



## Fifth Annual Bike Rides Extravaganza

Good news for CIBike members! In mid-March organized group rides fortuitously resumed at the same time the Chain Chatter is featuring the world-famous Rides Extravaganza! Read more about our rides on page 9 or on the club website, [www.cibike.org](http://www.cibike.org).

Grab your *coffee* and read some amazing stories experienced by adventurous club members. Thanks to the CIBike cyclists who shared their biking stories. The index of adventures is shown here, on the right.



Your Guide to amazing, frightening, and daring cycling stories from your CIBike friends.

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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..... Dana Werner  
 Treasurer ..... Jenny Owen  
 Programs ..... Bill Faulkner  
 Public Relations ..... Kate Faulkner  
 Rides ..... Jim Dinges  
 Grants ..... Dan Mathews  
 Membership ..... Ron Dow  
 Government Liaisons..... Leslie Ogden, Kate Faulkner  
 Director at Large.....Mirta Milares  
 Web Content..... Soheil Roshan-Zamir  
 Web Content.....Mike Stewart  
 Chain Chatter Editor.....Margaret Mathews  
 Website.....www.cibike.org

### Chain Chatter Newsletter

Our newsletter, Chain Chatter, is distributed by email to members, unless requested otherwise. It is also posted on cibike.org under "members." Your letters, stories of cycling experiences (good and bad), news items, ride ideas, tech info, etc., are welcome! Please email information to: Margaret Mathews, Editor, at [Margaretann2105@aol.com](mailto:Margaretann2105@aol.com).

### Renewal Notices

Please watch for your renewal notice; notices are emailed to members annually. Questions about membership may be directed to Ron Dow.

### Monthly Presentation Meetings

Due to our country's health crisis, club meetings and lecture series have been put on hold until further notice. Please get current event info in the weekly club emails, Chain Chatter, Facebook and on [www.cibike.org](http://www.cibike.org).

### Cool Breeze Century

The 2021 Cool Breeze Century, is tentatively scheduled for October. More information will be published in club documents.

#### **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,  
2021 CIBike President



Finally, some green shoots!

Infection and death rates are dropping. Vaccination rates are rising. Many of us have had or know people who've had vaccines.

The Cool Breeze is likely a go... October or – if we're really lucky -- August. Moab, Utah, got permission for a group ride and some of our members participated.

Your CIBike Board just passed guidelines for riding when Ventura County moves from Red to Purple.

And -- perhaps most heartwarming of all -- Bike Ventura and CIBike recently held their first Pedal Power classes for elementary school kids in ever so long. Classes from Holy Cross School in Ventura did their first road riding at the end of February. Their teachers say that the anticipation was almost unbearable.

We all feel the same way. Hang on, continue your safe practices. I'm sure we'll be riding together again soon!

*Leslie*





## Breaking CIBike News

Here in the club newsroom our electrifying editors are tirelessly working to bring you the latest CIBike news.



### Group Rides Resume!

The CIBike board of directors is pleased to announce the return of group rides since Ventura County entered the Red Tier. Rides will emphasize social distancing, small group sizes, and mask-wearing in all indoor spaces. In order to minimize crowding at the ride starts and regroup areas, there will be three start times on Saturday for the Ventura rides (8:00 a.m., 8:30 a.m., and 9:00 a.m.). On Tuesday and Thursday, the ride starts in Ventura will be at 8:00 a.m. and 8:30 a.m. The 8:00 a.m. Saturday coordinator/leader is Dan Mathews. Tom Stark is the leader of the 8:30 a.m. group. The 9:00 a.m. group leader will be announced at a later date. Details are on the club's ride calendar at [www.cibike.org](http://www.cibike.org)



*Photos by Dan*

### Club Programs

A program has been tentatively scheduled for October, however, this is subject to change depending on health department zone Ventura County will be in at the time. When meetings resume, they may be at the Museum of Ventura County, 100 East Main Street. The latest info will be published in the weekly eblasts, on the club website, and in the Chain Chatter.



### Cool Breeze

Bart Bleucl, event director, said the annual Cool Breeze Century is normally held in August but is tentatively scheduled for October 16. Please read his article on page 4. However, it is hoped that our club members and friends will keep these dates open and plan to volunteer for this fun event.

### Club Picnic

The annual club picnic is tentatively planned for July 17.

### Holiday Party

No date has been set for a holiday party. Info will be posted in the weekly emails, website, and Chain Chatter.



### Take the Caltrans Survey - Your opinion matters.

Caltrans is conducting a [survey](#) of problem areas for walking and biking on and along State Routes in Ventura and Los Angeles Counties. The "survey" is a map that allows you to pinpoint and describe problem areas. Give it a try. It's very easy and quick. The data will be used to develop a new "Active Transportation Plan" for our area.

## Cool Breeze 2021 Update from Event Director Bart Bleuel

I'm hopeful that we will have our annual Cool Breeze Century. However, right now, it's complicated. The bottom line is that nobody knows what's happening with COVID reopening. It may be that everything will be just swell by August 21, our regular Cool Breeze date. But maybe not and that early in the summer looks a bit risky. So, we have tentatively chosen October 16 as our 2021 event date. We will have to make a final decision by about mid-May and are in hopes we will have better guidance from the relevant governmental agencies by then.

In the meantime, Janeene Nagaoka will be working on a 2021 design. For now, we are using the iconic 2019 logo. The committee is in place and ready to plan when it is possible.

We are counting on our faithful volunteers to keep calendars open on both dates. We need everyone's support! Meanwhile, keep watching for updated plans.



### *WHY, you ask yourself, are all of these happy people wearing snappy yellow jerseys?*

The answer, of course, is that club members in the know are proudly wearing their CIBike jerseys. Enlightened cyclists know that jerseys are available for purchase! You can be the third or fourth person in your cycling group to own one of these snazzy designer garments which will allow you to ride with distinguished elegance. Join the IN crowd

by contacting Jerseymeister Dan  
at [danmathewsla@aol.com](mailto:danmathewsla@aol.com).

And don't forget to wear your jersey  
on the first Saturday of every month!





## Farewell to friend, club member, avid cyclist: Dr. Stan



We were saddened to learn that our friend and long-time CIBike member, Dr. Stan Steinberg, recently passed away after a long illness. Susan and Stan enjoyed the club's group rides and Spring Fling cycling adventures.

Photos or notes could be sent to Susan at [drashley@pacbell.net](mailto:drashley@pacbell.net) or 1237 S. Victoria #443 Oxnard CA 93035

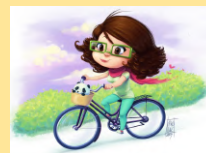


Spring Fling at Buellton Flying Flags. Stan and Susan on their trikes.

And now....

**A letter from the Editor**

[Margaretann2105@aol.com](mailto:Margaretann2105@aol.com)



For our creative and **curious news reporters** – and I know you are out there - now is your chance to hone your skills as the Chain Chatter editor! Yes, I will be retiring from the editor's post and am hoping my successor is ready to keep the Chain Chatter in the forefront of the elite newspapers in the entire world. Interested? Contact me at [margaretann2105@aol.com](mailto:margaretann2105@aol.com)

**The Summer Chain Chatter will feature E-BIKES!** Please help make this a fun and fascinating issue by sending me your e-bike photos, stories, comments. To [margaretann2105@aol.com](mailto:margaretann2105@aol.com).

## CIBike Awards Grant to BikeVentura

By Dan Mathews, Grants Director

CIBike has awarded BikeVentura a \$5,400 grant. The grant is targeted for bike rodeos and helmet giveaways in historically disadvantaged neighborhoods in Ventura County. The rodeos are one-day events typically serving all ages from elementary to middle school. Kids are given instructions on safety and biking skills with instructors certified by the League of American Bicyclists. At these events, BikeVentura provides bike repair services as well as bikes to borrow if needed.

BikeVentura Executive Director Joey Juhasz-Lukomski received the award from Dan Mathews on February 25.



With the Bike Hub in the background, Dan Mathews, CIBike Grant Director, presents the grant award to Joey Juhasz-Lukomski, Executive Director, Bike Ventura.



Joey, Toby and Dan at the festive award ceremony in front of the BikeVentura Hub.



Grant awards are always a group project. Here, CIBike Treasurer Jenny Owen and Dan take time out from their Saturday rides for Jenny to give Dan the award check to be delivered the next day.



## FINDING OUR WAY TO BETTER BICYCLING

By Kate Faulkner and Larry Abele

***We cyclists regularly use maps and navigation apps for route planning and route finding. Many of us have no idea that regular people, like you and us, can have input into the on-line maps that underlie our navigation tools. We can!***

The City of Ventura recently asked one of us, Larry Abele, recent retiree and new CIBike member, to lead a team of volunteers to update the information pertinent to cyclists on the Open Street Map (OSM) for Ventura. OSM is a free, editable map of the entire world. It is being built by volunteers. The mapped information most critical to us cyclists are bike paths and lanes. Other information, such as traffic speeds, bike shops, coffee shops, transit stops, and bike parking, are also useful and can all be added to the basic OSM road map.

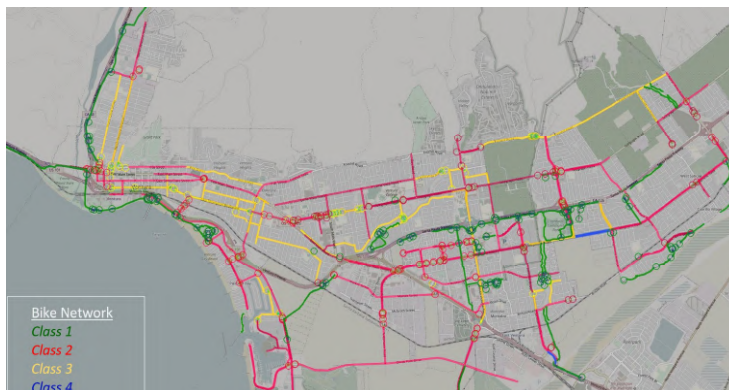
***The mapped information is also being used by city planners and bike advocacy organizations to evaluate how “bike friendly” a city is.*** For instance, People for Bikes does a Bicycle Network Analysis (BNA) (<https://bna.peopleforbikes.org/#/>) to rank cities in the U.S. and beyond on the safety and connectivity of their bike routes. Key components of the BNA are the kind of data captured by OSM. Accurate and up-to-date OSMs will highlight the efforts some cities have made to improving cycling infrastructure. The maps and the analysis will also identify the gaps in our bike route networks and the challenges for those who wish to use bikes as safe and environmentally-friendly transportation.

Several cities in Ventura County have been evaluated by People for Bikes. However, the analysis is only as good as the mapped data and most city staffs are not able to spend the time needed to keep OSM maps current. Larry and his team recently completed the map update for the City of Ventura.



New club member  
and map volunteer Larry Abele

***Next, Larry is interested in training a team of volunteers to update the OSM for the City of Oxnard.*** If you live, work, or regularly bike on the streets of Oxnard, please volunteer for this effort. No prior knowledge of OSM is needed; Larry has a very effective training program. contact him at: [l.abele@gmail.com](mailto:l.abele@gmail.com).



Final bike routes  
in Ventura

## A Tale of Two Trails

By John and Theresa Darling

Due to its size, wealth, and vast resources, the United States is usually ahead of its neighbor to the north, Canada, in most developments. However, that is not true when it comes to bike trails. **The Trans Canada Trail**, which began forming in 1992 and was officially renamed The Great Trail in September 2016, is a cross-Canada system of greenways, waterways, and roadways that stretches from the Atlantic to the Pacific Oceans. The massive trail is comprised of more than 400 community trails that have been linked together; these trails are maintained by a cross-section of government and private groups. It is fully connected and stretches 1677 miles and crosses 13 Provinces and Territories. For full information about The Great Trail, you can visit its website here: <https://thegreattrail.ca/>



Not to be outdone by our neighbors to the north, the United States is embarking on the creation of its own version of The Great Trail. The USA version is called the **Great American Rail-Trail** and is, as of this writing, 52% complete. Eventually, the trail will stretch 3,700 miles and cross 12 states from Washington State to Washington D.C. When it is fully connected from coast to coast, it will be within 50 miles of 50,000,000 people!

The sections of the trail that are completed can be used now, so there is no need to wait to ride it.

A fully interactive map that shows which section of the trail is ready to use can be viewed on the trail's website here: <https://www.railstotrails.org/greatamericanrailtrail/route/> Everything else you need to know, including information about getting involved with the project, can also be viewed on this website.

*Happy trails to you!*





# Fifth Annual Rides Extravaganza Starts on the next page





**Editor's Note:** Terry's article is a treasure trove of information.

Terry consulted with a number of organizations, including Caltrans and the Michigan Green Trails Alliance, in order to provide us with interesting and useful info on some of the nation's greatest trails.

## Last Summer's bike travel: Michigan vs Elsewhere

By Terry Spragg

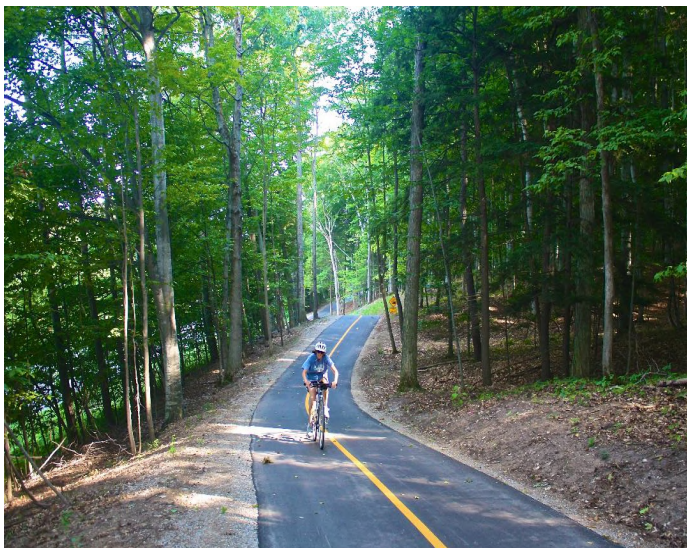
Trying to determine which state would provide trails for summer biking adventure, I researched the possibilities of trails in a number of states. Checking with each state's latest DOT mileage data: Michigan's paved trails number over 3000 miles of which 1400 are Rails to Trails projects. Utah is still working on 1000, Minnesota over 4,000. Colorado - 1746 miles. Therefore, the decision was clear: my summer would be spent biking on the extensive and scenic Michigan trails.

**Why Michigan?** Of course, it's dependent upon what you are seeking; if mountains, Michigan has big hills. It does have bike paths interspaced between forested inland lakes and the Great Lake's shoreline. Michigan travel maps list 286 separate trails, not all paved. (1)

**Michigan started its non-motorized trail program in 1976** when it passed a constitutional mandate setting up its recreation trust fund now worth \$500 million. This trust fund places a fee on all-natural gas produced in the state with its Recreation Trust in a lockbox from which the legislature can not touch. Since 1976, Michigan has spent \$1.1 billion on Non-motorized trails within and outside of its state park system.

Since 2004, the Michigan transportation department's trail division has a staff of 25 working solely on trail development. With 28 local "Friends of" organizations at each trail project making demands upon local government and a determined staff at Michigan's Green Trails Alliance, a trails advocacy organization was developed. (2) That and business support since 2004 has resulted in **Michigan building 2300 miles of trails.**

**Other reasons to cycle Michigan: Beauty.** Of the 286 trails, I chose Sleeping Bear Lakeshore Heritage Trail. Michigan's Historic Mackinac Island, and the Border-to-Border Trail in South East Michigan. Should a cyclist choose uninterrupted, forested distance cycling, Michigan's longest paved trail runs from Grand Rapids to Cadillac (92 miles).



### ***Sleeping Bear Heritage Trail.***

Sleeping Bear Trail is fully within the National Lakeshore Park, near Traverse City. A 23-mile trail cloistered between lakeshore, Sand Dunes 460 Ft in height, thick forests of Hardwood trees, warm inland lakes, and historic abandoned port towns.

Most of the trail is asphalt except for a 3-mile section north of Glen Arbor that is crushed stone. The trail is designed for walkers, bicyclists, runners, wheelchairs and baby strollers. Some stretches have steep grades but these areas are posted on trail signage.

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*Continued from previous page - Terry*

### ***Mackinac Island (circle land bike path)***

Mackinac Island. Michigan's premier island attraction features no cars, only horses and carriages, historic city center, and forts dating to the War of 1812. The ride about the island is 8.2 miles. Overlooks will feature the Mackinac Straits featuring its Freighter traffic and the historic Mackinac Bridge. Besides being a town out of the 19<sup>th</sup> Century, the cycle path about the island features forests and lake Huron's beaches. Ride its interior and one will need wider tires. A power snack would be its famous fudge.

### ***Border to Border Trail (Ann Arbor area)***

This network of trails will eventually connect Lake Erie to the tourist village of Hell (a beer, food, and music stop) surrounded by a large system of interconnected lakes and the 130-mile-long Huron River. Basically, it follows the Huron River system from eastern Washtenaw county to where the river turns northeasterly near Hell. The river features a water trail, bike trail overlooks, and impounded ponds, from where you might see deer or even members of the University of Michigan rowing team. The Border-to-Border Trail, when finished will be 70 miles in length, currently, two sections are not yet connected.

For more information go to:

- (1) [Mitrails.org](http://Mitrails.org)
- (2) [Michigantrails.org](http://Michigantrails.org)



West side of Mackinac Island  
View of Lake Huron and the Mackinac Bridge



Border to Border Trail



The historic town of Glen Haven

## ***Flying and Biking - Why Do Just One? Pismo Beach Adventure***

By Patrick McDonald



***There's an interesting little bike sharing operation at the Oceana Airport*** located next to the sand dunes in Pismo Beach. I visited it last week because I wanted to get a flight in and do a little bike recon at the beach there. The bike operation is a self-serve, self-repair and please maintain type of facility. The bikes have all seen a lot of use, but there is a variety of choices, and sizes. I was able to get a vintage Specialized Stump Jumper, that wasn't a perfect fit but did have 7 available gears and good brakes! All I needed...

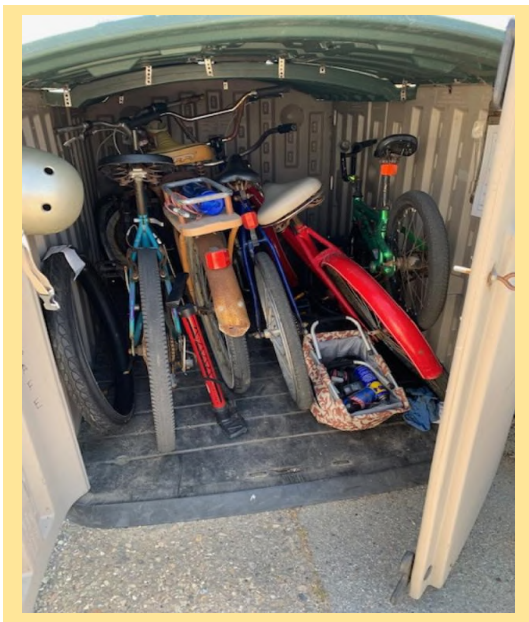
*(left: Patrick on bike next to his Cessna)*

***The bikes are provided by the Friends of the Oceano Airport and are only available for pilots and passengers that fly in to the Oceano airport.*** Of course, the understanding is that they won't be held responsible, nor the County of San Luis Obispo if you get injured while riding the bikes. You have to acknowledge that bike riding can sometimes be dangerous, and you assume all risk. Similar to the waiver that our club likes to have signed by nonmembers when they join a CIBike ride.

After tweaking and adjusting my bike for best possible comfort, I was ready to head for the beach. Exiting, I made sure to copy the gate code, because without it there's no getting back in.

***Did I mention that there's no one around to let you in?***

The entrance to Pismo State Beach was only about a 5-minute ride away and I was quickly out on the beach. As I was approaching the gate house, I overheard the ranger telling the drivers ahead of me that she was sorry but no more cars allowed in the park. They were at capacity. I didn't see any bikes on the beach, so I asked if it was ok, and she said "...of course!"



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*Continued from previous page - Patrick*

Heading out onto that wide hard packed beach, I faced a strong head wind out of the NW, so my strategy was to ride to the northern end of the park against the wind, and then cruise back with a nice tail wind. It was a good plan, except things never seem to go exactly to plan. When I reached my turn around point, I guess the wind veered to the West, because the headwind just stayed with me on the return. As they do...

***The wind didn't matter; it was a great day to be out riding on the beach.***

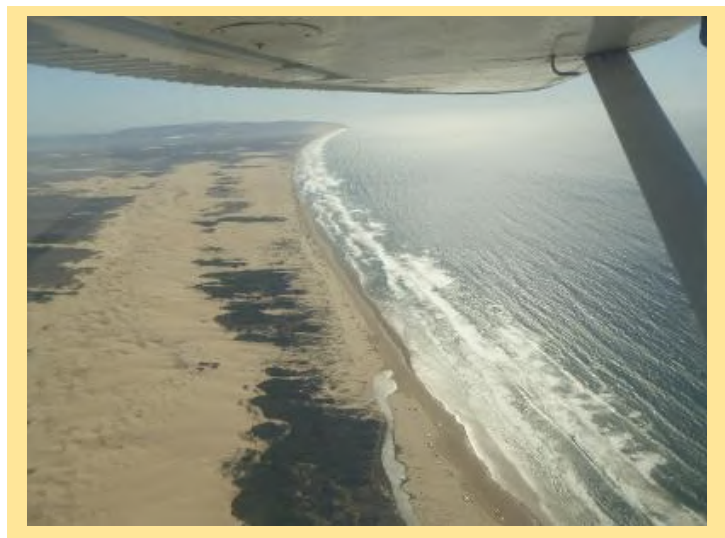
The park may have been at car capacity, but there was plenty of room for everyone. Windsurfers, skimmers, fishermen, walkers, dune buggy cruisers and hard charging packs of children howling and running. Their parents were sheltering behind makeshift wind blocks enjoying a beverage and working those Bar B Q grills to keep them all fed. With all that wind coming off the ocean, families were still socially distanced and it was a nice break from the pandemic.

***Later, returning to the airport, I dutifully rinsed off the salt and sand off the bike.***

I enjoyed a delicious club sandwich picked up at a local deli, on the way back. The airport has a nice picnic table, pilot's lounge, clean restrooms and a small camping area. It's all kind of rustic, but well worth the visit.



Climbing out over the ocean in the late afternoon sun really enhanced the sand dunes down below. When I turned for home the headwind became a sweet tailwind that got my little Cessna 150 back to Santa Paula Airport in under an hour. ***A fun flight and I was able to get a few bike miles in. A great day!***



*Left, Patrick's plane. Right, Patrick's Pilot's View*

## Rose Bowl Monthly Vintage Ride

By Steve Light

We've all been thrown off our usual ride schedules by the Covid-19 pandemic. Looking back on favorite rides, one of the rides I miss most is the Monthly Vintage Rose Bowl Ride. It occurs the first Sunday of each month, and, though billed as a vintage bike ride, all riders and bikes are welcome, from fine Italian steel to modern carbon, and everything in between. It's been about a year since I last rode with them, but I hear there are still a few who show up to ride, and admire the vintage bikes. *Steve and his Raleigh, right*



I've been doing this ride going on ten years, though the ride goes back further than that. Anywhere from just a handful of hearty riders to as many as 30 or more usually show up. Ride founder Chuck Schmidt says, "The ride goes on, even if nobody shows up." I've introduced a few CIBike friends to the ride. Edwin Velarde and Richard Pizzano are friends that I've shared the ride with. It's a great way to learn about vintage bike history, and the evolution of cycling over the years.

***The ride is a very pleasantly paced 25 miles from just south of the Rose Bowl,*** passing under the famous arches of the Colorado Street Bridge, continuing east through Pasadena's beautiful tree lined neighborhoods, then turning north towards the foothills. A longish but not too steep uphill section peaks at the coffee and snack stop in Sierra Madre. Outside seating is provided for pastries, sandwiches, coffee, or, my favorite, a slice of pizza. The soft drink machine also has water and PowerAde to top off bottles for the mostly downhill ride back to the start.

Riders meet at the extreme south end of the Rose Bowl parking lot, opposite the Aquatics Center. The rollout is at 11:00 a.m., though several riders come early and do a lap or two on the 3-mile loop around the Rose Bowl. There are lots of shade trees to relax under and enjoy checking out the vintage bikes. It's a great atmosphere, attracting riders of varying interests, but with a common love of two wheeled history and adventure. Unlike the Eroica Vintage Rides (on hold, due to Covid), there are no stuffy rules about what constitutes a proper vintage bike. Bring what you have, ride what you love, and join us at the Rose Bowl. No fees, no sign-up, just show up and ride. Hopefully, soon the Covid dangers will lesson enough to gather for group rides again and explore new areas on old bikes. Here is a link to a web site with a more detailed ride description and route map.

<https://ridewithgps.com/routes/13571304>



*Steve and Rick*





*Editor's Note: This is part two of Paula's adventure story.  
Part one was published in the Winter 2020 Chain Chatter.*

## *Let's go for a bike ride!* *Food, friendship, and 67 miles and 5,300' in one day!*

By Paula Power

Plans for the Big Sur Trip were made: train reservations: check; hotel reservations: check; masks packed. Wait a second, masks? Going on a multiday bike ride in the middle of a pandemic? What were we thinking? We wanted to escape the election year tension and eight months of semi-quarantine that were getting on our nerves. A bike trip seemed the perfect solution, and we would take Amtrak to the ride start in Salinas.



With permanently closed windows and closely spaced seats, we felt Amtrak could pose the most Covid-19 exposure risk. But with masks required to board the train and ridership at 10 – 15% of normal, the ride was nearly worry-free. ***After passing through Santa Barbara, the view from the train begins to attract the attention of even the most jaded Californian as it follows the stunningly beautiful coast past Gaviota to Pismo Beach.*** After heading inland and passing through San Luis Obispo, the route takes on special significance as it passes over the historic 85' high Stenner Trestle, followed by a series of attention-grabbing switchbacks, and then through five tunnels where it reaches its highest elevation (1380') before heading downhill to Santa Margarita. This was a highlight of the trip to Salinas.

***The second day of cycling took us from Carmel to Point Lobos and on to Big Sur.*** With the excitement of our first day along the Big Sur coast ahead of us, we breezed out of charming Carmel-by-the-Sea and made our way to Point Lobos State Park where we planned to go for a short hike. We noted more parked cars than expected along the beaches. Sonia had a near miss when a car pulled out from a parking spot in front of her. Fortunately, she managed the situation perfectly, and avoided a collision while controlling her racing heart and adrenaline overload.

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*Continued from previous page – Paula*



***We had iconic Point Lobos mostly to ourselves.***

After we left the park to continue the ride, the traffic began to build. It was Veteran's Day! We weren't the only people looking for distraction from a very stressful fall. There were families, couples, singles, old people, young people all driving to Big Sur and parks along the way to spend a beautiful day in the newly discovered "Great Outdoors." Navigating the traffic required very focused cycling. We rose to the challenge and got safely to Fernwood Resort in Big Sur where we celebrated with Happy Hour among redwoods growing through the deck overlooking the Big Sur River.

***We were impressed by the outdoor dining along the way.***

Every restaurant had mushroom heaters or gas fireplaces near each table. With twinkly lights and balmy evenings, being bundled up for dinner, didn't bother us at all. We came to welcome the relaxed atmosphere outdoor dining created and felt it was a fitting end to each beautiful day of cycling the coast.

***In preparation for our longest day, November 12<sup>th</sup>, we clipped at 8:00 am, anticipating a morning coffee at the Nepenthe, named after a fictional 'drug of forgetfulness.'*** The restaurant had not yet opened, but we enjoyed a breathtaking view from the open-air deck, drank the 'drug of forgetfulness' and forgot all about missing our Morning Joe!

***We made our way south, stopping along the way to take in the iconic bridges, rocky cliffs, and sandy beaches that define the Big Sur coast.*** At the Lucia Lodge's deck overlooking the ocean, we lingered over coffee and a snack. It was now 11:30 am and we still had 42 miles to ride! We were convinced a special ingredient was added to the coffee because we powered up the longest and highest elevation gain of the trip. Immediately north of Ragged Point, we stopped briefly to visit friends who caretake Linus Pauling's family ranch on one of the few flat areas overlooking the ocean along Big Sur. After saying good-bye to friends, we were blessed with a tailwind along the flat stretch past Hearst Castle into San Simeon for a well-deserved meal and rest after riding 5,300' of elevation gain over 67 miles!

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*Continued from previous page - Paula*

From San Simeon we had a short ride through rolling hills with a tailwind to Morro Bay. We stopped for a short break in Cayucos and a stroll on the pier where Kate spotted the first sea otter of the trip. After a quick ride into Morro Bay, we enjoyed delicious dinner outdoors at the Bayshore Café.

After days of cycling, we decided a hike to the top of Black Hill was in order. We got up early, packed and headed to the top of Black Hill where we gained an unexpected appreciation for the size and beauty of Morro Bay that is impossible to have at sea level. After clipping in, we headed out South Bay Blvd, and turned left onto Turri Road, a quiet two-lane road frequented by cyclists. After a brief uphill stretch we came to Hines Summit (elev. 4.36 chains!) then began *The Big Glide*, a local challenge, to see who can travel the farthest after Hines Summit without pedaling. Bill won *The Big Glide* challenge by a longshot!

After an evening out in San Luis Obispo, we had to say goodbye to our Big Sur ride and head back to Ventura on the Surfliner. What a fabulous trip! We live in the most beautiful place in the world!



Black Hill is in Morro Bay State Park.  
A hike to the top is rewarded with a panoramic view of Morro Bay

*Editor's Note: Part Two of John and Theresa's Morro Bay e-bike adventure will be published in the Summer Chain Chatter featuring E-BIKES.*

## Part One: Bike Tour of Morro Bay

By John and Theresa Darling

For most of the 41 years my wife and I have been married, we have been bike enthusiasts. Theresa, more than me, especially after she joined the Channel Islands Bicycle Club.

In all of these years, we have stuck to human powered bicycles, but while looking for relatively safe COVID-19 things to do, we stumbled across an e-bike tour in Morro Bay which is about an hour and half drive from our home in Ventura. Though neither of us had ever ridden an e-bike, we decided to go for it.

We chose a tour provided by *Cal Coast Adventures* (<https://www.calcoastadventures.com/centralcoast>) because the price was very reasonable at \$65.00 per person, the bikes they provided were amazing Specialized Turbo Como 3.0 bikes, and the tour was scheduled to last 2 ½ hours.



*Stay tuned for Part Two in the Summer Chain Chatter featuring e-bikes.!*

## *How I learned to stop worrying and love this Covid moment- Dr. Pscyclelove*

By Chau Nguyen

***It's 7 AM on a Tuesday morning and I still haven't planned my morning ride.***

Oh, the life of a procrastinator. It wasn't always this way. Before the pandemic, my Tuesday mornings had a nice rhythm to them: I'd check the CIBC schedule and that determined my ride. Actually, it wasn't even necessary to check, I'd memorized the schedule over the past 8-10 years; it was either Summerland, Casitas, Dennison, PCH, or the erstwhile South Mountain Rd every 5<sup>th</sup> Tuesday. In fact, beyond these 5 rides, I hardly knew any others. Why was this so I wondered?



***In this brave new world, I've prioritized new routes, adventure, and fun. It was the pandemic pushing all of these buttons I didn't realize I had that got me thinking out of the box.*** But why did this voyage of discovery take so long to emerge? I've begun to understand the group ride dynamic is what drew me to those morning rides Tuesday after Tuesday. It was the camaraderie of being in the open air, with like-minded riders, enjoying that moment as if we were still schoolkids riding around the block. It was the rest stops, the re-fueling where not just physical nourishment occurred but mental, emotional, and sometimes even spiritual rejuvenation. The local watering holes were all that and more. And it's those moments and friendships that I appreciate more than ever, riding solo for the past year.

So where to now? I don't know, as I open up maps and trails to ponder the next outing. What I do know is that I'm not worried, because even though something so small as a virus can be thoroughly disruptive, occasionally it may be enlightening. ***It's all about perspective.***



## Turning an Devastating Injury into a World Record Everesting

By Andrew Gustafson

***In 2016 I broke my neck by crashing my bike into a ditch while riding up (not down) Deer Creek Road, which tells you all you need to know about my bike handling skills.*** Emergency surgery restored the use of my right leg and arm which had become temporarily paralyzed, but lingering effects on top of those from many earlier crashes attributable to the aforementioned skills ended my outdoor riding career. However, thanks to Zwift and other apps, I can continue to ride "virtually." Here is a tale of my ongoing attempt for athletic glory.

Hells 500 is an organization formed to record "Everestings" which are repeated bike rides up the same climb until a cumulative elevation gain of 8848 meters (the elevation of Mt. Everest) is achieved. There is no time limit but sleeping is not permitted.

The more ambitious can do an Everesting 10k, which requires 10,000 meters of climbing. There are also versions which are done on Zwift and recorded on Strava which are known vEverestings. On Feb. 6, 2021, at age 80, I became the oldest person to complete a vEveresting 10k, climbing 10,150 meters in 16 hours and 40+ minutes.



***According to Hells 500, only 487 people of any age have done this before me and I am the oldest by a margin of 14 years.*** The ride was just short of 10 times up Zwift's virtual Alpe d'Huez. It was my second attempt, the first being on Jan. 30 of this year. That was aborted when my smart trainer (a Wahoo Kickr) burned out.

My successful attempt using a borrowed Kickr, ended strangely too. When I had completed 10k climbing my legs felt good so I continued on planning to end with a show-off sprint at the summit, but a few switchbacks from the top I experienced a sudden and extreme worsening of the balance problems stemming from my broken neck. When I tried to stand, I toppled my bike over and broke the derailleur (picture attached). My wife Judith had to help me off the floor and fetch the walker (left over from my last broken neck and an even earlier broken hip) so I could make it to the shower. Two hours later I had returned to what passes for normal for me. ***While I tell you the truth, I am encouraging the rumor that my Kickr burnout on Jan. 30 and broken derailleur on Feb. 6 were caused by an overwhelming power output of my massive thighs.***

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For those of you who do not know me and are not yet turned off, I toot my own horn for a bit more. I started the ride of Feb. 6 wearing the jersey I earned in my last real-life race and ended wearing the one I earned in my first real race (pictures attached). My 1st race was the 2006 Cal/Nev. States climbing championship (a 2-day stage race aptly named Everest Challenge) in which I won the master's 65+ division. It had 6 summits: four HC, one Cat 1, and a sixth which felt like a Cat. 3 but is not officially rated. The 1st day included the highest paved road in Cal., and the 2nd day ended at an elev. over 10,000 ft. Alas, that race is no longer held. My last race was Planet Ultra's Hoodoo 500 (520+ non-stop miles, 30,000+ elev. gain) in which I was a member of a 4-man 70+ relay team which set the age group record of 31 hrs. and 21 min. elapsed time. The vEveresting experience ranks up there with those races.



**"Don't ever stop striving."**



***And now for some unsolicited advice from the pompous old guy. Don't ever stop striving.***

I got into cycling (and joined CIBC) when I turned 60 because I had trashed my knees running. I started racing when I turned 65 because by that age all of the real athletes were either fat or dead. Because of multiple injuries due primarily to poor bike handling skills (20 broken bones and paralysis of some back muscles) I walk with a gait that a casual observer would take for the doddering of a frail old man. I had a heart pacemaker installed last year because, even though I feared it might slow me down, it seemed better than the prospect of sudden death. In fact, three days after the operation I set my PR on Zwift's Mt. Ventoux. ***For you youngsters who doubt your potential, I note that I was in the worst shape of my life when I was in my 30s trying to establish my career. Unless you are a professional athlete, you don't have the time to train properly until you retire. Finally, keep your membership in CIBC where you can give to and receive support from kindred spirits.***

p.s. I received a congratulatory call from Roy Knickman on my "world record." Roy was an 11 times US national champion, Olympic medalist, youngest rider to do the Tour de France (as Greg Lemond's teammate) etc., etc. I'm sure his call was due solely to his awe of my cycling prowess and had nothing to do with the fact that I help sponsor (as does CIBC) his LUX junior development team.





Eastern  
Continental  
Divide

## Northeastern U.S. tour

By Peter Munk

**In September I took advantage of the temporary lull in virus cases and completed a cross country tour.**

I started this tour in San Francisco in 2017, riding East for 900 – 1000 miles each September, and this was the final “stage”. I started in Indianapolis, where I left off last year, and rode through 6 states to the shore at Dover, Delaware.

I worked out the route and the overnight stop locations in advance, using Google Maps, Map My Ride, and the Rails-to-Trails Conservancy’s guide to Illinois, Indiana, and Ohio trails. I ride a gravel bike with 36 mm tires and this allows me to use a mix of roads, paved bike trails, and unpaved trails. About half the mileage was on off-road trails, which I found very relaxing.

I spent the first week covering the 400 miles from Indianapolis to Pittsburgh. This included over 100 miles on the great system of rail trails in Ohio, which are paved and well-marked. Two old friends met me in Pittsburgh and we rode together the rest of the way. Leaving Pittsburgh, we headed South on the GAP rail trail, which has a nice crushed stone surface. Beautiful scenery crossing the Allegheny range. Then East on the C&O Canal Trail, more great scenery riding alongside the Potomac river to Washington DC. This trail is a little more primitive, with dirt surface. Those two trails totaled 325 off-road miles; we saw no car/truck traffic for a week! After a break in Washington, two more days took us to Delaware Bay at Dover.

We rode self-contained (no sag wagon) but kept the load down by staying in B&B’s, rather than camping. We chose B&B’s as there would be few or no other guests, this seemed safer than motels due to the virus. Got our meals takeout & usually ate outdoors, so we did not have any safety concerns. We were lucky to steer clear of the virus & lucky with the weather, only had rain on 2 days. My trusty Fuji gravel bike had zero mechanical issues, but my friends, who were riding a heavy tandem, had their share of flats on the C&O Trail – it’s a rough surface in places.

**It was a great ride! I’d be happy to share more details with other Club members.**



## Favorite Ride? The Next One I will Be On!

By CJ Polacek

*It's been said that a cyclist's favorite ride is the next one they'll be on. If that's the case, then I'm hoping my next ride will be to Santa Barbara.*

After a 35-year absence, I recently moved back to California, settled in Oxnard and more recently joined CIBike. My second ride with the club on January 16<sup>th</sup> was to Santa Barbara. Since returning to the area, I've not been on a more special and scenic ride. That was until my second ride there on February 6<sup>th</sup>.

I lived in Santa Barbara many years ago, graduated from UCSB and remained there for a few years afterwards. I've made the drive up and down the 101 countless times, but never saw it quite the way from a car seat as I have now from a bike seat. In my two rides there, I've realized so much more of what makes Santa Barbara the special place it is.

An unexpected benefit of cycling is the opportunity for me to see and experience familiar places in a new and exciting way. What are your unexpected benefits?

## A Reminiscent 48-Mile Cycling Circle

By Ken Bolton

My favorite ride is a 48-mile cycling circle.... consisting of riding from my house @ Telegraph and Kimball north down Telegraph Road to Five Points, across to Thompson Blvd and over to Patagonia, then up Ojai bike path over Dennison Grade to the Santa Paula Summit, and then down into Santa Paula via Telegraph Road and home. I like it as the warm-up is downhill! And it's fun to try and match or beat your Strava section times.... like the short stretch over Dennison Grade! Also, the overhanging trees entering Foster Park bike path are a reminder of the foliage back east!



*Making memories –  
everyone has a bicycle story!*





## *Riding During the Pandemic*

*By Diane Stein*



### ***2020 started out being a hopeful year of riding and bike touring trips.***

Early on, a group of five ladies decided they would like to ride the Solvang Metric in March. All February and into March we trained. Two of those training rides included, the 6 Lady Double Bump and the Rose Valley climb during very questionable weather. We trained, we were prepared and we were ready.

### ***Unfortunately, Covid-19 was being declared a pandemic and the state of California was in the process of shutting down.***

We debated about attending an organized event with over 1000 participants. It was decided that we would go but we would keep our distance, wear a mask, and carry our own food and water. Then the night before the event, we were notified that the county of Santa Barbara pulled their permits and that the event was cancelled. Since we were already planning to be self-contained, we went and rode the course. We had a fabulous ride and ran into a few other cyclists on the road.

### ***Two days after the event I got seriously ill.***

My husband, Jeff, was in St. Louis Missouri when he also became ill one day before me. It was mid-March and very little was known about the transmission of Covid-19. Jeff was sick, isolating in a hotel room and unable to get tested. I remember the hours we spent on the phone trying to get information on what to do. Eventually he was able to get an Uber to a clinic and tested positive for the flu. Since he was never tested for Covid, we couldn't rule out an exposure. I needed to share that information with my fellow cyclists. I was relieved that after 14 days no one else in our group had gotten sick.

### ***I spent several months after that riding solo.***

My rides were never more than 10 miles from the house. Using an out and back method, I managed to keep up my miles for the CIBike year rounder program. As more was learned about the virus and businesses were allowed to safely open, I expanded my riding options. Like many of you, I wanted to limit the number of people in my riding group. There was also nothing regular about my riding days.

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*Continued from previous page – Diane*

**I continue to ride some of our CIBike club routes but we have expanded and modified routes to explore new areas.**

There is so much more to Ojai than “Ball Buster”, Fairview and Creek Rd. Some Ojai rides I’ve enjoyed include the dam, Ojai Valley School Upper Campus, and a campground spin around the lake. We’ve also explored new areas around Santa Paula, Fillmore and Lake Piru. I’ve ridden some of the Moorpark group routes into Simi Valley, Moorpark, Thousand Oaks and Newberry Park. While the Moorpark Group rides are still suspended as of this writing, routes are available for downloading on the Moorpark site.



**We’ve been exploring a lot of the Montecito, Santa Barbara, and Goleta mountainous areas.**

We found starting at Viola Fields lets us ride further into the county without all the additional miles and time of ridding from Ventura. Another great riding location is Santa Monica Mountains. There are gorgeous views everywhere and some pretty decent climbing. If you’re looking for flat, then a ride down HWY 1 to Point Dume State Beach is a nice one.

***I have my own pandemic riding style.***

*I carry my own food and water; my stops are at parks or road pullouts and I wear a mask when riding on bike paths. Everyone has their own style and needs to do what they are most comfortable with. So, at the time, our club rides were postponed indefinitely and our bike touring trips had been cancelled, many of us are still out there pedaling away on our bikes. Some, I’m afraid, might call what we do an addiction.*





## Sacramento Cycling Adventures

By Leslie Ogden



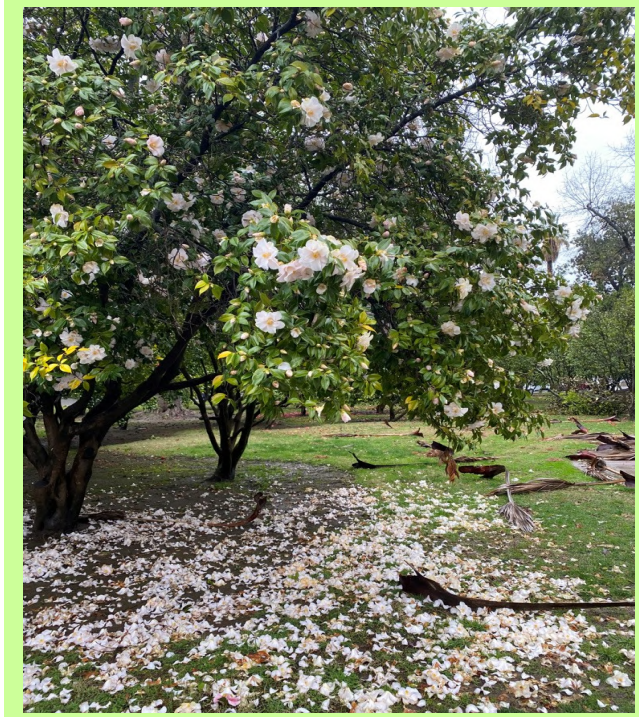
I've been splitting my riding time the last few months between Ventura and Sacramento. Thought I'd share a glimpse some of the northern experience with you.

Steve and I now have an apartment in midtown where we spend most weekdays. As Tom Stark has shown many of us, Sac is a lovely town. Beautiful, old, well-maintained neighborhoods with long-established gardens and towering trees to cut the summer heat. Camelia TREES are now in bloom, some towering over two-story homes built long ago. Citrus trees, heavy with fruit, have long since grown out of reach. Occasionally, I see women with long poles harvesting the oranges and tangerines.

Amazingly, the streets are quiet. This, in the capitol of the world's 5<sup>th</sup> largest economy!! You can ride comfortably most places. Bike lanes abound through town and then there are those wonderful river trails along the levies, through the wetlands and beside the American and Sacramento Rivers. Davis is close by and offers treats of its own.

The Sacramento Wheelmen have hunkered down this pandemic much as we have. Though old rides remain frozen in time on their website, club policy requires that ride leaders not share where or when they're going. Small groups still ride together much like the pods we're familiar with. Like us, I imagine the Wheelmen are looking forward to riding with all their old friends again!

Let's hope that day comes sooner rather than later!



# Bicycle Shorts

Useful and entertaining tidbits to read in your spare time.

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

- ***The City of Camarillo is requesting your input*** on the safety of their local roads. They are interested in bicycling and walking, as well as driving automobiles. The on-line survey just takes a few minutes. Especially for those who live or bike in or near Camarillo, this is an opportunity to share your thoughts with the City.

[https://www.cityofcamarillo.org/departments/public\\_works1/local\\_road\\_safety\\_plan.php](https://www.cityofcamarillo.org/departments/public_works1/local_road_safety_plan.php)

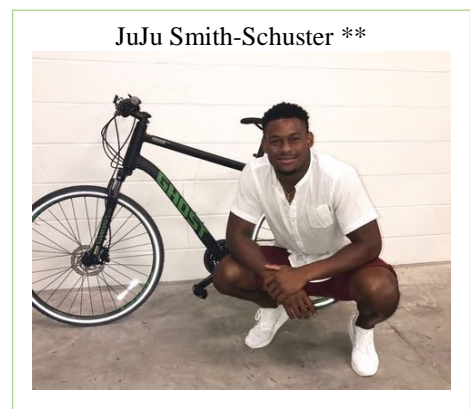
Survey and interactive map:

<https://lrsocialpinpoint.com/camarillo>

- Mayor Garcetti forgets about bikes in his green new deal.  
<https://bikinginla.com/2021/01/05/garcetti-forgets-bikes-in-green-new-deal-a-better-take-on-how-to-ride-a-bike-and-remembering-wests-first-collegiate-cyclist/>
- How to Ride Safely Amid Coronavirus Concerns  
[Cycling During Coronavirus | Riding During Coronavirus \(bicycling.com\)](https://bicycling.com/cycling-during-coronavirus)
- Whiteout: A journey Across Lake Baikal (film) about bikepacking.  
<https://bikepacking.com/plog/whiteout-film/>
- Ten things I learned cycling across Europe on my own  
<https://www.lonelyplanet.com/articles/lessons-from-biking-europe>
- Picture of the Day: Riding my bike across frozen Laken Huron to Mackinac Island  
<https://bikerumor.com/2021/02/24/bikerumor-pic-of-the-day-mackinac-island-michigan/>
- The bike shop on wheels traveling the Navajo Nation.  
<https://www.outsideonline.com/2420274/mobile-ride-center-navajo-nation>
- Twenty miles might be the best length for bicyclists  
<https://www.outsideonline.com/2419091/the-perfect-bike-ride-is-20-miles>
- Best hiking trails in Ventura County  
<https://www.alltrails.com/us/california/ventura>
- Not that anyone cares about celebrities..but...  
[Celebrities Who Ride Bikes \(bicycling.com\)](https://bicycling.com/celebrities-who-ride-bikes)



Jennifer Lopez \*



JuJu Smith-Schuster \*\*

\* famous actress

\*\* famous football player