



CIBike – Members Getting in Rides During Pandemic

Our CIBike cyclists are waiting for the day when it is once again safe to start the famously fun group rides. But until the health department issues the All Clear sign, members will continue to enjoy solo rides or small group rides. It's always about safety – following social distancing, wearing masks when appropriate, washing hands frequently, avoiding indoor rest stops. Meanwhile, starting on page 10, read about club members' stories on how they are getting in their rides during the pandemic. Top Photo: Joni, Jo Ann, Mike Stewart. Bottom Left: Rick, Mike Bottom Right: Wing, Janette.

BREAKING NEWS

2020 Cool Breeze Postponed

The August 15, 2020 Cool Breeze has been postponed to August 21, 2021.

More info on page 3.

CIBike Jersey Sale!

A new batch of club jerseys are ready for purchase! Go to page 5 for details on how you may acquire your Yellow Pedal Power.

Practicing Social Distancing while Cycling with Friends

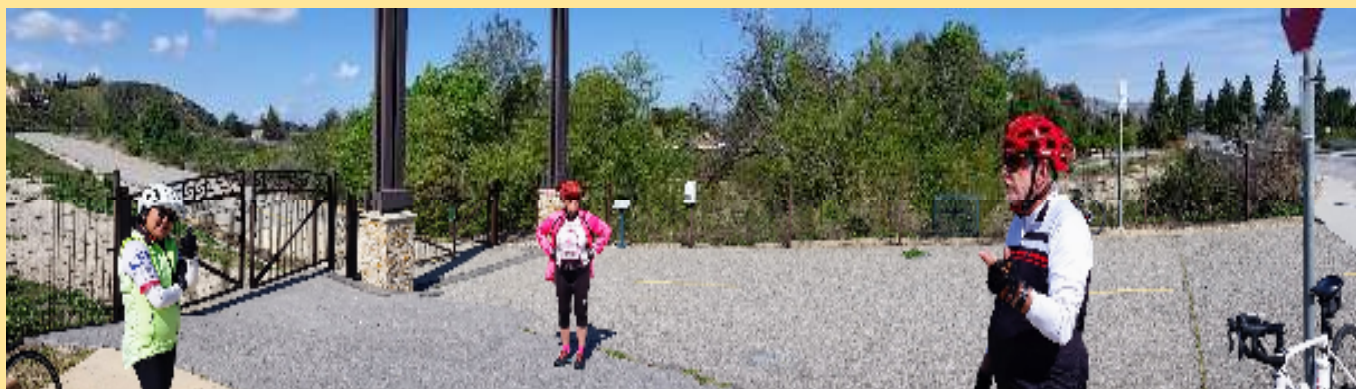


Photo Credits

Thanks to Steve Light and Dan Mathews for providing photos on this page and throughout the newsletter that show CIBikers practicing social distancing while on cycling adventures. This page - Top and left side photos: Steve Right side: Dan





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.....Therese 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 indefinitely. Please get current event info in the weekly club emails, on Facebook and on the website, www.cibike.org. Ride safely six feet apart and wear masks when necessary.

Cool Breeze Century

Our Cool Breeze Century ride is held the third weekend in August each year; however, the 2020 Cool Breeze has been postponed until August 21, 2021.

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



These are troubled times, indeed. We are at the confluence of two potent forces which are disrupting lives and also unsettling our language.

The virus and the violence have abruptly changed lives. Our movements are curtailed; our hearts are aching.

Similarly, our language is changing vertiginously... and by the day not the decade.

Common terms are redefined -- *racism*.

<https://www.nytimes.com/2020/06/10/us/merriam-webster-racism-definition.html>)

Uncommon, distasteful terms now flow easily: *COVID-19, Corona Virus, asymptomatic, social-distancing, flattening curves, Orders, antibody testing, hydroxychloroquine*

The fact that these forces have so quickly and thoroughly pushed into our language is telling. It shows their depth and power and their effect on us all.

Both the disease and the brutality are frightening forces, but we are not without recourse.

**We can certainly step up for our fellow man:
stand 6 feet apart and stand up for social justice.
We can mask the virus and unmask the malice.
We can polish up our human decency and keep
it at the fore.**

To that end, please let me share with you the thinking of two respected cycling organizations committed to doing their part:

Continued on page 3

*Continued from Page 2 - President's Message***Rails-to-Trails:**

www.railstotrails.org/trailblog/2020/june/10/what-we-mean-when-we-say-we-are-standing-against-racism

Bike Ventura:

<https://bikeventura.org/bikeventura-stands-with-blacklivesmatter/>

|| Breaking CIBike News ||

|| Here in the club newsroom our rabid reporters and electrifying editors
" are feverishly working to bring you the latest CIBike news hot off the press. ||



The 26th Cool Breeze Century Has Been Postponed until August 2021

By Bart Bleuel, Cool Breeze Director

On June 5, the Cool Breeze Committee made the difficult decision to postpone the 2020 Cool Breeze, originally scheduled for August 15, until August 21, 2021. This would have been the 26th consecutive year that the two partner organizations - The Channel Islands Bicycle Club and the Ventura Kiwanis – have operated this premier riding event. The postponement decision was based on many factors, including:

The current directive from the Ventura County Health Department is that it would not be able to give us permission to exempt this event from the Stay-at-Home Order. That is not to say that decision would not change in the future, but under current circumstance the gathering of 300 to 500 riders would be more challenging. We are now looking forward to the August 2021 Cool Breeze and hope that everyone will join us in looking forward to the World's Finest Cycling event – the Cool Breeze Century.

CIBike Waiting for the State's All Clear Notice Before Opening Up Group Rides

The CIBike Board of Directors has announced that group rides are still on the back burner until the State and County issues the All Clear Notice. Covid-19 remains a very real concern and safety is the driving component of delaying official group rides. While you ride safely alone or with a few friends, remember these safe riding guidelines.



Margaret's
Message

- **Maintain generous social distances:** stay away from slipstreams, spread out at stop lights.
- **Mask up:** perhaps as you ride, surely when indoors or where social distancing is difficult.
- **Keep your hands clean:** pack wipes or sanitizer, wash well at every opportunity. Wash your gloves after every ride.
- **Get take-out or bring your own food and eat outdoors.** When stopping for your breaks, find some open air places such as parks and harbors, and maintain your six-foot distancing.

Meanwhile, even though we aren't riding as a group, we can still keep those important riding buddy connections through the weekly eblasts, this fine newsletter, club website notices, and enjoying solo or safe small group riding.

**This issue of Chain Chatter features fun stories
about how some members are getting in their cycling adventures, starting on page 10.**

Breaking CIBike News Continued

Channel Islands Bicycle Club Fall Lecture Series Announced

By Bill Faulkner, Programs Director

Channel Islands Bicycle Club is proud to announce our Fall lecture series. This series includes the months of September, October and November. Each program, is on the second Wednesday of the month, at the Museum of Ventura County, 100 East Main Street in downtown Ventura. Doors open at 6:30pm with a beer/wine social. We have a very interesting lineup with a health and Wellness theme. Please attend and bring a friend. More details will be available in the club president's weekly emails and on our website, www.cibike.org.



The Museum of Ventura County is opening back up to members in July and opening to the general public in August. Lucky for us they will be opening the Pavilion for programs in September. They are still waiting on what restriction the County may impose on capacity. They are anticipating limiting the audience to between 25 and 50 people. I think either of those numbers would work for us. The final arrangement will have generous social distancing, hand washing and air flow through the auditorium. Masks will likely be required. Always check the weekly emails for latest info.

September 9 - Cycling Comfort where it Counts

Program: There are three points of contact between you and your bike: seat, hands and feet. How they feel can make the ride a pain or a pleasure. Common issues, problems, and solutions will be discussed. The saddle is often the biggest problem area. With great care and sensitivity Phil Casanta will go over saddle form, function, structure and positioning in ways that will resolve most issues.

Who: Performance coach for endurance athletes and master bike fit specialist Philip Casanta of HyperCat Racing has amazing credentials (IBFI Level 4 Fit expert) with over 30 years' experience. He was a professional cyclist and has worked with professional teams (Rabobank, Exergy, Toyota United, Vanderkitten Chix, Luna, Clifbar) and with professional riders, triathletes, and cyclists of every stripe. You will have fun while learning some very cool stuff!

October - Program Is Still Percolating – Stay Tuned

More Info will be available in the weekly emails and on the website.

November 11 - Nutrition for Endurance athletes (CIBike Health Study results)

Program: Registered Dietitian Melissa Davidson will speak about "Nutrition for Endurance Athletes." She will talk about fueling up for the big event. What does the body need during and after a strenuous day? How much hydration will be needed? What are the pros and cons of various performance enhancing supplements, such as caffeine? Additionally, Ms. Davidson will provide results from the year-long health study of CIBike members. We will see if bicycling and other endurance sports have special health benefits. Melissa Davidson is a Registered Dietitian at the CMH Healthaware program (<http://www.cmhshealth.org/my-health/healthaware/assessments/>). Additionally, Ms. Davidson is a Certified Specialist in Sports Dietetics, a group fitness instructor, and a personal trainer.

Breaking CIBike News Continued

Newly Designed CIBike Jerseys Can Now Be Yours!

*Be prepared for the first Saturday Wear-Your-Jersey Day
with one of the snappy new jerseys!*



Be the first on your block to own one of these swell CIBike jerseys – fresh from the manufacturer. Thanks to Dan and Patrick for procuring these fine specimens, one of which is shown here with Patrick who is also practicing good social distancing and mask-wearing.

Dan writes:

The new club jerseys have arrived! We have both men and women's CIBike jerseys with the new words on the back: Ventura County California. Be the first in your cycling group to own one of these snazzy designer garments allowing you to ride with distinguished elegance. But hurry! We have a limited number of these fine fashions.

SPECIAL SALE OFFER!

You may also choose to purchase one of the few older design jerseys at a special \$10 discount price.

Contact Dan at
danmathewsla@aol.com.



Breaking CIBike News Continued

CIBike Supports Project Bicycle Love with Grant

By Dan Mathews, Grant Director

I am happy to announce the CIBike presentation of a grant award to Project Bicycle Love, a 501(c)(3) nonprofit organization whose mission is to provide bicycles to teens and youth living in group homes or who are about to age out of the “system” or other at-risk situations. These kids generally do not have a driver’s license or vehicle of their own. A bicycle can provide transportation to school and work and provide a sense of responsibility and freedom. The organization also gifts bikes to younger foster children. Bikes and helmets are assembled by volunteers at Project Love’s facility in Ventura.

The CIBike grant is especially important this year for Project Bicycle Love as the pandemic has resulted in fewer donations from bike manufacturers and wholesalers. We are pleased to be listed as a Supporting Partner on Project Bicycle Love’s website. Project Bicycle Love’s motto is Give a Bike – Change a Life.



On June 29, The Channel Islands Bicycle Club presented a grant award to Project Bicycle Love. Left to right: Treasurer Patrick McDonald, Project Bicycle Love Administrators Eric and Janet Baucom, Grant Director Dan Mathews.

Making a Favorite Old Bike New Again

By Mike Carlson

After being transferred to Corpus Christi, Texas in my late 40's and sitting around for 2 years, my wife, Gina, urged me to start riding again. I went on a group ride with a steel bike that I had built 20 years earlier with 14 speeds and downtube shifters. I was immediately dropped and decided I needed every technical advantage to keep with this group. So, after a little investigation, I ordered a blue-fade Calfee.

I'll tell you, riding with that group really got me praying. "Oh God, please let the light be red so I can catch my breath for a few seconds. Oh no! The light is green God! Oh, help me God!!..."

Eighteen years later, I still like my bike. I don't want another one. It's all carbon fiber with titanium dropouts and Campy equipped. It is comfy and light. Its only weakness is the engine. So, when the original blue color began to fade, I decided to get it painted. I sent it to Calfee for a translucent root beer paint job. The carbon fibers glow in the sunshine under the paint. It's kind of unique and I enjoy it. My hope is that in the next 18 years the paint will fade before I do.



*Top photos:
The new "root
beer" color paint
job.*

*At left: Michael
built this bike 35
years ago and got
rid of it 17 years
ago.
On right, is
Michael's carbon
fiber bike before it
was spiffed up with
new paint.*

CIBike Calendar

- July 11 Club Picnic and ride – POSTPONED until 2021
- 2020 Cool Breeze POSTPONED until August 2021
- September, October, November – Fall Meeting and Lectures Series at the Museum of Ventura County. More info on page 4.
- October Lure of the (Grapes) Beach ON HOLD Club members have always welcomed this great autumn weekender which in the past was held in Buellton/Solvang. Looking for something different including new bike routes, this year the October event was planned for Oceanside. Sadly, the Coronavirus forced us to put this event ON HOLD. Watch for more info in the weekly emails and on the website.
- November - Board of Directors Election Everyone is invited to run for a club office – not too much work and it's fun!
- December – Club Holiday Party - On HOLD4.



Club Elections
in November

New Rest Stop Places to Explore on Your Solo or Small Group Bike Rides

We all love the fire house and top-of-Rincon-Hill rest stops, but here are a few good places to explore on your next ride going south, north or east. These are open air sites, parks and take-out markets that maintain strict social distancing regulations.

- Oxnard area: The Pacific Coast Bike Trail runs from Canada to Mexico and goes through Oxnard. Cyclists on this route have some good rest stops: Oxnard Beach Park, Marine Emporium Landing (see below), Harbor Mart, Pt. Mugu State Park.
- Camarillo area: Mel Vincent Park, Mission Oaks Park, Bob Killeen Park, Hill Canyon Trailhead, Freedom Park at the Camarillo airport
- Westlake Village area: Triunfo Community Park,
- Moorpark area: Coffee Bean take out, Los Robles; Tierra Rejada Park
- Thousand Oaks area: Sapwi Trails Community Park
- Newbury Park: Stagecoach Inn Park on Lynn Road



On rides through the southern part of Ventura County, a good stop is at the Marine Emporium, Sea Fresh Building in Channel Islands Harbor, Harbor Blvd. There are bike racks, outside benches, restrooms, nearby coffee shop. Stop here and rest up on benches overlooking the water.

New Website for Bike Safety Data, *by Nina Danza*

Maybe you have already heard of this but in case not, a professor at Arizona State Univ made a website for citizen crowdsource data on bike safety. It is really good for using to make decision or advocate for bike lanes, however not much data is shown in our area yet. bikemaps.org The website lets anyone report (anonymously) collision, near miss, hazard, theft. I think it could be really useful and maybe you are interested to check it out, spread the word. I learned about this from an ASU course (online) about neighborhood design for health, really good, and only about one hour
<https://courses.cpe.asu.edu/browse/sgsup/courses/cpe-geo-103>

An Unexpected Livestock Encounter

By Kate Faulkner

Sonia and I ran into this group of goats (and their ever vigilant herd dog, a friendly yellow Labrador retriever) on upper Canada Larga Road. The Lab was guiding the goat herd back to the ranch for the night after a tough day in the field munching on plants.



OPPORTUNITY: If you are interested in the fun job of newsletter editor, please contact
 Margaretann2105@aol.com.

Telephone Road Observation *by Terry Spragg*

This photo reflects Telephone between Hill and Victoria. You will note what looks closer to six Lanes rather than four. I often ride Telephone between Victoria and Kimball. Today, with these partially blocked off sixth lane, the ride felt so much safer. No one knows for sure the city's ultimate plan, but the photos to me suggest, the possibility of bike lane between Victoria And Kimball, perhaps as safe as the bike lanes on Telephone between Kimball and Wells. The Telephone bike lane was scheduled to go before the city council on June 29. Sorry, but no late breaking news this time.



CIBike Members Share Their Stories: Cycling, Exercising and Lifestyle Changes During Pandemic

Editor's Note:

Many thanks to those members who have provided me with the following stories and photos to share their experiences about how they have been getting in their cycling while adhering to the Health Department Orders.

COVID-19 LIFESTYLE CHANGES

By Steve Light

With the local lockdown rules dictated by the Covid-19 pandemic, we have all gone thru changes to our lifestyle and ways of coping with day to day activities. My ride schedule has been cut short, riding mostly close to home, big club group rides aren't happening, and the big charity rides have been cancelled or postponed. Many of us are finding extra time on our hands and hours to fill. How many weeds can you pull, books can you read, or TV shows can binge out on?

I decided to re-start my old hobby of model car building. I have a stash of kits from back in the '80s that I always planned to get to "during my retirement." Well, on most days, I'd rather be on my bike, so the un-built kits just sat there. I took out a Jaguar racing car model from 1988, and started building it. My modeling skills have certainly deteriorated over the years. The parts got smaller, eye-glasses don't work as well, and it seems that I forgot how to paint a model car. I finally got it done, and was pretty happy with the end result (three paint, strip, repaints later).

A friend of mine told me I should enter it in a Facebook virtual model car contest.

I've never cared about a social media presence, unless it was cycling related like Strava or Bikeforums. I signed up for Facebook, took some pictures of the car model, and entered the contest. I've always been an amateur photographer, so I also joined Instagram to share photos of my car models and bike activities. I am also hanging out with the Ventura Camera Club, on their virtual club meetings and photo critiques, which have also been fun and informative. Interestingly, the Covid-19 lockdown, for me anyway, has been a chance to catch a breath, and look at activities that I have enjoyed, but gotten away from.

These days, instead of watching the long hours creep by, I wonder how I can ever get all my activities completed, and move on to the next project. In the middle of the model building, and social media participation, I also managed to sell a bike and get it shipped to a new owner. Busy days that really go by fast when you're on lockdown. None of these activities required physical presence, and make social distancing bearable, and even fun.



Small Scale Rides

By Leslie Ogden

I have been riding 2 or 3 days a week with a small group of friends, 4-9 riders, doing our most common routes. In addition, I've done some hiking and birding, also with a small group, and gardening by myself. I've been quite careful about hand washing and fairly careful about wearing masks. Steve and I are nearly the only ones who come in our house.

Life is Good Now on the Hills

by New CIBike member John Nichols

I am new guy to your club. We moved to Camarillo from Sacramento and I miss the Sacramento bike trails. They were flat. I have ridden with you about 3 times and learned about hills and my aging body. One trip up Bates Hill convinced me I need a bit of help. Just before the big shut down I found and purchased a Giant E-Road bike. Life is good going up hill or down now. I get out once a week for a 10-mile ride but it's not the same as a trip to Carpinteria with the club.

Small Rides with a Few Friends

By Jim Dinges

I personally have been riding most Tuesdays with club members Ron Dow and Chad Kominak. We have ridden Simi Valley loops, Moorpark/Somis loops and Hidden Valley in Westlake Village. Also, we have thrown in Summerland when the temps are hot, like last week. Thinking about Rose Valley tomorrow. I have enjoyed the Dick Bellman happy hour meetings as well. My mountain bike volunteer work with the Park Service is on hold indefinitely.

Covid-19 Is an Opportunity to Explore and Try New Adventures

By Danny Mathews

As a mountain biker, most of my usual riding areas have been closed. My favorite riding spots are Wildwood and Sycamore Canyon. Except for one foray on Sulphur Mountain and a spin down the coastal bike path, I have been hiking, kayaking, power walking and am now running. Social distancing is pretty easy with those types of activities.



My Around-the-Globe Bicycle Journey

By Terry Spragg

I am pleased to announce that my goal to virtually ride around the equator has been met, 25,000 miles in eight years! Since January 1, 2012, my goal has been to ride the equivalent of around the world at the equator – approximately 25,000 miles. I completed the challenge on June 24. I have been using the Endomondo.com website for mileage tracking on this fictional goal. My records show that 46 percent of my mileage so far has been for transport such as work and errands while the balance has been for recreation. The Endomondo site allows conversion from English to French (when living in France, I signed up for this virtual challenge). I will celebrate the event by purchasing a new gadget for my bike!

This could be Terry's bike if he were on the Equator in Ecuador. The yellow line represents the Equator near the Mitad del Mundo monument.



Solo Riding by Barry Cole

I am riding alone, doing rides of 25 to 30 miles. The New York Times ran an article on exercise. In the article it was reported that drafting is a problem, so safe distancing while riding is well beyond six feet.



Social Distance Riding

By Dan Mathews

During the Covid-19 era, the club has dropped all group rides until the Ventura County Health Departments ends the orders. Meanwhile, some of us have enjoyed solo rides and sometimes with a few friends, all of whom always practice appropriate distancing.

While we have been told to keep our distances from each other, it is most important at the rest stops. Many photos have been captured of cyclists doing a great job of maintaining adequate separation as shown in this photo taken at the top of Rincon Hill.



Tom, Bill, John at top of Rincon Hill
*All photos on this page have been taken
by Top Photographer Dan Mathews*



Wing and Janette on the newly paved
and painted Omer Rains bike path.



For several months, roads leading to bike paths were closed including this one at the end of the Rincon Parkway just past the Famous Fire House Stop.



Solo Riding



Cycling Through the Pandemic by Steve Light

2020 looked to be a great cycling year. I started out with a personal best of 551 miles for a January month of mild weather. Then the rains came, and I cut back on riding days a little, still with an eye to riding the Solvang Century in March and the April Eroica California Vintage Ride, in beautiful Cambria.

All that changed with the arrival of the Covid-19 pandemic, and eventual local lockdown response.

Solvang was cancelled, Eroica postponed, even CIBike rides suspended. After a few days dealing with just what the cycling possibilities were, I started doing mostly solo local rides of around one-hour duration. My wife is also having physical and mobility issues, and that kept me close to home.

After a few weeks, Mike Stewart asked about joining me for a local ride on my side of the hill, in the Chatsworth area. We worked out "One lap of the Valley", 30 odd miles, up thru and across Porter Ranch, then south, picking up the Orange Line Bike Path that ends up back at Chatsworth Metro Depot. We've done it 3 times, once in the opposite direction, which made a quick downhill breeze down Woodley Ave., a 14% uphill grind. Once a week I try to join a few of the Moorpark group riders for 30-40 miles out thru Moorpark and Simi Valley. The other day, finishing up our Lap of the Valley, it was approaching 90°. Mike asked me how I ride here in that kind of heat. I said, "I don't, that's when I ride in Ventura County." We are maintaining social distance, and limiting our group to 4 or 5 riders. My monthly mileage has dropped to around 250 miles. Still, I ride mostly for fun, and cycling thru the pandemic is a great way to maintain some kind of mental focus, stress relief, and provide the immune system a healthy boost.



Photos by Steve:
Top left: Rick, Steve
Top Right: Mike, Rick
Bottom: Mike, Joni, Jo Ann, Ron.

Sulfur Mountain Adventure *by Sonia Sandomer*

We are so lucky as cyclists to ride out this pandemic riding our bicycles. And live close to great outdoor places. We have developed a core group of friends who enjoy cycling and we feel are safe to be around. We wear masks, when appropriate, and practice social distancing.

On a recent ride an idea was hatched, to ride the Sulfur Mountain Loop, riding up the dirt part and descending down the paved section to Hwy. 150. So, the adventure planning began.

The day before was spent preparing our bicycles, choosing our Richey Cross bikes because we can place wider tires on the wheels. There was rumor that Leslie would have her new bicycle by Tuesday, and the other participants chose their bicycles.



A happy group of cyclists including, myself, Terry Dawson, Leslie Ogden, Kate and Bill Faulkner, Paula Powers and another friend Mike.

Meeting at 8:15 am on the Ojai Bicycle trail by our house, we start up the Ojai Bike Trail to the entrance of Sulfur Mountain Road. It's along Hwy 33 just past Casitas Springs. A short ride up the road and you come to a gate you can pass through, and you are on your way up, up, up the dirt road. It's a wide dirt road for about the first 3 miles and then you come to some single track. For the most part it is packed dirt, but the cattle that roam up in the ranches walk on the roads during the rainy season and caused a very bumpy ride. You just hold on tight and try not to fall.

The scenery is exceptional, with views all the way down to the Pacific Ocean, and the Channel Islands. Lots of wild flowers, even a Western Bluebird citing. The final mile is the steepest, and roughest. But when you crest the hill at about mile ten, you just feel elation. At least that was what I felt, I made it, and only walked about 20 feet of it.

You then pass thru one more gate, up another hill but it's paved, and steep, then a great downhill down to Hwy 150.

We then road into Ojai to Libby park for our lunch and rest, then down the bike path back home. Our total ride distance was 40.5 miles with 3546 feet of climbing (I might add all the climbing is in the first 20 miles). The whole group was very happy to have done this ride, and look forward to doing it again. It's funny how fast you forget the pain.

What I like about the ride: No cars, few people, great scenery, very challenging, and it is pretty remote.

Hopefully, when things get back to normal, we can put this ride back on the ride calendar, and enjoy it with more of our friends.

Sonia

Our Cycling During the Pandemic

By Linda and Boris Chaloupsky

Since we are both in a high-risk category we stopped early on riding with the club and just rode alone the two of us. As the pandemic worsened, we then reached out to our fellow Ojai cyclists to see if anyone had an indoor trainer they would be willing to sell to us. Our fellow cyclist Mark told us he had one that we could just have, which was really nice of him.

So, my husband I began to cycle indoors on the trainer. We didn't have Zwift so we watched YouTube videos of virtual cycling around the world. We found the indoor cycling to be harder than we realized. There's no uphill but there's never any coasting either.

As it turned out my husband Boris was too much for the trainer and it broke. Just a few days ago we decided to chance it out on the streets again. It was really a good feeling though to be outdoors on a bike again. We avoided the Ojai bike path though because it's been packed with people and instead rode the back roads of Ojai.

Meanwhile I'm doing a few projects around the house that I've put off for quite a while. Finally painted the crown molding around the living, and a window frame in the bedroom. Painted the patio table but now I need to varnish the wood top. Then did something I normally would avoid like the plague (how fitting) which was to sew up some tears on a blanket. Other than that, I've been doing a lot of gardening.



A Socially Distancing Father's Day Ride

By Dan Mathews

How does one celebrate Father's Day with social distancing?
Go for a bike ride!

My son Danny, an avid mountain biker, wanted to take me on a ride and lunch excursion. We masked up and rode to Carpinteria. We started at the Ventura parking lot with the first stop at the fire house. Luckily there were no other cyclist there at the time. The only activity at the stop was a giant fire hose being washed out. That was interesting.



There weren't too many other riders on the route. When we arrived at our destination Danny picked up curbside lunch at the Rincon Brewery. Meanwhile I rode to the beach and lucked out with a picnic table in a premier beach location.



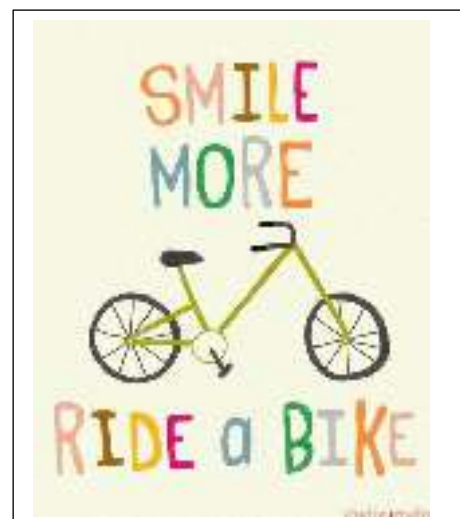
The picnic tables on the beach were open, available and large enough to allow social distancing. The weather was perfect – not blistering hot or foggy. I selected the table closest to the water while Margaret arrived by vehicle and joined us. Danny brought the lunch and the three of us had an adventurous Father's Day visit while staying six feet apart. A safe and memorable visit through cycling.

Certificate of Extraordinary Cycling Achievement

To CIBike Member and Chain Chatter Reporter

Terry Spragg

For virtually riding around the equator – 25,000 miles
From January 1, 2012 to June 24, 2010



Bicycle Shorts

Useful and entertaining tidbits to peruse in your spare time.



- Looking for freedom during quarantine? Try riding a bike!
<https://www.themanual.com/outdoors/riding-a-bike-during-coronavirus-pandemic-self-quarantine-shelter-in-place/>
- Why cycling alone is actually the best. By Megan Flottrop, April 17, 2020, We LoveCycling.com
<https://www.welovecycling.com/wide/2020/04/17/why-cycling-alone-is-actually-the-best/>
- Who are the winners and losers of Road Diets?
<https://www.newgeography.com/content/006325-when-it-comes-road-diets-small-businesses-are-biggest-losers>
- Another fun story uncovered by member Terry Spragg - women's cycling fashions:
<https://www.cyclinguk.org/womensfashion1870s>
- Another Terry Spragg news alert – this about the current bike buying boom.
<https://www.theguardian.com/us-news/2020/may/13/coronavirus-cycling-bikes-american-boom>
- Terry found this blog about how bikes became one of the best things to happen to feminism.
<https://blog.transloc.com/blog/how-bikes-became-one-of-the-best-things-to-happen-to-feminism>
- ABC7 had a good idea for the cycling entrepreneurs.
<https://abc7.com/business/bike-delivery-service-is-on-a-roll-in-long-beach/6205236/>
- Family-friendly bike trails can be found at this link provided by Terry.
<https://www.conejovalleyguide.com/welcome/guide-to-finding-family-friendly-bike-paths-in-and-around-vehtm>
- How to introduce a new person to cycling.
<https://cyclingmagazine.ca/sections/training-guide/training/introduce-a-new-person-to-cycling-friend-family/>



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>

- 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
- How to Ride Safely Amid Coronavirus Concerns
<https://www.bicycling.com/news/a31469228/cycling-during-coronavirus/>

Got a hot tip? Please send it to Margaretann2105@aol.com