



## Summer Filled with CIBike Events, Members' Outdoor Adventures and Cycling Fun

*"Keep close to Nature's heart...and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean." – John Muir*

Summertime and CIBike members have been enjoying outdoor activities and opportunities to break clear away and wash the spirit clean, as John Muir suggests. Members have been enjoying camping, kayaking, hiking, backpacking and of course, cycling. Enjoy reading about these summertime fun and sometimes grueling adventures. Perhaps there is some inspiration for all of us in these autobiographical adventures.

### CIBike Members Accomplished Significant Cycling Challenges

Val G. rode the "California Coast Classic," an 8-day, 525-mile journey from San Francisco to Malibu. This ride benefited the Arthritis Foundation.

Carol M. rode the RAMROD (Ride Around Mount Rainier in One Day) - 150-mile route with about two miles of climbing. Even with triple digit temps, she completed the route in record time. In the March issue, read how she and her group developed an unusual technique to deal with the heat.

Cecilia R. rode the Colorado "Triple Bypass" with altitudes up to 12,000 feet. This 100-mile ride challenges the most fit among us with some of the highest altitude riding in the country.

Details of these amazing accomplishments will be highlighted in the March 2023 Chain Chatter Rides Extravaganza issue. Photos on page 3.

### Scintillating CIBike news stories

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Can you guess the identity of this intrepid CIBike mountain climber shown here on top of Mt Whitney? Answer on page 8.





*CIBike is a nonprofit recreational organization that provides enjoyable and recreational bicycle riding and related activities in and around Ventura County.*

**2022 Club Officers/Volunteers**

- President..... Kate Faulkner
- Secretary..... Dana Werner
- Treasurer ..... Jenny Owen
- Programs ..... Mirta Millares
- Public Relations ..... Bill Faulkner
- Rides..... Dan Mathews
- Grants ..... Margaret Mathews
- Membership..... Ron Dow
- Government Liaisons..... Leslie Ogden,  
..... Kate Faulkner, Val Gordon
- Director at Large..... Chad Kominek
- Web Content..... Soheil Roshan-Zamir
- 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 and cycling news is 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.

**CIBike Presentation Meetings**

Six programs have been scheduled for 2022. Learn more about these open club events in the weekly club emails, Chain Chatter, Facebook and on [www.cibike.org](http://www.cibike.org).

**Cool Breeze Century**

The 2023 Cool Breeze Century will be held on the third Saturday in August. Never too early to think ahead!

**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.*

**Board of Director (BOD) Elections Will Be Held During the November Club Meeting and We Need You!**

Consider joining the BOD as an elected officer and help shape the future of the club and while helping to manage our current club activities. All positions are open; positions are shown in the left column of his page.



For more information on the duties of each position follow this link from the club's website.

[https://www.cibike.org/uploads/7/2/4/9/72494849/cibc\\_bylaws\\_adopted\\_2017.pdf](https://www.cibike.org/uploads/7/2/4/9/72494849/cibc_bylaws_adopted_2017.pdf)

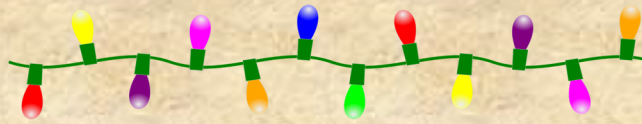
To become a candidate, please send your name and position of interest to Club Past President Leslie Ogden.

There are many other ways to participate in club activities including volunteering for advocacy projects, events, clean-ups, community support. For more info on any of the volunteer activities listed in this table, please contact the responsible person listed.

Ride leaders needed!	Contact Dan Mathews
Government Liaisons	Leslie Ogden, Kate Faulkner, Val Gordon
Cool Breeze Committee	Bart Bleuel, Bill Faulkner Diane Stein, Arli Escobar
CIBike website	Soheil Roshan-Zamir, Kate Faulkner, Leslie Ogden
Newsletter Editor	Margaret Mathews
Cycle California Coast Liaisons	Diane Stein, Kate Faulkner, Leslie Ogden
Historians	Ron Parker, Theresa Satterfield, Mike Gold
Club Calendar	Kate Faulkner, Dan Mathews, Leslie Ogden

## Breaking CIBike News

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



### *The Next Big Thing* CIBike Holiday Party

Sunday, December 11

This festive event will be held at the Courtyard Marriot in Oxnard. This is a casual, fun fest featuring sit down dinner, refreshments, slide show, a few short presentations, and perhaps even line dancing! Watch for details on the website and in the eblasts.

#### **We have nearly 300 Club Members!**

Membership Director Ron Dow reported that as of August, the club has 292 members.

- Household      11
- Individual      146
- Lifetime        27

Don't forget! Another benefit of turning 80 is free lifetime membership in CIBike!

### CIBike is a "1% for the Planet Partner"

In August, Club President Kate announced that CIBike was accepted as a 1% for the Planet partner. This organization represents a global network of businesses, individuals and non-profit organizations tackling our planet's most pressing environmental issues. More information is here:

[1% for the Planet - Homepage](https://www.onepercentfortheplanet.org)  
[onepercentfortheplanet.org](https://www.onepercentfortheplanet.org)

1% Members donate money to 1% Partners. Non-profit Partners receive money, or in-kind contributions, from 1% Members. Now, a 1% Member (such as Topa Topa or Patagonia) can donate to CIBike and count their donation to meeting their pledge to annually donate 1% to organizations that are furthering environmental goals.

As a 1% for the Planet Nonprofit Partner, CIBike is eligible to receive donations from 1% for the Planet businesses and individuals, on behalf of members' annual 1% commitment.

## The March 2023 Chain Chatter Features the Rides Extravaganza

The Annual Rides Extravaganza will feature some amazing and entertaining stories of members' memorable cycling adventures, including the amazing feats of Carol, Val and Cecilia. Send YOUR stories to [margaretann2105.aol.com](mailto:margaretann2105.aol.com).

Val – 2022 CA Coast Classic  
525 miles in eight days



Carol – 150-mile, two miles  
of climbing - RAMROD



Cecilia – 100-mile Triple Bypass







## ***CIBike Fall Club Meeting and Community Program Series***

*By Mirta Millares, Programs Director*

Our Fall Community Programs at the Museum of Ventura County began on September 21 and will continue in November with informative and engaging presentations not to be missed!

### ***The Fall series program schedule:***

#### **Wednesday, September 21 at 6:30pm "Bicycling Adventures Outside the US"**

Presenters: *Dick Bellman and Tanya Zimmer*, longtime CIBike members Dick and Tanya shared their recent adventures and provided tips on planning successful bike travels in other parts of the world.

#### **Wednesday, October 19 at 6:30p "CalTrans Active Transportation Projects Impacting Ventura County"**

Presenters: Cuong Trinh, Active Transportation and Complete Streets / Bicycle and Pedestrian Coordinator, Office of Complete Streets; and Rob Effinger, Assistant District Division Chief, Division of Program/Project Management

#### **Wednesday, November 16 at 6:30pm Cycling the New California Missions Trail: 4 Sections, 20 Segments, 800 Miles**

Presenters: Mark Wilkinson, Executive Director, Santa Barbara Trails Council and, Kevin Wallace, Long-Distance Cyclist, Trails Council Board Member. Club elections for the 2023 Board of Directors will also take place at the November meeting.

In addition to these informative presentations, community and CIBike members in attendance will enjoy the opportunity to socialize, hear club updates, and participate in a free raffle of some very nice cycling accessories. There is also a fun beverage and social hour before the meeting.

**Everyone is welcome.** Lots of free parking – or ride your bike! Mark your calendars and invite friends and neighbors!



Museum of Ventura County  
100 E. Main St., Ventura



## Cool Breeze Successful

*Thanks to Volunteers, Committee, Over 900 Riders -*

*By Bart Bleuel; Cool Breeze Director*

***By all parameters, 2022 Cool Breeze Century was the best yet.***

With 1006 registrants and 916 riders and 800 after-ride meals served we had the best numbers since 2016. More importantly, we were able to improve the ride at every level.

Using the Museum of Ventura County Pavilion for registration and Mission Park for the finish ceremonies has proved to be much better for our riders. The after-ride buffet meal catered by Peirano's together with beer and soda offerings, table seating and DJ entertainment in a park environment is a welcome culmination to our riders' efforts.

It did not hurt that the weather this year was about as good as we could expect for a true Cool Breeze ride while providing a comfortable day and even a tail wind on the way home.



Of course, the true indication of a successful ride is the satisfaction of the riders. At all levels they expressed their appreciation of our efforts.

***The success of Cool Breeze is the product of the hard, industrious, effective efforts of some 200 volunteers.*** Their ability to bring it all together is remarkable. A huge thank you to all of them. Among them are those who make the ride possible: Diane Stein, Bill Faulkner, Foster Nagaoka, Janeene Nagaoka, Patty Schulz, Michelle Bleuel and Ken Trainor.

2022 is the platform for the 2023 ride, and some of us are already working on that. Cool Breeze photos on the following page are courtesy of Ron Parker. Ron shared this link to the rest of his photos: <https://www.flickr.com/photos/downtown6787/shares/GQK3Qw7556>

***Ventura Kiwanis and Bicycle Club – Partners for Success –  
Now Planning for 2023 Cool Breeze***





Bike Depot Captain Dan and helpers Tony and Alexandra. Margaret missing in photo.



Dinner with staff group



## Cool Breeze Staff Ride – August 13

On August 13, the Club held the Cool Breeze (CB) staff ride which provides a fully supported American Century, 100 miles and a 50-mile version of the Cool Breeze route. The event is designed for volunteers to experience the August 20 CB route. Fully supported rest stops were at Manning and Stow Parks. Approximately 35 members participated. Thanks to Jo Krause for the photos.





## Members Keep Close to Nature's Heart with Outdoor Adventures from camping, kayaking, backpacking, and of course cycling

### *A Most Scenic Coast-to-Coast Michigan Tour*

By Terry Spragg

Looking for a coast to coast tour somewhat short of the Pacific to the Atlantic, there is always Lake Michigan to Lake Huron at one tenth the distance. With the input of Michigan's DNR, Michigan's Greenway Alliance has a 10-year plan to build 5 coast to coast bike trails. Great Lakes coast to coast trail # 1, stretching from South Haven to Port Huron is currently 75 % complete with interconnecting rural roads connecting unfinished segments. The vast majority of the trail was mostly paved asphalt, or crushed limestone. Touring tires are recommended.

The South Haven to Battle Creek section mostly curves about adjacent to the Kalamazoo River. Along the courses' pathway were the cities of Kalamazoo, Battle Creek, Jackson, Pinckney, Hell, Rochester Hills and finally Port Huron, with the final celebration underneath the Blue Water Bridge facing Sarnia, Ontario. My 5-day, 275-mile tour was sponsored by the League of Michigan Bicyclists.



### **Yes, that is Dan Mathews savoring the view from the top of Mt. Whitney**

Before he discovered cycling – some years ago – Dan enjoyed hiking and exploring new vistas. In this particular adventure, he and his Army Colonel friend decided to conquer Mount Whitney, having had no previous mountain climbing experience. They made a successful ascent but unfortunately, the weather took an unexpected turn, trapping those on the top. All were safely airlifted to base camp in an Army helicopter.

The rest of the story is best told by Dan, himself.





Outdoor Adventures *Continued*

### The Many Adventures of Danny and Sarah Mathews

Danny and Sarah have been exploring nature during camping, backpacking, mountain biking and hiking expeditions and - getting married. This year, their adventures have taken them to many exciting places including the High Sierras, Muir woods, Mojave, Italy, and the Pacific Ocean.





Outdoor Adventures *Continued*

## Pacific Northwest Cycling Adventure

By Soheil Roshan-Zamir

I spent the month of August in Seattle area to ride with COGS, the bicycle club I belonged to when living there prior to 2014. I had a great time riding with friends and racked up lots of miles as well as elevation gain, enjoying magnificent views of the Pacific Northwest.





Outdoor Adventures *Continued*

***“Always fly cross country because that is where adventure and freedom lay”***

My story about paragliding into national records

By Tony Deleo

***I was introduced to hang gliding near its inception in 1974*** when there were 100 pilots in the US. In the early days people would load up their gear on trucks which would take them up to the top of a mountain or hillside peak from where you would glide down to a “landing” area. The pilot who did the most circles (360’s) for that flight was considered the “top” dog for that flight.



These photos are representative of the paragliders I used on my flying adventures.

***This began to change over the years*** and pilots via improved equipment and metrological knowledge began to notice that they were able to not only stay up but climb out. In the late 70’s many pilots turned their attention to the Owens Valley at the southern end of the Inyo Mountains where the first 100 mile+ flights originated from, and ending at the North end of the White Mountains in Nevada. It was not uncommon to achieve altitudes of 16,000-18,000 feet in 2,000 feet per minute lift, most without oxygen.

***The race was on for the longest flights and site records.*** I always stayed in the air while the conditions permitted or until dusk 8+ hours later utilizing oxygen and a catheter. On occasion I would spend the night out in the wilderness.

***After 45 years and chasing records,*** I had (40)100+mile and (10) 200+mile flights, including (3) flights over 225+ miles. My 139-mile record paraglider flight in 1988 from Pine Mountain to Trona north of Ridgecrest still stands, as do many others.

***These were tremendous adventures,*** some originating at Pine Mountain and ending at Primm Nevada and on another occasion 30 miles North of Bishop (on HWY 6) at White Mountain Ranch. So, when you are out riding and you see cumulus clouds know that there may be a “soaring” pilot beneath them.

***“Always fly cross country because that is where adventure and freedom lay”.***

***Tony***

## CIBike Continues to Add Group Rides – More Rides = More Fun

By Dan Mathews, Rides Director

### ***We continue to add routes and destinations to the ride calendar.***

This year, with the help of John Darling, we have launched the Easy Rider Program. At this time, we are reevaluating a future plan of action for the Easy Rider as current participation has been low. I would like to commend John for his enthusiastic and untiring work on this program.

Kate and Bill have developed *the Picnic Scenic and Picnic Hilly rides* for the July picnic. These popular rides have been added to the calendar. Sonia continues to manage the Year Rounder Program with members riding one 62-mile (100 kilometer) event each month. Also, with Carol M. as the lead, we have included four 100-mile, American Century rides into the Year Rounder. The schedule for the four, 100-mile rides was 19 February, 21 May, 13 August (CB Staff ride), with the last scheduled for 12 November. Carol is also considering the Cool Breeze Double Metric as a potential ride for 2023 as part of the Year – stay tuned.

In six months, construction will be completed on the Pacific Coast Highway. When work is finished, we will continue the Santa Monica Mountain rides.

***Further, members are learning how to ride the Club routes with turn-by-turn feature voice prompts*** on their cell phones. This has made navigating very simple for those routes. Watch for a follow up article on this feature in the next Chain Chatter.

***We are identifying ride leaders for each of the scheduled rides.*** Leaders help with providing directions, watch out for their group and assisting where necessary on mechanical issues. Ride leadership can be one time, part time or on an occasion. With up to three rides on Saturdays, we have been able to identify a leader for each. We are now working on Tuesday and Thursday. We always need leaders! Please contact me if you are willing to take on this role – part-time, regular or fill-in - always welcome.

***We are always looking for ideas on routes, destinations and trips.*** Please send your thoughts to us for consideration and ***JUST KEEP RIDIN!*** Dan



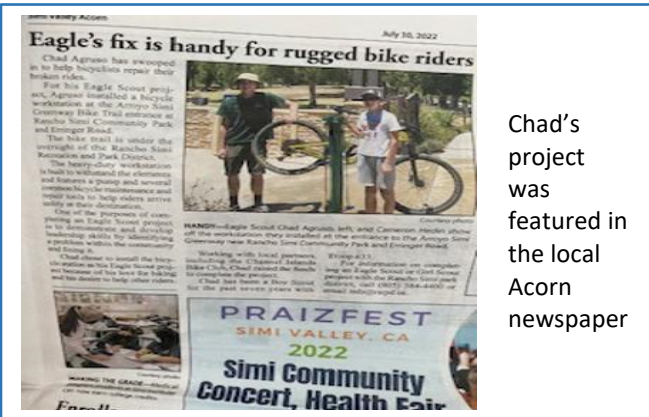


# CIBike Awards Grant to Eagle Scout for Bike Repair Station

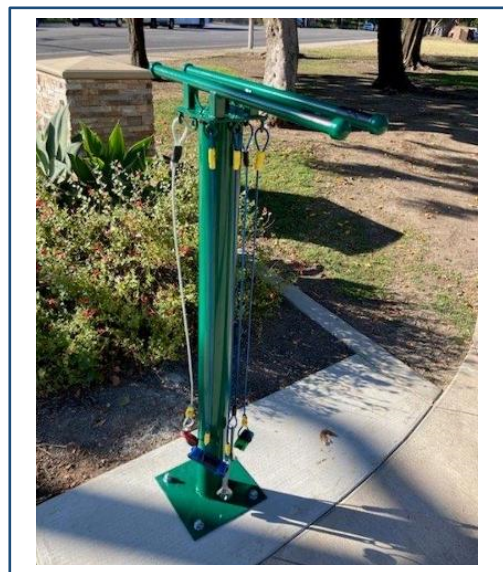
By Margaret Mathews, Grants Director

In July, CIBike presented a grant award to Chad Agruso, an Eagle Scout from the Simi Valley Boy Scout troop 633. Chad requested the grant to help fund his Eagle Scout project which was to build a bike repair stand for the Arroyo Simi bike path. The project was completed in August. The CIBike grant program is made possible with proceeds from the annual Cool Breeze. Chad Sent the club his thank you letter:

*“Hello, Channel Islands Bike Club my name is Chad Agruso and I am from Boy Scout Troop 633. I have been involved with cycling all my life and have enjoyed it very much. I have worked at Camp Three Falls summer camp where many bicycles were donated by your club. I have also helped at the Cool Breeze bike rides. I have just completed my Eagle Scout project which was to put in a Bicycle workstation on the Arroyo Simi Bike Path. My project includes bicycle parking, a bike stand with tools, and a bike pump. The project is located off of Erringer Road on the Bike Path. Thank you very much for your donation to help fund my project and I appreciate your club greatly.”*



Chad's project was featured in the local Acorn newspaper





## 2022 CIBike Picnic and Ride – Good Rides, Good Friends, Good Times



Ron Parker Photo

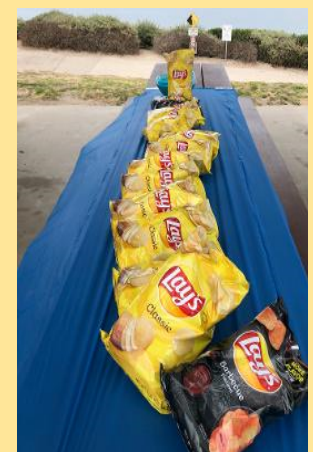
Over 60 members enjoyed the annual Club picnic on July 23 at the Rincon Beach County Park. The event included a traditional Mexican lunch, snacks, soda pops, and a massive chocolate cake. To get revved up for the meal, members chose between two rides through the hills of Santa Barbara County. Thanks to the collective efforts of many members, everyone had a great time riding, relaxing, eating chips and posing for photos. Special thanks to Kate who coordinated the event. Mirta and Margaret were in charge of set-up and clean-up with the assistance of many helpers. Tony and Alexandra were watermelon slicers. Bill and Kate were ride leaders. Everyone else were exceptional picnic partiers. Photos by Margaret.



Lovely, shaded venue overlooking the wild blue ocean



A few of the valiant volunteers who scoured the tables and benches.



Margaret received copious compliments for supplying such a nutritious and thoughtful array of snacks.





Picnic Continued





## Bicycle Shorts

This page has been nominated by the Bicycle Communicators and Important Info Association for the highest award in the Most Useful Tidbits category. We are fortunate to be able to offer these pearls of wisdom for your reading pleasure.



- Patagonia moves all stock into environmental trust and nonprofit  
[https://www.vcreporter.com/news/patagonia-moves-all-stock-into-environmental-trust-and-nonprofit/article\\_d34c5908-3a64-11ed-bd8f-03bb98b3c698.html](https://www.vcreporter.com/news/patagonia-moves-all-stock-into-environmental-trust-and-nonprofit/article_d34c5908-3a64-11ed-bd8f-03bb98b3c698.html)
- Recent Bikeway Improvements in L.A.  
[Some Recent L.A. City Bikeway Improvements – Streetsblog Los Angeles](#)
- The liberation of Paris from Cars (from Terry, of course)  
[Paris is taking space back from cars. Here's how. \(slate.com\)](#)
- From the Trek blog – break bad braking habits  
[Break your bad braking habits on the trail - Trek Blog | Trek Bikes](#)
- Bike incentives pulled from bill, and more interesting stuff  
[Bike incentives pulled from climate bill, bikes really are good for business, and L39ion of LA gets into beer business - BikinginLA](#)
- California e-bike laws  
[California Bicycle Laws - CalBike](#)

