



CIBike Good News from 2020 - Historic Election Process, Safer Bike Routes, Advocacy

The 2020 Pandemic has clearly impacted CIBike's social programs and bike rides, nevertheless, there is plenty of good Club news to report. Much of the good news is covered in the President's Message and throughout this issue. Of note, CIBike made history with its inaugural on-line election system facilitated by Membership Director Soheil Roshan-Zamir. As a result, members could easily cast their votes for the 2021 leadership team. We are pleased to introduce them here. In addition, we are featuring the other good things that CIBike accomplished during 2020.

CIBike 2021 Leadership Team

Club history is made with its first on-line voting system. And the results are:

President	Leslie Ogden
Secretary	Dana Werner
Treasurer	Jenny Owen
Membership	Ron Dow
Grants	Dan Mathews
Programs	Bill Faulkner
Rides	Jim Dinges
Public Relations	Kate Faulkner
Member-at-Large	Mirta Millares



2020 presented challenges for the biking community but while following the prescribed restrictions and safety measures, CIBike was able to enjoy some small group riding adventures, engage in advocacy and community service, and have some riding fun
Read about some of our achievements during 2020.

- President's message sums up 2020, page 2.
- Member Steve Bennett goes to Sacramento, page 4
- Meet your new 2021 CIBike Board of Directors, starting on page 5.
- CIBike grants: How awardees utilized their grants - page 10
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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.....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.

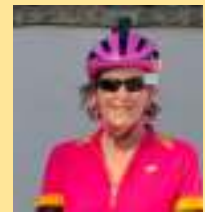
Cool Breeze Century

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



Like you, I am saddened that our club cannot engage in the way it has in other years. Big group rides and social events are clearly off the table for now.

So just where does that leave us?

2020 shows us that progress can be made, even in a pandemic. This is true because of the many club members who consistently step up. Thanks to all of you for ...

- Opening Ventura's downtown to pedestrians and cyclists.
- Slowing traffic on some Ventura neighborhood streets
- Getting separated bike lanes on Telephone Road
- Getting the Casitas Vista Road and Rice Road bike lanes
- Encouraging the new Ventura County General Plan's support for cyclists
- Encouraging Carpinteria Rincon Multi-Use Trail plans
- Encouraging Ojai Class 1 bike lane plans
- Encouraging Cycling and pedestrian plans in Saticoy and Oxnard.
- Funding our ongoing financial support for America's leading advocacy groups, including BikeVentura.

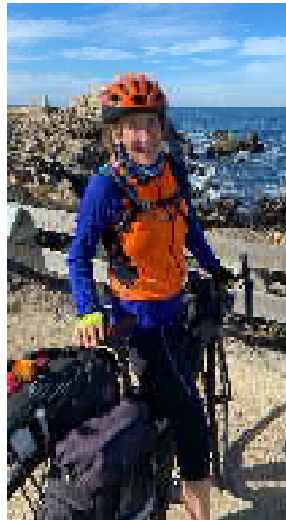
Until we as a Club can safely re-energize our rides together, I'd like to see our Club continue to improve our foundation. I'd like us to do our best to fund groups who make cycling better. I'd also like us to move forward on these important local projects: Ojai Class 1 bike lane plans (we can help) <https://www.signupgenius.com/index.cfm?go=s.signup&urlid=4090544abac2da4fc1-goojai&view=standard>.

Continued on Page 3

President's Message *continued from page 2*

- Carpinteria Rincon Multi-Use Trail plans
- Bike lanes identified in the VCTC "Bicycle Wayfinding Plan"
- Construction of the Santa Paula Branch Line Railroad Class 1 bike trail
- Expanding Safe Routes to School

I'm hopeful that 2021 will see us all riding together again. And when it does, may we all be doing so under better, safer conditions. Perhaps in planning for the future we can brighten that light at the end of that long, long tunnel. Below are photos of our dedicated club volunteers working for the betterment of our community.



Leslie Ogden

President 2020 -2021

I'm pleased to be able to help again with a little club I'm inordinately fond of. Thank you for your vote.

I began cycling and joined CIBike in 2002 on a dare from Sonia Sandomer. We'd just finished a long, difficult back country ski trip and she was ready for revenge. I've been chasing her back wheel ever since.

As for most of us, cycling has been a boon to my health, my outlook and my social life. Having a motivator to get outside regularly in any kind of reasonable weather has been wonderful. As has the likelihood that I'll run across people who put a smile on my face, and who will maybe even suggest another wild adventure. I feel linked to an energetic, fun-loving strand of our community, and I like that. My best, Leslie



Dan busy at Cool Breeze work.

CIBike Member Steve Bennett Elected to California Assembly

By Kate Faulkner



Congratulations to CIBike member Steve Bennett for his election to the California Assembly. Steve will be representing western Ventura County (including Ventura, Oxnard and Ojai) and coastal Santa Barbara County.

Steve has been a voice for bicyclists during his 20 years on the Ventura Board of Supervisors. Steve led the Board to prioritize improvements of road shoulders for bicyclists on many county roads. As a result, in the last two years almost 15 miles of shoulders have been paved and marked around the county on some of our favorite roads such as Santa Ana, Casitas Vista, and Potrero Roads.

Steve is the founder of Cycle California Coast (CCC). This organization has fostered partnerships within Santa Barbara and Ventura Counties to support cycling as an engine for enhancing tourism, bicycle infrastructure, and local businesses. CCC has improved our communication with CalTrans and other governmental jurisdictions about bicycle infrastructure.

There are two bicycle projects for which Steve Bennett played a particularly pivotal role: the Ralph Fertig Coastal Bike Path and the bridge over San Antonio Creek. Steve stood firm against formidable forces pushing for the Coastal Bike Path to be on the inland side of the freeway in order to preserve pull-off parking for surfers. As a result of Steve's determination that the bike path be on the coast, we cyclists enjoy unobstructed views of the beach and ocean while riding "up the coast."



The bridge over San Antonio Creek almost never happened. In 2011, the County was awaiting approval for the final grant needed to cover the full cost of the bridge and allow the County to award the construction contract. At the same time, the earliest grants for the bridge were about to expire. Supervisor Bennett worked with the other County Supervisors to approve county funds to close the gap in the event that the outstanding grant was not approved. This allowed the bridge contract to be awarded prior to expiration of any monies. The additional grant was eventually approved and the "backstop" funds from the county were not required. As a result, we now have the much-photographed and appreciated landmark along the Ojai Valley Trail. At Steve's last Ventura County Board of Supervisors meeting in mid-November, Steve was honored by having the bridge renamed the Steve Bennett Bridge. ***CIBike can be proud that we were also important contributors to the funding of this bridge and we look forward to future collaborations with Steve for the betterment of bicycling in California.***

The Machinery That Keeps Our Club Cranking: The People The 2020 and 2021 CIBike Leadership Teams

Jenny Owen

2021 Treasurer

I live in Ojai with my husband, Rod, of 33 years. We moved to Ojai in 2000 from Indiana. I grew up in Santa Barbara so eleven years of midwestern weather was all I could take! We have two adult kids. Elena lives in San Diego and Rodney lives with his wife in Fort Lauderdale, Florida. They both work in healthcare so this has been an especially difficult year for them. I work for Northrop Grumman on the Point Mugu Naval Base as a Software Engineer. The less I say about my job, the better!



I started riding my bike more in 2017 as I was preparing for a backpacking trip

on the PCT. I hurt my foot while training for the trip and the foot doctor told me to train by biking and swimming instead of walking. After riding alone for about a year, I looked for people to ride with and found our club! Saturday is my day to ride and I've been riding to work one or two mornings a week. I'm looking forward to retirement when I will be able to ride during the week.

Patrick McDonald

2020 Treasurer

It was a bit of a slow year for the Treasurer this term

because of the COVID-19 pandemic. All the usual accounting required to make sure that funds were both collected from members and paid out to vendors for the club picnic, installation dinner, meetings and other activities that normally take place during a good year of cycling..... just didn't happen. We paid out grants, but mainly it was just making sure the tax records got to the accountant on time, ensuring that our liability insurance policies were paid up and rent for the post office box was current. There is the monthly book keeping to account for the membership funds deposited in our bank account on line, and depositing checks for merchandise purchased from our club store, and membership renewals for those members who prefer to pay their membership fees by check.



Compared to previous years though, our new on-line membership payment scheme has eliminated a ton of the drudgery that was required in the past to process membership payment checks from the post office to the bank. All thanks to Soheil Roshan-Zamir for managing our on-line accounts, and keeping the system working smoothly. It wasn't the year we anticipated, but I'm happy to say that our financial situation is sound, and next year with a vaccine for COVID on the horizon, we can get back to the socializing we all enjoy. I look forward to handing the job over to our talented new Treasurer Jenny Owen.

The 2020 and 2021 CIBike Leadership Teams

Dana Werner

2021 Secretary

For many years I knew that someday I would become a cyclist! Someday when my daughters were grown, someday when I stopped playing soccer and someday when I had a partner with a real bike! As it turned out, about seven years ago, my then new boyfriend Burt Elliot was into cycling and I became injured and had to give up playing soccer. On our first date we rode our bikes, mine weighing about 50 lbs, to Ventura Harbor for lunch. Not long after that, Burt hatched a plan. He bought me a road bike and a pair of clickety-clack shoes and that was that. Cycling became a regular part of our life together!

About 3 years ago Burt and I joined CIBC and started riding with the club. I was still working full time and could only ride on Saturdays. Eventually, thankfully, I retired and now I usually ride three times a week. I really enjoy the friendship and camaraderie I have found with many of the other club cyclists. I hope we will all be able to safely ride together again soon. I really miss that as cycling together with CIBC friends is the best!



Theresa Satterfield

2020 Secretary



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

Dedicated Volunteers who keep CIBike's wheels spinning

Web Content.....	Soheil Roshan-Zamir
Web Content.....	Mike Stewart
Photography, Archivist	Ron Parker
Graphics and Designs	Janeen Nagaoka
Historian	Theresa Satterfield
Cool Breeze Leaders	Bart and committee
Government Liaisons.....	Kate Faulkner, Leslie Ogden
Chain Chatter Editor...	Margaret Mathews
Chain Chatter Co-Editor	Dan Mathews
Roving Reporters	Patrick McDonald Terry Spragg

The 2020 and 2021 CIBike Leadership Teams

Dan Mathews

2020 – 2021 Grants Director

Dan Mathews is long-time CIBike member and has served on the Board of Directors in several capacities including the presidency. In 2020, he swerved as Grants Director and was elected to the same position for 2021. In this capacity, he will continue on from 2020 in the process of receiving, organizing, managing and ensuring all elements of grant applications meet the requirements established in the Club by-laws while also being in compliance with IRS regulations. Grants may be awarded to non-profit organizations and Government entities that meet the Club's published cycling objectives.

Learn more about our grant program on page 10, and on page 16 read about how BikeVentura maximized their CIBike grant.



Bill Faulkner

2020 – 2021 Program Director

I can see the light at the end of the tunnel!

As progress is made on development and manufacture of COVID-19 vaccines, there is a very good chance that CIBike will be able to resume our public meetings and, once again, host speakers. We last met in March 2020 with a very interesting presentation by Dr. Adam Story.

I had additional programs lined up (such as Registered Dietitian Melissa Davidson speaking about "Nutrition for Endurance Athletes" and Performance Coach Phil Casanta of HyperCat Racing talking about "Cycling Comfort where it Counts" which had to be postponed and later cancelled.

As soon as we get the "green light" from public health officials and the Museum of Ventura County, I will be working to set up programs for 2021.



You may recall that the CIBike Board decided to hold 6 public programs per year; 3 in the Spring and 3 in the Fall. The program months are March, April, May, September, October, and November, each on the second Wednesday of the month. It may be a stretch to think that we will be able to pull off the Spring lecture series. By Fall, however, I am hopeful that our lives will be closer to normal and we can once again enjoy the camaraderie of CIBike meetings at the Museum.

The 2020 and 2021 CIBike Leadership Teams

Ron Dow

2021 Membership Director

I moved to Ventura County in 1977 and currently reside in Moorpark with Sue, my wife of 46 years. We have raised three wonderful kids and thoroughly enjoy the noise and antics of seven grandchildren. We are fortunate that they all live in California. I retired from the Navy in 1998, after 32 years of being the civilian head of the environmental programs for Point Mugu, Port Hueneme and San Nicolas Island. Living and working in Ventura County instilled a deep appreciation in me for the amazing natural wonders, great climate and recreational opportunities that the county has to offer.



For my entire adult life, my recreational avocation was running, specifically trail running. In the mid-1990's I incorporated mountain biking into my routine, as a cross-training exercise. I fixed up a garage sale road bike to augment my riding routine, principally when the trails were too wet to ride the mountain bike. Upon my retirement, my knees required a total switch from running to riding. I quickly developed a deep enjoyment of road riding due to the amazing outdoors, the good friends and the great exercise. The Channel Islands Bike Club was an easy choice for my membership: great people (I have known Kate Faulkner for about 25 years), great routes and schedules and is a great organization. I have to admit to one major failing; I still enjoy my forays into the dark side of riding (mountain biking)!

Soheil Roshan-Zamir

2020 Membership Director



Soheil has been Director of Membership for two years. In this capacity he has managed, updated and ensured the club's database has been kept up to date while constantly tracking the status of membership numbers. Due to COVID, for the first time in the Club's history, members could not vote in person for the Board of Directors. Soheil developed a process to enable on-line voting for the 2021 Board. In addition, Soheil kept costs down by researching options for managing membership data. Watch for Soheil volunteering on many club projects to benefit not only CIBike but also our communities.

Jim Dinges

2020 – 2021 Rides Director

Happy Holidays to the entire CIBike family and my special thanks for continuing to "ride responsibly" at this most important time. Your health and safety are paramount in all we do. With that in mind keep up with the small groups, masks and frequent hand-washing. We will get through this together.



The 2020 and 2021 CIBike Leadership Teams

Kate Faulkner

2021 Public Relations Director



Kate Faulkner has been elected Director of Public Relations for 2021. In this capacity, she plans to ensure that the Club's reputation in the community is held to the highest regard.

She also plans to maintain contact with the various media outlets and community organizations to publicize the Club's plans and accomplishments. Kate previously served as Past President and along with Leslie, continues to volunteer as the Club's government liaison. You can usually see Kate out in the community helping to make the communities a better place by helping on such as bike path cleaning and bike rodeos among other projects.

Margaret Mathews

2020 Public Relations Director And Chain Chatter Editor



Margaret has been the editor of the illustrious Chain Chatter for the past several years. She is happy to report that the position of newsletter editor is available to any aspiring journalist-in-training or even a seasoned editor who would like to assume the reins and be the first to get all of the juicy news scoops! It is not a lifetime commitment! Contact Margaret at Margaretann2105@aol.com.

Mirta Millares

2021 Director-At-Large



I enthusiastically joined CIBike about 4 years ago after taking an early retirement and moving permanently to the Ojai Valley with my wife Cheryl. No longer sitting behind a desk for hours, or on a plane back and forth across the state to attend hours of meetings, I got myself a new bike to replace the Cannondale I purchased in 1997 (to train for the 1998 AIDS Ride), and began the long journey of getting back into cycling shape. As a member of CIBike, I have met some wonderful and interesting people, enjoyed great group rides all over our beautiful areas, learned a lot about cycling from some very experienced peddlers, and made some great friends.

I am very much looking forward to serving on the CIBC Board this year alongside a great group of dedicated CIBC members and experienced Board members. **Ride on!!**

Burt Elliot

2020 Director-at-Large

As Director-at-Large for 2020, Burt helped on a number of projects. Burt wrote: "I have enjoyed riding a two-wheeler since I got my first bike for my 6th Birthday - a metallic green one speed with coaster brakes. I called it the "Green Spark." Now I ride a much bigger (and lighter!) bike but the best part is riding with my wife Dana and a great group of friends.



CIBike Grants Awarded during 2020

By Dan Mathews, Grants Director

The Channel Islands Bicycle Club is an IRS 501 C(4) organization. This allows us to raise funds through activities like the Cool Breeze and then award grants to those who have submitted grant requests and are voted as worthy by the Board of Directors.

Grants are meant to improve the biking community in and around Ventura County and are provided to:

- **Promote Cycling**
- **Encourage Youth Cycling**
- **Support cycling with other programs**
- **Encourage ridership growth**
- **Promote Safe Cycling**



Our Club grant funds come primarily from the proceeds of the Cool Breeze Century ride in August each year. During 2020, due to the COVID-19 pandemic, only two grant requests were received and awarded: to BikeVentura and Project Bicycle Love. We look forward to a successful grant program again in 2021. Grant applicants should check the Club website for the necessary forms and other details on how to submit a grant request.

BikeVentura

The grant funds were used to support several bike rodeos around Ventura County where kids were taught bike safety and provided a free helmet. In addition, as of the beginning of December, Bike Ventura had provided 90 free bikes to Ventura County youth. Joey Juhasz-Lukomski said "This would not have been possible without funding from CIBike and the Club's continued commitment to getting young people riding. Thanks to the grant, we were able to seize an opportunity and make the most of a stressful year and hopefully ease the stress of some kids and parents too."

Go to page 16 to read Joey's report on how the community benefitted from the CIBike grant.



Project Bicycle Love

Project Bicycle Love provides young people in Ventura County an entry level bike while teens and those needing transportation to and from work or school receive a component style bike that can be fixed, upgraded or repaired. A new helmet is included with every individual bike distributed. In 2020, the Bicycle Love project purchased 153 bicycles for this program.

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.



CIBike Group Rides on Hold

The CIBike Board of Directors is keeping close watch on COVID-19 health and safety considerations and has decided to hold off on sanctioned group rides. However, some members are following their own safe riding guidelines with small, trusted groups, social distancing, and observing other safety measures. Bring your own lunch for rest stops. If interested in tagging up with one or two other club members for a ride under strict COVID precautions, contact Dan Mathews at danmathewsla@gmail.com.

The Illustrious CHAIN CHATTER has two major announcements

1. We are pleased to introduce our new volunteer freelance reporters

Patrick McDonald and Terry Spragg. Faithful newsletter readers will recognize these two wonderful wordsmiths from their prolific past articles. In this issue, Patrick's first official contribution may be read on page 17. Terry's article on Night Riding is on page 20. In addition, John Darling is a new contributing author. Welcome Patrick, Terry and John to the Chain Chatter press room.



2. The Spring 2021 Chain Chatter will feature the Annual Rides Extravaganza

and members are encouraged to send in their cycling stories and photos. Your adventure stories could be about a one-day excursion to a new destination or perhaps an interesting encounter with other riders, animals or elves. Your story could be about an overnight or long distance adventure. Please submit your titillating tomes to margaretann2105@aol.com by February 15, 2021.

Yellow Pedal Power for Sale!

Be the trendsetter in your cycling group by owning one of these spiffy designer garments displayed here by the dapper and distinguished Patrick McDonald. This fine garment will allow you to ride with venerable elegance. But Hurry! We have a limited number of these fine fashions. You may also choose to purchase an older design jerseys at a special \$10 discount price. Contact Dan at danmathewsla@gmail.com.

Wear your club jersey on the
National First Saturday of every month!
This tradition was initiated
by club member Mike Gold.



Breaking CIBike News Continued

CIBike Government Liaison – Making Connections

By Kate Faulkner

Being a CIBike Government Liaison is all about connecting with people in governmental agencies who write and carry out the rules, regulations, and infrastructure projects that affect bicyclists. This is a role that Leslie Ogden and I have been filling since CIBike decided to designate individuals to ensure that CIBike's voice is heard by governmental agencies.

During 2020 CIBike continued to financially support bicycle advocacy organizations. Specifically, we gave grants to the League of American Bicyclists, Adventure Cycling, Rails to Trails, California Bicycle Coalition, Cycle California Coast, and Bike Ventura. Each of these organizations plays a vital role in supporting bicycling.

The California Bicycle Coalition recently announced their legislative agenda for 2021, as follows:

- To decriminalize rolling through stop signs or crossing midblock when there's no traffic.
- To expand bike share and scooter share to communities that really need the service right now, as part of public transit, and on the same affordable terms.
- To provide subsidies to help people get e-bikes, like many governments around the world are doing, and which we do here in California for e-cars.
- To incentivize the development of whole bike networks, with low-stress routes that actually connect destinations without dangerous gaps.

CIBike, as a supporting member of the California Bicycle Coalition, will be alerted when bike legislation is being considered and our input is needed.

At the local level, CIBike has continued to advocate for better bicycle infrastructure such as the dedicated Class IV bicycle lane on Telephone Road that was recently approved by the Ventura City Council. Additionally, we continue to see the benefits of the decision by the Ventura County Board of Supervisors to provide more dedicated space for bicyclists on county roads (such as the recent repaving of Casitas Vista Road).

A silver lining of the coronavirus has been a rapid increase in the number of bicyclists. We are hoping that many of the newer riders will continue to embrace bikes as their regular transportation for commuting, shopping, or getting out for a breath of fresh air.

Thanks to all of the CIBike members who have written letters, attended public meetings, and assisted in any way to support improvements for bicycling.



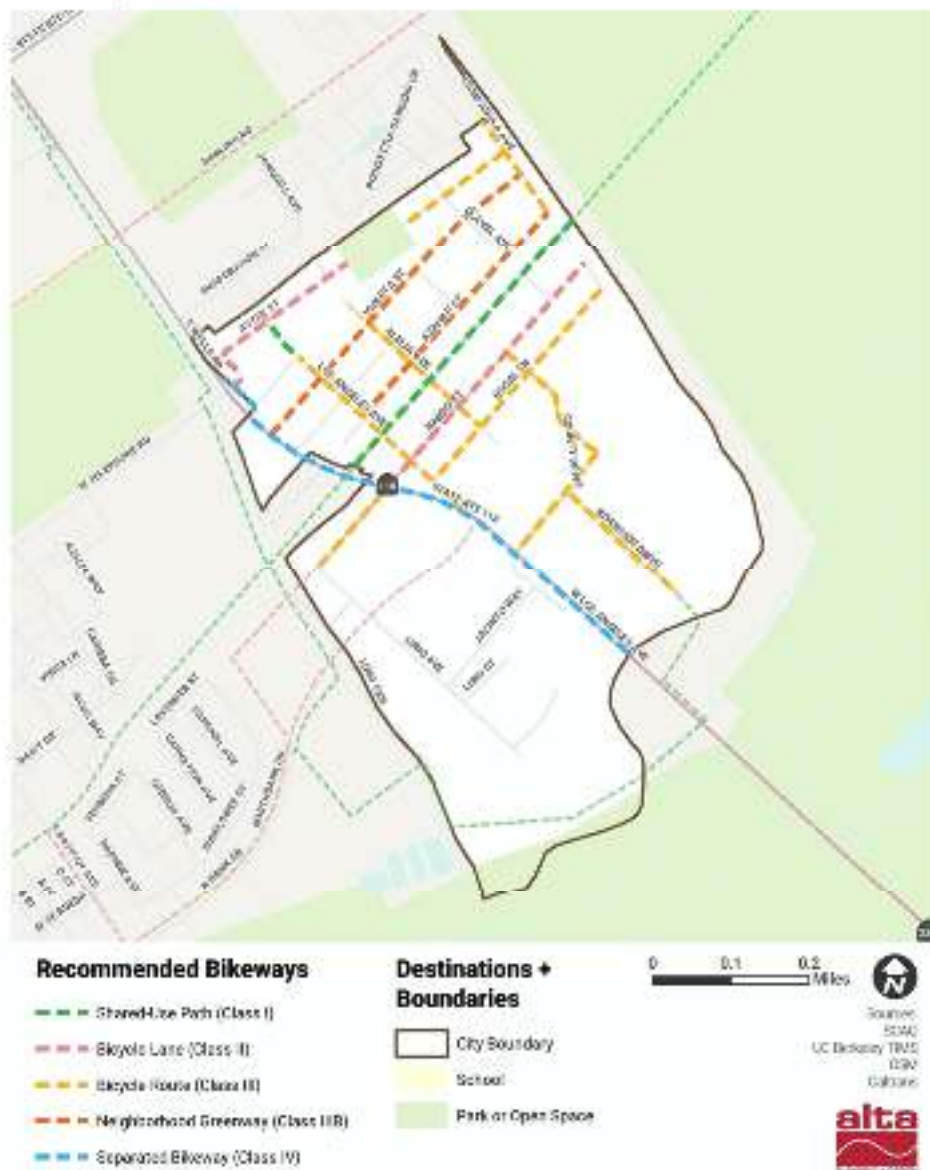
Breaking CIBike News Continued

Proposed Bike Infrastructure for Saticoy

By Leslie Ogden

People of Saticoy have long struggled to bike or walk safely. Kate Faulkner and I worked with a group to try to remedy this. Please see below the proposed bike infrastructure for this community. The effort was led by Alta Planning and supported by the City of Ventura, BikeVentura, CIBike, Supervisor Bennett's office, CalTrans and The Ventura County Transportation Committee. We are optimistic about funding as this small community is disadvantaged, has great need and has been off the radar for years.

Recommended Bicycle Network



Breaking CIBike News Continued***CIBike Year-Rounder Program -
Another Fun CIBike Perk to Inspire Your Riding Program***

Each year, the Channel Islands Bicycle Club offers the special Year Rounder Program to inspire cyclists to reach or exceed their personal best rides. The objective is for Club members to complete at least one 62-mile event (100 kilometers) in one day during each month. In the past, if one month is missed, a member could make up the schedule by performing two 62 milers the following month to still be current. The Program has been managed by Linda Bott and more recently, Sonia Sandomer.

For 2021, consider joining this Club group by submitting your results at the end of each month. Send your total miles for the month and whether you completed the required 62 miler. At the end of the year, those who completed the program will be rewarded not only with an Atta Boy and Atta Girl and their name published in this nationally acclaimed newsletter, but also with the more rewarding personal satisfaction of reaching your riding goals.

Here's a list of illustrious participants in the prestigious consistency year rounder program: Complete One metric Century a month to qualify. Even with accidents and surgeries, these folks persevered to make this goal. Sonia Sandomer, Kate Faulkner, Leslie Ogden, Diane Stein, John White, Frank Zych, Jenny Owen, Dan Mathews, Linda Bott, Larry Bott, Terry Dawson, Soheil Roshan-Zamir.



And special honorable mention goes to Darren Potter
who completed 9,965 miles
for the greatest total miles

All CIBike members are encouraged to join the Year Rounder Program so you too may share in the end-of-the-year riding kudos. Sonia will continue to administer this program for 2021. Sonia may be contacted at ssandomer@gmail.com.

The Holidays Might Be Over But We Can Still Support Our Local First Responders

By Patrick McDonald

For most Channel Islands Bicycle Club members, a ride up the coast usually includes a stop at the Rincon Fire Station just past the Sea Cliff Drive off ramp on Pacific Coast Highway 1. North bound Club rides almost always stop there to re-group and utilize one of the cleanest restrooms available to the public.

Members can show their appreciation for all the that the fire fighters at the Rincon Station do for us is to take part in their fund raiser. They have been selling really cool T shirts, tank tops, and hoodies. Proceeds from the sales of the shirts are used for various causes such as first responders' respite through station barbecues, and commemoration and support gifts for station members. Shirts can be purchased by visiting the station office during the day. The prices range from \$15 to 30.

Breaking CIBike News Continued

New Multi-Use Path in Carpinteria

By Kate Faulkner

The City of Carpinteria is beginning the Environmental Impact Review for a proposed two-way "Multi-Use Path" for bicycles and pedestrians to connect Rincon Beach Park and Carpinteria Avenue. Renditions of the proposed Multi-Use Path are shown here.

As a cyclist heading south, the proposed bike path would allow us to avoid Bates Road or the 101 on/off ramps. Instead, at what is now the end of Carpinteria Avenue, we would continue south onto the new bike path which will run along the bluff above Highway 101. A bridge will route us over the railroad tracks and we will continue along an oceanside bluff into Rincon Beach Park.

How cyclists will navigate the parking lot in Rincon Beach Park down to Bates Road is a question that the planners have not yet addressed. This issue did come up in the scoping meeting. Additionally, the parasailers who utilize the bluff are opposed to the construction of a bridge over the railroad tracks due to fears the uplift winds on which they rely will be disrupted.



The City of Carpinteria expects to release a draft EIR in 2021. For more information on this project go to: <https://carpinteriaca.gov/public-works/engineeringdivision/rincon-multi-use-trail/>

Sign up for your free subscription to CycleCalifornia digital newsletter.

<https://cyclecalifornia.com/>

CycleCalifornia Magazine started life in the mid-1990s with the mission of providing timely information about bicycle events in Northern California. In the years following, the digital magazine and FoundByBike.com blog were launched. Find the print version of *Cycle California!* in bike shops, running stores, coffee shops, and other locations in northern California from Kern County to the Oregon border, in the Carson Valley of Nevada and in southern Oregon from the border north to Bend and Newport.

CIBike Grant Allows BikeVentura to Make the Most Out of a Pandemic Year

By Joey Juhasz-Lukomski, Executive Director of Bike Ventura

In a year like no other, BikeVentura adapted to the conditions (and restrictions) brought about by the COVID-19 Pandemic, and continued to encourage young cyclists in Ventura County. Striving for equity, we used funds from CIBike to give free bikes and helmets to youth from disadvantaged areas and will continue to do so through the end of 2020.

The grant we received in February from Channel Islands was to support several bike rodeos around the county, where we teach kids bike safety and distribute free helmets. The first rodeo was scheduled for March 18th at Harrington Elementary School in Oxnard, but just three days beforehand, the Principal called to say all after-school activities were on hold. Next came school being entirely closed, and then the shelter in place order. The rodeos in Fillmore, Oxnard, and Piru were called off. It was hard to know if we would be working with youth at all in 2020.

But then, things got very, very busy at our shop. It seemed like everyone was looking for a bicycle. Shops were selling out, and we saw paths and trails crowded with new cyclists. Cycling was one of the few safe, healthy things people and their families could do together during this time where everything outside the home felt dangerous. We also noticed that only certain people had access to bikes for their kids, and saw an opportunity: instead of our annual bike giveaways, typically around the end of the year, we would give away free kids bikes and helmets whenever someone came for one.

So far this year, we've distributed over 90 free bikes and helmets to Ventura County Youth.

Families from Ventura, Oxnard, Fillmore, and Ojai can now ride together and stay healthy. For kids who haven't had a PE class in months, an opportunity to get physical activity outside is vital. One family was given three free bikes for their young children, and I get to see them ride by the shop all the time. Another was given to my dental hygienist's daughter, who got to enjoy Harmon Canyon with friends.

This wouldn't have been possible without funding from CIBike, and the Club's continued commitment to getting young people riding. Thanks to the grant, we were able to seize an opportunity and make the most of a stressful year. Thank you CIBike!



Generously Passing on a Legacy – Terry Pays It Forward

By Patrick McDonald

As a pretty tough year comes to an end, what could be better than to share some of our treasures from the past with our community through BikeVentura. Many of us have probably accumulated quite a few family bikes and bicycle components over the years that are still useful, but sadly may never be on the road again. Hidden away in storage or a garage are pedals, stems, rims, brake calipers, handle bars, complete bikes, etc. that had to be replaced, and now just gather dust.

Club member, and major bicycle advocate, Terry Spragg, decided to do just that recently and donated his late mother's classic Montgomery Ward step through cruiser to BikeVentura. The bike held a lot of sentimental value for Terry because he fondly remembers going for rides with his mother when he lived at home in Michigan, many years ago. Now, Terry likes the idea of the bike out cruising with a happy rider on the roads and bike paths of Ventura.



With so many people turning to affordable bikes for transportation because of the COVID pandemic, now is a perfect time to go through your treasures, and donate what you can to Bike Ventura.

Toby Smith, program director and master mechanic at BikeVentura showing the refurbished bike with new tires, lubricated and adjusted to perfection, ready for a new owner.

BikeVentura, also known as the Bike Hub is a community bicycle shop and second-hand bike store where bicyclists of all levels can work on their bikes with the assistance of master mechanics and trained volunteers.

BikeVentura, a non-profit organization, is located at 490 Ventura Ave. Ventura. The hours are 3 to 6pm Tuesday through Friday, and 11am to 3pm on Saturday. Because of COVID-19 precautions please call for appointment at 805 641 2665.

For more information check out their website at: <https://bikeventura.org/>



Editor's Note: Paula's great adventure ride from Big Sur to Ventura is being presented in two parts: Part 1 - the Logistics, and Part 2-The Ride. Part 2 will be one of the features in the Chain Chatter Spring Extravaganza Issue, published at the end of March 2021.

Let's go for a bike ride! How to make it happen: A Journey from Big Sur to Ventura

By Paula Power

With months of COVID-19 hanging over our heads and a very strange election looming, we decided the best cure for the stressful doldrums was an exhilarating bike ride with friends. Why not Big Sur? Let the planning begin! This article covers trip planning and is the first of two articles about our trip. The second article will cover highlights of our trip.



Our group was Kate Faulkner, Bill Faulkner, Sonia Sandomer, Leslie Ogden, Paula Power. Terry Dawson drove the sag wagon and Chuck McLeod from Santa Cruz rode with us from Salinas to Carmel.

Our first decision was where to begin and end the trip and how to get there. Thinking that Amtrak would be our easiest way to transport a group north to a ride start, we looked at the intersection of train stations and possible bike routes. We decided to begin our ride in Salinas, bike to Monterey, then head down Highway 1 to San Simeon and end in San Luis Obispo.

Why not bike all the way back home to Ventura County? Although the farm fields around Lompoc and the ocean view between Gaviota and Isla Vista is lovely, we had done that section before and felt it would be a costly slog and decided to skip it. Our original plan was to be completely self-contained. However, during the planning phase Terry had a bike accident. With Terry recovering from the injury, we cheered when he volunteered to drive a Sag Wagon.

Continued on next page



Continued: **Let's go for a bike ride! How to make it happen:
A Journey from Big Sur to Ventura**

Taking Amtrak seemed like the perfect transportation option. Then Covid-19 reared its ugly head. Ridership on Amtrak was at 10% - 15% of normal so the number of trains was drastically cut – from 2 times per day to 3 times per week! With this restriction, we settled on a November 9th to November 15th trip. To complicate planner further only one northbound route, the Coast Starlight, stopped in Salinas and it stopped in Oxnard but not Ventura. Furthermore, this train required us to box our bikes at \$20 per box. For the south-bound trip we could take the Pacific Surfliner from San Luis Obispo to Ventura and reserve walk-on space for the bikes – no boxing required. To reduce the chance of mix-ups, Kate made train reservations for the group. With reservations made and bike boxes ready at the train station, we arrived at the station about an hour early. Bill quickly removed the pedals and handle bar from each bike and it rolled easily into the box. After quickly taping the boxes closed, they were ready to be loaded on the train as luggage.



We all made suggestions for hotels along the route that were clean, pleasant, and reasonably priced. With November weather and Covid-19 reducing tourism, we managed to find great lodging that fit our criteria. We all made our own hotel reservations. Our meals each day would be a combination of breakfast in our hotel room, lunch along the way, and dinner within walking distance of each hotel.

We discussed the specifics of the daily routes and then checked in with a cycling friend from Santa Cruz who was familiar with much of our trip. He had great suggestions for riding from Salinas through Cal State University Monterey Bay (formerly Fort Ord) to Monterey, suggested a lovely out-of-the-way ocean overlook in Pebble Beach, and added Turri Road between Morro Bay and San Luis Obispo. Kate loaded the route into Ride with GPS and we were set.

***Stay tuned for Part 2 in the Spring Rides Extravaganza Chain Chatter:
Food, friendship, and 67 miles and 5,300' in one day!***

Cycling at Night - How and Why.

By Terry Spragg

Why Cycle at Night: Cruising cycling social media, common responses will be: the commute home, fewer daylight hours require night riding to get adequate time to keep up cycling fitness. And night riding sure beats a trainer. The quiet of the night when fewer cars are on the road and the calm of night riding. Riding under a full moon. Certain social rides usually resulting in a pub stop or a campfire in a member's backyard. One of the best remedies for those with sleeping disorders. Dedicated night riders would claim they have a better sense of the proximity of oncoming cars, compared to busy daytime traffic.



How to Cycle at Night: First of all, obey California Traffic laws. California traffic laws require a front white light which can be seen from 300 feet (600 lumens) and a red rear light or Reflector that can be seen from 500 feet (100 lumens.) Reflectorized bands need to be attached to each side of the bike, which can be seen from 200 feet. Especially helpful would be reflectorized bands attached to your shoes or ankles, alerting a motorist of pedaling movement. Reflectorized tires are easily observable. Bring along an extra light just in case one fails or that can be used for mechanicals. The faster you go, the brighter light that will be needed. The problem, faster speeds will cause you to override your light. Bike lights that are too bright or have strobe feature may blind motorists. A second front flashing handlebar light certainly draws a motorist's attention. Plan your route to avoid busier areas and keep yourself in lighted areas.

(http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=VEH§ionNum=21202)

Find Bike Rack Locations

Bike Rack Location's objective is to help bike riders and businesses connect.

By Theresa and John Darling

Theresa and John Darling have referred Club members to a new service titled Bike Rack Locations(www.bikeracklocations.com) which will assist the growing bicycle riding population find bike friendly businesses. The website's goal is to help cyclists all across America locate firms that have bike racks on or very near their property. Darling stated, "People who ride bikes like to patronize businesses where they can easily lock up their bikes without having to look for a tree, signpost, cart rack or other spaces to use to secure their bikes. With the growing number of bike riders, having convenient bike racks at your business is as essential as having a parking lot."

With the COVID-19 pandemic, bicycle riding is at an all time high which is spurring people to find new, safer ways to get their exercise and to get around town. According to Bicycle magazine, the pandemic driven demand for bicycles has created a shortage of new bicycles that will last through all of next year and possibly into 2022. For more information, contact John Darling, bikeracklocations@gmail.com.

Tree People: CIBike Volunteers Clean Memorial Tree Forest

By Theresa Satterfield

A big THANK YOU to club members (Carol Sirott, Jo and Gary Krause, Foster and Janeene Nagako, Paula Power, Kate Faulkner, Sonia Sandomer, Terry Dawson and Diane, new member (last name unknown, so sorry) who came out on the Friday November 27th to participate in cleaning up the Memorial Trees. You might remember from a previous Chain Chatter article that these trees have been planted and cared for by Ralph Beasley. The trees are planted in honor of fallen local cyclists. Ralph has done this for years without physical or financial assistance from the Channel Islands Bike Club. ***The clean up was our way to say THANK YOU, RALPH.*** If you missed this opportunity have no worries it will happen again and will be posted in the Chain Chatter.



Bicycle Shorts

Useful and entertaining tidbits
to peruse in your spare time.



- Outsider Magazine names Bicyclists the *Outsiders of the Year*
<https://www.outsideonline.com/2418596/outside-of-the-year-2020>
- Everesting: If you ever wanted to bicycle up Mt Everest, then this article is for you.
<https://www.bicycling.com/training/a32685985/everesting-tips/>
- Benefits of bike commuting from Terry Spragg:.. "My bike commuting to work over the course of four years saved me a minimum of 2,000 gallons of gasoline. Bike commuting resulted in my highest annual mileage ever on the bicycle. That was 2002 - I did nearly 9,000 mi on my bicycle."
<https://blog.decathlon.in/articles/24-best-practices-of-commuting-by-cycle-and-tips-to-be-a-pro-at-it>
- Never too old to go cycling!
<https://www.bikingbis.com/2010/09/27/never-too-old-to-ride-a-bicycle-extreme-example-is-96-year-old/>
- After you finish Everesting, you might want to try biking in the desert.
<https://cyclocamping.com/blog/2016/09/15/what-you-need-to-know-about-biking-in-the-desert/>
- 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/>
- Terry Spragg sent his video about gravel bikes https://youtu.be/LORD4R_Hpbo
- They went out for a bike ride but never came home. This story from Outside Magazine.
<https://www.outsideonline.com/2419837/2020-cycling-death-obituaries>
- A frequent visitor to Ann Arbor, Michigan, Terry inspected this tunnel pathway.
<http://mlive.com/news/ann-arbor/2020/05/watch-time-lapse-video-of-crews-building-new-tunnels-to-ann-arbors-riverfront.html>
- For grim bicycle death statistics, peruse this article.
<https://www.governing.com/gov-data/transportation-infrastructure/most-bicycle-cyclist-deaths-per-capita-by-state-data.html>
- Biking through national parks is a great way to see beautiful scenery and discover new places. Cyclists can travel by roads (which are sometimes car-free!) and, in some parks, on select trails.
https://search.aol.com/click/?_ylt=Awr9ImWIBupf1EAA7LhpCWVH;_ylu=Y29sbwNncTEEcG9zAzEEdnRpZAMEc2A3Ny/RV=2/RE=1609201445/RO=10/RU=https%3a%2f%2fwww.nps.gov%2fsubjects%2fbiking%2findex.htm/R0/RS=HftulmN7pyiDUaDZ12DrBSaEtnM-



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