Ride on April 25
(CANCELLED)**

Join the 6-mile escorted ride to the Earth Day Ecofest in Ventura. Everyone is invited to the family-friendly bike ride starting at the Channel Islands National Park Visitors Center in Ventura Harbor.

Outdoor Volunteer Opportunity!

**Come help clean up
the Omar Rains Bike Path
at Emma Woods State Beach.**

CIBike adopted this path more than 30 years ago. It is the club's responsibility to keep it clean of debris. Kate has set up a team of volunteers to help clean the path on the 3rd Wednesday of each month. The morning clean-up is not only an important civic act of service but also a fun opportunity to get some outdoor exercise and spend a couple of hours with your biking buddies.

When the quarantine lifts, we may be looking for volunteers for this project. Watch for an announcement in club communications.



CIBike Spring and Fall Presentation Series Updates

The CIBike plans for a fun and informative series of presentation events in the Spring and Fall have been put on hold.

Program Director Bill Faulkner put together a new Spring and Fall Lecture Series that would have taken place except for the current quarantine orders. Normally these club events would take place at the Museum of Ventura County, 100 East Main Street, Ventura. However, the club has cancelled all club rides, the April 8 meeting, and possibly other events. Please keep checking your club emails and the website for updates info on events.



The Spring Lecture Series is shown here. The Fall Series will be announced in upcoming newsletters, club emails, and of course the Chain Chatter. and on the CIBike Facebook page.



Wednesday, March 11

Better core strength, cycling, for better health and wellness

Those in attendance heard Dr. Adam Story, chiropractor, give a spirited and informative presentation on new and innovative core training techniques to improve stamina and injury avoidance. Dr. Story specializes in sports medicine and has been a cyclist since he was a ten-year old BMX racer. He also rides mountain bikes and competes in triathlons, and also rides for fun.

Wednesday, April 8

Nutrition for endurance athletes and results of the CIBike

Community Memorial Hospital (CMH) nutritionist and Dr. Davidson, will speak about "Nutrition for Endurance Athletes" and the importance of protein and fat needed for strong finishes. She will also present the results of a study from data collected from a cross-section of CIBike members. She will answer questions -do bicycling and other endurance sports have special benefits? Questions will be taken during and after the presentation.

April 8 Lecture/Meeting
CANCELLED

Wednesday, May 13

Cycling comfort where it counts

There are three points of contact between you and your bike. How they feel can make the ride a pain or a pleasure. These points will be discussed by Philip Casanta, a professional cyclist with over 30 years' experience. He has worked with professional teams and now works with (Cannondale, Specialized, Trek, and others). Doors open at 6:30 PM. Social hour and now works with (Cannondale, Specialized, Trek, and others). Free parking - or ride your bike!

May 13 lecture may be cancelled. Watch for updates in President's emails and on CIBike website.

These Club Events May Be Cancelled Due to the U.S. Health Emergency
Please read the club's weekly emails and check the CIBike website for latest info.

2020 Spring Fling

Paso Robles on May 22-25

For the second year in a row, the club's Spring Fling will be held in Paso Robles at the Great Western Bicycle Rally, also known as the Paso Robles Cycling Festival. It's a great group of fun friends – new and old – and a great time for whatever bike you want to ride. There's no fee, maybe just a donation. There's no parking, vineyards, and a pool with a cool shade. Register soon and arrange your accommodations. Watch for more info in our club weekly emails, Facebook, and our website www.cibike.org.



Spring Fling May Be Cancelled
Check club emails and website
for latest info.

Annual All-Club Ride, Summer Picnic and Beach Party = July 11

We will return to last year's fabulous picnic site -  on Beach Park, on Saturday, July 11.



**All-Club Ride and Picnic
May Be Cancelled**
Check club emails and website

Something for everyone - rides, ocean view, and cool shade. Move up just to enjoy the BBQ walk, drive or parachute in - to get there will result in a day of BBQ lunch, 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.

So, get out your bib and reserve Saturday, July 11!

Lure of the Beach - October 16-18 in Oceanside



Lure of the Beach
May Be Cancelled
Check club emails and website
Come for

Club members have always welcomed this great autumn fair under which in the past was held

This year the October
in Oceanside providing new
scenery, interesting
group meals, and fun times.

come for a weekend or just for the day, but
put it on your calendar! Watch for more info in
the weekly emails and on the website.

Meet the CIBike Rides Director – Jim Dinges



From that first 100-miler to Rides Director By Jim Dinges

I began cycling in the late seventies thru our church, Trinity Lutheran in Ventura. At the time they hosted the “Sea to Summit” a 100-mile ride from Ventura to the top of Mt. Pinos. I thought they were crazy (which they might just be) but it was my start to a life-long love with the sport. Since then I have done multi-day tours in Colorado, Utah, multiple trips down the Pacific Coast and Italy.

While riding solo in 1998, I was hit while in a bike lane by a truck mirror. I ended up with five broken bones. Did the driver stop, well he looked at me in his rear view mirror and then took off, never did find him. My family knew how much I loved cycling so they insisted on no more solo riding. That was a more than reasonable request so I became affiliated with the Conejo Valley Cyclist, the Mountain Bike Unit and upon retirement, the Channel Islands Bike Club.

All of this “experience” has taught me a few things that I have learned from my fellow cyclists such as.

- Situational awareness. Keep your eyes and ears open.
- Keep the riders you ride with in visual contact. Watch out for each other.
- I am looking forward to the ride leader role and both sharing and learning from each of you.

Editor’s Note: Check out Jim’s You Tube video: How to Clean Your Mountain Bike.
<https://youtu.be/e4YYXuQjvA>

Join the world-famous Year Rounder Program

Another awesome benefit of being a CIBike member is being invited to join the famous Year Rounder Program! All you have to do is one 100K (62 miles) ride each month. Send your 62-miler info each month to Sonia at ssandomer@gmail.com. Those who ride their 62-milers for the year will receive the most satisfying prize at the holiday festivity in December - an acknowledgement of their achievements and a BIG THANK YOU! But the real prize is knowing they stuck with the program and finished the year with a flourish.



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 benefits that are available to you. Sadly, at this time of national emergency, our ride calendar has been removed until the CDC and the Ventura County Health Organization tell us it is safe to continue our group rides. You still have free access to Ride with GPS and website access.

MORE FUN!! Just because our group rides are cancelled, that doesn't mean we can't live vicariously through our fellow cyclist's exciting adventures, some of which you can read about in this world-famous Rides Extravaganza.

MOST FUN!! This issue features some of our members' stories ranging from inspirational to adventurous. 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. Start here!



Adventure Cycling Bike Tour: Bay Area May 2019

By Terry Spragg

Few large cities in America offer as many spectacular choices for cycling as does San Francisco. One of the most fun aspects of this tour was crossing the bay on the ferry with hundreds of bikes packed in. When entering from Vallejo you can choose either connecting via the Bart subway, the Richmond Bridge or the Vallejo Ferry. Our tour chose the scenic way - the ferry. The trip lasts about one hour. As to bikes, it is first come first served. The process of boarding and disembarking is surprisingly orderly. The essence of unloading is to recognize your bike in a timely manner and don't hold up the crowd. They say that all unclaimed bikes are subject to being pushed into the Bay.



Road Cycling vs Mountain Biking?

By Jim Dinges

To my way of thinking it is a silly question but one which you may have pondered or been asked by friends and family. I liken it to if someone were to ask which of my kids I like the best.

I have been a road cyclist longer, (but not by much) than a mountain biker but truly love both aspects of our sport.

After a bad accident with a hit and run truck in the late 90's my family rightly so asked that I no longer ride solo, which made perfect sense. So I joined the Conejo Valley Cyclist, the Mountain Bike Unit and when I retired, I joined our own CIBike.

All three clubs introduced me to new friends, routes and experiences that I would not have found on my own.

For this article I wanted to share more about why the Mountain Bike Unit (MBU) is so special to me. I truly love being in our state, national and regional parks. I don't need to tell you that Ventura County is rich with amazing recreation possibilities. Thru MBU I have met like-minded individuals and made friendships that mean so much to me.

Every two years I need to renew CPR & First Aid certification as a member and over the 10 plus years have had to call in a Search & Rescue helicopter three times. In addition, we are trained in the proper use of park radios and must carry one on each patrol. You always must patrol with at least one other member and no more than a total of four. In addition, we always keep an eye out for each other and never have anyone get too far ahead or behind another rider. Good riding etiquette and has kept us out of trouble more than once.

We are asked to volunteer a minimum of 100 hours per year which for me has not been an issue. This requirement might be difficult for those with young families and working, but several volunteers do make it happen.

There is usually only one recruiting class per year the 2020 class has already begun.

If you are curious about the Mountain Bike Unit feel free to reach out to me @ jdinges251@aol.com.

In addition, you can go to the group website for more information and see the 40 plus trails we can patrol and learn more about this group: www.mountainbikeunit.com



Photo from MountainBikeUnit.com website

Utah Cycling Adventure

By Jim White



Last September I rode an eight- day tour of some of the most beautiful parts of Southern Utah. I had driven my car through Zion and Bryce Canyon National Parks forty years ago during a trip across the country. I vowed I to return to this magnificent part of the country. I achieved that objective last September when I signed up with the Adventure Cycling Association and toured the Utah Parks.

The tour started in Saint George, Utah. There were eight wide eyed bicyclists from around the country who were anxious to begin the two hundred seventy-four mile ride taking us up to 10,400 feet in elevation! The ride allowed us to explore the parks after riding through the stunning scenery of the trip. Zion National Park was our first wow moment. After arriving, several of us hiked up to Angels Landing where we experienced a view that was unparalleled. Riding to Hatch and on to Ruby's Inn, which was located just outside Bryce Canyon National Park, I got my first and only flat tire. I took the opportunity to explore the canyon from top to bottom and marveled at the spires located throughout the park. This was probably the most visually impressive part of the tour. It was just breathtaking to experience. We stayed in small motels and inns throughout the trip. This kept our tour riding through small towns and boroughs which kept us grounded throughout our ride.

The next day we traveled up 23 miles and over 10,000 feet. Quite a climb, however, well worth the view. We finished the day descending to Cedar City where we rested our bones in anticipation of our final day of riding back to Saint George. We met for dinner and began to reminisce about our exploration through Utah. The entire trip was incredible. We all brought our panniers to carry our clothes and stuff. Meeting and riding with eight strangers in the beginning, allowed us to become fast friends by the end of our ride. I am anxiously looking forward to my next life experience on my bicycle. Perhaps RAGBRAI, the ride across Iowa in July?

Colombia – A Cyclist's Dream

By Tanya Zimmer

I returned to Colombia with 10 fellow cyclists from the US. This is the country I love, full of mountains, coffee, magic and the best KOM riders in the world. I was hoping that my friends would come to love this country as much as I did.

The first day, I think we all had second thoughts. We climbed out of Medellin, up the infamous Las Palmas, 10 miles and 3,300ft of elevation. The traffic was terrible, the pollution was unbearable, the climb with loaded panniers, was almost too much for all of us! I thought my friends were going to kill me.

Then the beauty of Colombia began to engulf us. Leaving the city of Medellin behind we traveled on forgotten roads visiting smaller and smaller pueblos. This is why I love Colombia: incredible mountains to conquer, natural beauty and the love and warmth of the Colombian people.

We visited Río Claro, a nature reserve, it was mystical. We left with lunches wrapped in leaves (rice, arepas and meat). We cycled along a gravel road to San Miguel (Sonsón Corregimiento), kilometers and kilometers under the shade of tree canopies, passing grazing cattle and buffalo. We ate guavas from trees, crossed bridges and listened to Colombian music played by cyclist Juan Manuel. The next day we crossed the La Miel river on an open ferry.



The days magically disappeared between the mountains, up and down, up and down. We climbed to the top of the mountain and went down to the next river. We would stop to swim in the tributaries before starting up the next incline. We would stop and drink fresh lemonade or cerveza at small homes along the way. One day we stopped by the banks of a river to picnic on Sancocho, the traditional chicken stew cooked over a wood fire. We spent the night at a resort with natural hot springs. On our rest day we crossed a reservoir by launch and spent the day lounging by a pool, drinking beer and feasting on local fish and fruit. Another day we loaded our bicycles on the top of a chiva, a local bus, to cut out a major climb.

Colombia is a cyclist dream. Beautiful mountains, welcoming people, eternal spring and Pedaleandoalma with Carlos Carvajal, the amazing guide and founder of Pedaleandoalma . He pays attention to every detail and assures that all in his company have an amazing time. Furthermore, it is half the cost of many US trips.

This is Colombia and this is why I return year after year. Tanya

San Gabriel River Populaire

San Gabriel River Populaire

By Lind Bott

The San Gabriel River Populaire is a ride of 66 miles that started in Arcadia and goes out to Seal Beach and back. A Populaire is a ride of at least 100k and not more than 199k. It fits in really well if you are doing a P12. So, if you are asking what a P12 is, it is an award given by RUSA (Radonneurs USA) for riding at least one populaire a month for 12 months. It's much like our own year rounder award for riding at least one metric ride a month for the year. If you would like more information on this you can go RUSA.org.



The last week in December Foster Nagaoka sent a text to Diane Stein, Greg and Lisa Jones and I asking if we'd like to join him in riding the San Gabriel River Populaire. He was completing his 12th ride for the year. How could we resist, of course we said we'd go. He also talked his wife Janeene into going and as it turned out we more than doubled the registered riders. There were 11 of us that started the ride at 8:00, two tandem bikes and 7 single bikes. The ride starts on city streets for 3.6 miles then we hopped on the Rio Hondo Bike Path at 11.8 miles in we turned on to the San Gabriel River Trail which we stayed on till we arrive in Seal Beach. We rode as a group which was fun.

The San Gabriel River Trail is a great way to get to the coast pretty much traffic free. We were fortunate to be riding with people that are very familiar with the trail. With two tandems in the group it was a fairly fast ride. In Seal Beach we split up and the Ventura Group stopped at Le Crema Cafe for the best Ham and Cheese Croissants. I have been fortunate to be able to eat there a few times and would highly recommend it. The rest of the group headed off to various coffee shops nearby. When it was time to head back, we got a text from one rider who was having bike problems and decided to go home. The ride then retraces the route back to Arcadia. We finished the ride just before 1:00 at Goldstein's Bagel Bakery. We of course had lunch before heading back to Ventura.



Velo Retro - The Rose Bowl Ride

By Steve Light



On the first Sunday of each month, lovers of vintage road bikes gather in Pasadena for a unique 25-mile bike ride. All kinds of vintage bikes appear, from polished chrome museum pieces, to well-worn daily riders and everything in between. I've been doing this ride for almost ten years, and never fail to see a bike or piece of equipment that is new to me, though it may be decades old.

The originator of the ride is Chuck Schmidt, who only says the ride has been going on "for decades." We meet at the extreme south end of Brookside Park near the Aquatic center. After gathering to see who brought what, and kicking the tires a little, the group shoves off at 11:00 a.m., at a mostly conversational pace, unless somebody is feeling a little racy. We head east, winding thru some beautiful Pasadena neighborhoods before heading north to Sierra Madre Blvd., where there is long, but not very steep hill. At the top of the hill is a pizza (my choice) or sandwich and bakery shop, where we stop to refuel, and admire the cool old vintage bikes a little more. Rolling out later, it is mostly downhill all the way back to the Rose Bowl finish.

I often ride the 1964 Legnano that I've had since it was new. I raced it a little, commuted to college on it, hung it on the garage wall for twenty years, and so much enjoy riding it again. There is nothing like old school steel, even if the gearing is a challenge for these old legs. Last Sunday, a guy from Chicago showed up with a 1925 Frejus single speed, the oldest bike I've seen there. The gleaming chrome, spinning spokes, and singing tires on a group ride is a beautiful thing, especially on old school steel. It's not a snobbish group, all bikes are welcome, even modern carbon. **All you need is a love and appreciation for the history of the bikes we love to ride. Dust off that old bike, and come on out to Pasadena!** *Steve*

Eroica California Vintage Weekend

By Steve Light

This coming April 4 and 5th, the Eroica California Vintage Ride comes to Cambria. Riders from all over the world gather to exhibit, sell, and ride pre-1987 bikes in the old school way of friction shifts, toe clips, and skinny tires, on challenging roads of the central coast.

Eroica began in Italy several years ago, and has become a worldwide series of events with other rides in Europe, Asia and the UK. Several years ago, I rode my 1964 Legnano in the event in Paso Robles and had a great time. The venue was changed to Cambria last year, but uses many of the same roads as before.

The distances vary from 36 to 108 miles, everything from cruising Highway 1 to slogging over dirt and gravel winery access roads. Saturday is a Concours d' Elegance Bike Show and Swap meet, as well as an accompanying ride for modern bikes, the Nova Eroica. The Nova ride is 72 or 97 miles over a mix of pavement and dirt, with over 6000' of climbing. The big vintage rides are on Sunday. Rick Pizzano, one of the Moorpark Riders, and I plan to do the ride, on the 72-mile route. It's a tough day on the bike, but beautiful scenery, lots of cool bikes, and good times to be had by all who come out for the event. I plan to ride the 1973 Raleigh that I built up from a bare frame, with special gears to get over the 6,000' of climbing. Besides the gears, we will need a lot of luck, too!



Long Distance Adventure by the Ventura Five: Austin to San Diego



By Kate Faulkner

The Ventura 5 (Leslie, Terry, Sonia, Bill, and Kate) reunited to ride an indirect route from Austin, Texas to San Diego, California. As in 2016 (for our Northern Tier cross-country ride), we rode the train from Ventura to our ride start in Austin (with a very fun couple of days layover in San Antonio, TX before continuing by train to Austin to meet our ride group).

The entire trip was approximately 2,000 miles and lasted one month. The trip was planned by Nancy Wright, a long-distance cyclist from Vermont, and led by Nancy and her husband, Ken. We knew most of the 13 other cyclists from our 2016 trip. Nancy's trips include a support RV to carry luggage and regularly provide lunches on the route in remote areas. We stayed overnight in hotels. Nancy's routes go out of their way to reach national parks, rail-trails, and interesting cultural sites.

Some of the highlights of our 2019 travels were Lyndon Johnson's boyhood ranch, Carlsbad Caverns, Roswell, N.M., White Sands National Monument, Gila Cliff Dwellings, Montezuma's Castle, Sedona, Grand Canyon National Park, and Anza-Borrego State Park.

We finished our bike trip at the Pacific Ocean near downtown San Diego. After an overnight at the beautiful, historic Horton Grand Hotel in San Diego's Gaslight District, we had an easy walk with our bikes and belongings to the Amtrak station. A short 5 hours later we arrived in Ventura and concluded our adventure. Although our bike trip had taken us through many amazing landscapes and interesting locations, it felt great to be back to beautiful Ventura.



Birds, Bikes, and Brews Ride

December 29, 2019



Story and Photos by Steve Light

Kate and Bill Faulkner led us on another bird watching ride last December. It was a bit chilly, only about 13 miles of riding, and a couple miles of walking paths, but what a fun day. We left from the usual museum parking lot, and headed a little north to the estuary where the Ventura River meets the ocean. There were lots of shore birds, and even a few dolphins playing among the surfers. We continued down the bike path behind the fairgrounds. Kate and Bill are very knowledgeable "birders" and Bill's sharp eyes spotted several birds that looked like just small dots to most of us, until we got close. He spotted a peregrine falcon on a surveillance camera, way atop the Crown Plaza Hotel, just off the biking/walking path. Farther along, Bill spotted a little kestrel atop a small tree, a species that I've never seen before.



We rode on down past the harbor to Spinnaker Drive, and locked up our bikes to the chain link fence at the settling ponds along Angler's Way. The ponds there surround islands where we saw lots of egrets, herons of many types, and all kinds of water fowl. There are easy, flat walking paths winding all thru the pond areas, making bird observation fun and easy for rookies like me. We even saw a kingfisher, way across the pond.

Besides biking, photography is another hobby I enjoy, and I brought a better camera (than my usual phone) along in a back pack and got some great shots. Brews? Oh yeah, the brews. We ended our day at 805 Bar and Grilled Cheese, just down the road, where Kate tallied up at least 48 different species of birds that we saw. A great day, of birds, bikes and brews -thanks Kate and Bill.

What's in store for 2020 for BikeVentura?

By Joey Juhasz-Lukomski

Greetings from your local bicycle education and advocacy organization! 2

2019 was a hallmark year for biking in Ventura – the Amgen Tour Swung through town, the 6th-Grade Bike Education Program Started, reaching over 1500 youth, and Toby shaved his beard more than once. But we won't rest now – there's more work to do! Here's an update on what's coming in the new year:

Join our monthly "Pedal Power Policy Team" meetings

to hear from local staff, transportation advocates, and talk bikes. This group will help us make a difference in our County, so the more input we have, the better. This group will meet the third Wednesday of the Month at 6:30 PM, at the HUB.

CANCELLED 'Until further notice

For all the women in CIBike that are curious about bike mechanics but wary of the male-dominated bike shop atmosphere,

join a WTF (women-trans-femme) night at the HUB. Led by HUB team member Zuileima Jimenez, these women-only workshops focus on creating a positive environment first and enjoying bikes and biking together. WTF Nights are cancelled until further notice. Please check out our events calendar or read our monthly newsletter for updates.



And finally some very big news: 2020 will be the year that we open a real bike HUB in the City of Oxnard. The City Council just approved staff to negotiate a lease for a space downtown, where we'll be bringing all of the empowering work of the HUB to a new community. We're going to need a lot of help cleaning out the building and setting up a brand new beautiful shop, so be on the lookout for volunteer opportunities. We are so excited to have a presence in the biggest City in the County!

Please note - our regularly scheduled volunteer days, BBQs, brew rides, and other fun events are CANCELLED due to the national emergency. Since one of our goals is to make our struggle for space on the roads feel like less of a slog, please check our blogs and emails for the status of our event continuations.



Bicycle Shorts

Useful and entertaining tidbits to read in your spare time.

Thanks to member Terry Spragg who submitted most of these links.



- **The linked report from Rails to Trails Conservancy** (one of CIBike's annual fund recipients) is a treasure trove of information about the benefits of investing in bicycle and walking.
<https://www.railstotrails.org/resource-library/resources/active-transportation-transforms-america/?q=&a=Rails-to-Trails%20Conservancy&t=Report&s=All&g=All>
- **Minimalist Horn** <https://www.youtube.com/watch?v=hJ2cnoNEPTk>
- **Spectacular Ride: Long Peninsula of Washington State**, Thanks Terry Spragg for this adventure tip. Just north of the mouth of the Columbia River is a spectacular bike trail. Called the Discovery Trail. Not very long - 15 miles or so, but the construction of the Trail and the terrain it travels is spectacular. <https://www.youtube.com/watch?v=i89x5C-tLZM>
- **Bike Lanes Don't Cause Traffic Jams**
<https://www.bicycling.com/culture/a30778291/richmond-san-rafael-bridge-bike-lane-controversy/>
- **The 4,000-Mile Trail System That Will One Day Connect Both Coasts Is Closer Than Ever**
https://www.bicycling.com/news/a27395751/great-american-rail-trail-route-revealed/?source=nl&utm_source=nl_byc&utm_medium=email&date=051019&src=nl&utm_campaign=16841153
- **Italy and Spain Ban Bicycling**
<http://cycling.today/italy-and-spain-ban-cycling-completely/>
- **How to Ride Safely Amid Coronavirus Concerns**
<https://www.bicycling.com/news/a31469228/cycling-during-coronavirus/>
- **Santa Monica Beach Trail Upgrades**
<https://www.lamag.com/citythinkblog/santa-monica-beach-trail-construction/>
- Copied from Bicyclist magazine: **A Concise Guide for Cyclists Encountering Law Enforcement - BICYCLIST: SoCal and Beyond**
<https://bicyclist.xyz/regulars/legal-cycling/guide-cyclists-law-enforcement-911-law/>
- **How to Clean Your Mountain Bike**, by Jim Dinges https://youtu.be/_e4YYXuQjyA
- **NTSB to Bike Riders: It's on You to Stop Getting Hit by Drivers (WHAT?)**
<https://www.bicycling.com/culture/a29711903/ntsb-cycling-safety-recommendations-2019/>
- **Bike shop owner to cyclists: "Use us or lose us."**
<https://www.treehugger.com/bikes/bike-shop-owner-cyclists-use-us-or-lose-us.html>