



Sixth Annual Bike Rides Extravaganza



Good news for CIBike members!

In addition to exciting club news, programs, and rides, the Chain Chatter is featuring the world-famous Rides Extravaganza! Thanks to our club members who wrote about their more memorable cycling expeditions. Use the index on this page as your guide to some enlightening and fun adventures. This year, some exciting new rides have been introduced – see page 16 for more info from Rides Director Dan.

Read more about club rides on the club website, www.cibike.org

Also in this issue is the latest news on the club's quarterly program line-ups, volunteer opportunities, big events for the year, and more!

Grab your *coffee* and read on!



Your guide to amazing,
cycling stories
from your CIBike friends.

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The June Chain Chatter will
feature everything Cool Breeze



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
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 and cycling news is 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 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.

Cool Breeze Century

The 2022 Cool Breeze Century will be held on August 20. 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.

CIBike Volunteers, Supporters, Friends, Community

By Margaret Mathews

CIBike offers many opportunities to engage in not only fun but worthy activities. Our volunteer corps is the fuel that keeps the club's wheels spinning. In addition to the many weekly rides, members have opportunities to serve in our communities as well as at club events such as the annual Cool Breeze. Volunteers are needed for a variety of activities such as helping at children's bike rodeos, planting trees, and cleaning bike paths. Volunteer opportunities are announced in the weekly eblasts to members, on Facebook, and in this newsletter. Join us – it's fun!

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
Event leaders	Listed on website, eblasts



These CIBike volunteers work tirelessly to keep our bike trails cleaned up. Kate and her work crew celebrated Earth Day 2021 by cleaning up and hauling trash from bike paths including the club's "adopted" Omar Rains Bike Path.





President's Message

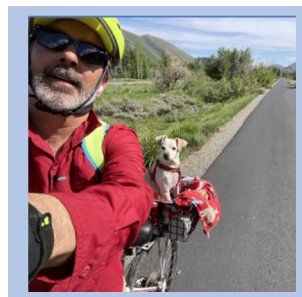
Kate Faulkner,
President, Channel Islands Bicycle Club

CIBike is rolling again!

Thankfully, it's not just our bike rides that are happening. There is much, much more planned as we look ahead to a very active 2022.

We will have six **monthly public programs** at the Museum of Ventura County. The three programs of the "Spring Series" will focus on open space and bikeways in Ventura County.

On March 16, we kicked off the series with **Jim Danza** of the **Friends of the Santa Clara River**. Can you imagine a trail for biking and walking from the coast, inland through the Heritage Valley (Santa Paula and Fillmore), and then to Santa Clarita and beyond? The Santa Clara River is the longest free-flowing river in southern California. Jim shared his long-term vision for public access to the river. This was an informative and entertaining start to our presentation series.



The April and May presentations, also at the Museum on the third Wednesday of each month, will be the Ojai Valley Land Conservancy (recipient of a CIBike grant for a gravel bike path) and the Ventura Land Trust (owners of Harmon Canyon and additional lands in the Ventura Hills).

Invite your friends and neighbors. All presentations will be informative, free, and provide inspiration for present and future exploration of the varied wild lands in Ventura County.

Cool Breeze 2022 will be happening on Saturday, **August 20**. Last year's Cool Breeze was fantastic in spite of the many uncertainties of covid-19 and losing our long-term start/finish location. In fact, the Cool Breeze riders gave a big "thumbs up" to basing the ride in downtown Ventura. 2022 will allow us to build on everything learned last year and to make this Cool Breeze an amazing experience.

Of course, I want to thank our CIBike Officers for 2022 for being the engines behind everything we do. Our club board really cares about making CIBike great for our members and for our communities. If you have ideas that you would like to implement, please share them with us.

I will be sending out regular all-club e-mail messages about our happenings in 2022. I **welcome pictures and news items** to share with other CIBike members. Whatever your interests (special bike rides, Spring Fling, Lure of the Grapes, bike path trash clean-ups, being a "Goathead Warrior," bicycle advocacy, social events, or seeing pics of friends), I hope you find plenty to interest you in my e-mails.

Breaking CIBike News

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



CIBike Is Featuring Special Spring and Fall Programs

CIBike Programs kicked off on March 16 with a presentation by Jim Danza, Friends of the Santa Clara River Chair and Professor of Environmental Science and Geography at Oxnard College. More info on the following page. Program Director Mirta Millares has announced the Spring series program schedule for 2022.

April 20: Brendan Taylor, Director of Field Programs, Ojai Valley Land Conservancy

May 18: Dan Hultz, Preserve Director, Ventura Land Trust



Club programs are open to the public and feature informative and interesting speakers, beer and wine refreshers, opportunities to visit with other cyclists and friends. Watch for time and date info in the weekly info emails. Join us! Plenty of free parking. No entry fees.

Place: Museum of Ventura County
100 East Main Street

CIBike Supports

Proposed Rincon Multi-Use Trail!

A proposed Carpinteria Rincon Multi-Use Trail would extend from the Eastern end of Carpinteria to Rincon Beach County Park. The new shared use trail would provide a strategic addition to Carpinteria's Coastal Vista Trail. If approved, this trail would not only provide safer passage for bicyclists and hikers, but also better coastal access for everyone. CIBike supports this project.



VENTURA COUNTY
ACTIVE TRANSPORTATION PLAN

Club Members Participate in the Ventura County Active Transportation Plan

Kate Faulkner, Leslie Ogden and Val Gordon were invited to participate on the Ventura County Active Transportation Plan (ATP) advisory group.

The plan will serve as a roadmap for implementing pedestrian and bicyclist facilities within the County's unincorporated communities. The plan is to build upon existing planning efforts to create a safe and convenient active transportation network that connects more people with jobs, goods, services, and public transit networks without the use of a car.

Ventura County's 2040 General Plan highlighted the need for the Ventura County AT Plan to help achieve larger Countywide goals of improving public health and reducing environmental impacts from vehicle miles traveled (VMT) and greenhouse gas (GHG) emissions

This will be a community-generated plan. Community members are strongly encouraged to give their input. A community survey and public input map are available at:
<https://atplan.vcpubliworks.org/>

New Name – Same Great Organization

At the beginning of the year, BikeVentura changed its name to BikeVenturaCounty, or for short, BikeVC.



Read about the
Cool Breeze
2022 on page 8.

Breaking CIBike News *Continued*

Club Resumes Programs and Social Hour for Members and Community

By Program Director Mirta Millares



On March 16, a large group was present for the club's first presentation of 2022.

After a hiatus of 2 years due to the pandemic, the Channel Islands Bicycle Club hosted its first of six Community Programs planned for 2022 on Wednesday March 16 at the Ventura County Museum. A crowd of about 75 attendees gathered for presentation of *"The Santa Clara River Parkway: A Vision for a Bikeway from the Mountains to the Sea"* by Jim Danza, Chair of the non-profit Friends of the Santa Clara River and Associate Professor of Geography and Environmental Science at Oxnard College. Danza reviewed various proposals for an exceptional river trail that would provide biking, hiking, birding, and educational opportunities.

In addition to a wonderful presentation, attendees enjoyed the opportunity to socialize, hear club updates from President Kate Faulkner, and participate in a free raffle of some very nice cycling accessories. Congratulations to all raffle winners, especially Jim Danza who won a Bontrager cycling helmet donated by Trek Bicycles of Ventura valued at \$160!



President Kate introduced guest speaker Jim Danza.



Bill kept the audience entertained with a fun raffle and prize giveaways.

Channel Islands Bicycle Club welcomes all members and the community to attend our upcoming Programs.

April 20 - *"Building a Better Biking Experience in Ojai Valley"* presented by Brendan Taylor, Director of Field Programs, Ojai Valley Land Conservancy

May 18 – presented by Dan Hultz, Preserve Director, Ventura Land Trust

Some Benefits of Being a CIBike Member

- Membership in a dynamic community of cyclists that supports local cycling.
- Liability insurance
- Regular communication regarding local bicycle events.
- Placement of their rides on the CIBike Rides Calendar.
- May serve on the CIBike Board.
- Frequent member-only special rides.
- Two, member-only bike travel weekends per year.
- Access to premium navigation tools on Ride w/GPS for all rides (\$80 value).
- Membership in The League of American Bicyclists (LAB) (\$40 value).
- Membership in the Adventure Cycling Association (\$25 value).
- Membership in the Bike Ventura (\$30 value).
- Occasional training opportunities (CPR/First Aid, League Certified Instructor).
- Annual Club Picnic for members only.
- Annual Club Holiday party for members only.
- Representation on Cycle Cal Coast, an advocacy group to improve bike infrastructure.
- Representation on the City of Ventura Bicycle Advocacy Committee.

Farewell to Club Member and Good Friend Dan Bennett



Daniel Bennett

It is with heavy hearts that we report the passing of Dan Bennett, Club member and good friend. Dan usually rode with the Saturday group and was a constant source of encouragement, humor and friendship. In addition to cycling, Dan was an avid pilot. He will be missed but we will ride on remembering his joy of cycling and companionship.



Volunteer Opportunities

CIBike welcomes volunteers for many projects and events including ride leaders, bike pathway cleanups, community events and the Cool Breeze. If you would like to take an active role in helping the club and our communities, please contact one of the board members or respond to the call for help in our communications.



Look at all of these cool cyclists wearing snazzy jerseys - how can I get mine?

Enlightened cyclists know that jerseys are available for purchase! You can join the cool riders in your cycling group by owning one of these snazzy designer garments which will allow you to ride with distinguished elegance.

Step up and join the IN crowd by contacting Jerseymeister Dan at danmathewsla@aol.com.



CIBike Awards Grant to BikeVentura for the Newly Launched Oxnard Bike Hub

By Margaret Mathews, Grant Director

BikeVentura's (now known as BikeVC) newest start up - the Oxnard Bike Hub - was the recipient of Channel Islands Bicycle Club's first grant of 2022. On February 18, CIBike Board of Director members Ron Dow, Dan Mathews and Jenny Owen joined me in presenting the \$5,000 grant check to the Hub's acting executive director Norm Schiele. Also present were Larry Abele, shop manager Pedro Barragan, and Chris Barton. Special recognition goes to CIBike Treasurer Jenny who rode her bike from Ojai in order to personally deliver the check. It should be noted that this grant was made possible with the successful Cool Breeze Century 2021.

The Oxnard Bike Hub, located at 154 East Sixth Street, is the only bike shop in Oxnard. Its mission is to grow a safe and healthy community through bicycle education, recreation, empowerment and advocacy. Volunteers are always welcome. Stop by and check it out.



Cool Breeze 2022



2022 Cool Breeze Planning Is Underway

By Bart Bleuel; Cool Breeze Director

The Cool Breeze planning committee met on February 8 to begin the planning for this year's ride which will happen on August 20. Attending were Jerry Deal, Arlys Escobar, Bill Faulkner, Leslie Ogden, Foster Nagaoka, Janeene Nagaoka, Ray Rosentrater, Patty Schulz, Diane Stein, and Bart Bleuel. We are very fortunate to have an experienced, energetic committee. We are also blessed by the help of Ventura Downtown Organization through Kevin Clerici, which makes the use of these venues much easier.

The format for this year's ride will follow last year's, but will be better. We will still register the riders at the Museum of Ventura County Pavilion and end the ride with festivities and a Peirano's catered buffet in Mission Park. Beer will be sold and DJ Joe will provide music. The routes and rest stops will be the same as last year. Volunteer Coordinator Diane said we will need dedicated volunteers to pull off another great event. She will be providing more info in the Summer Chain Chatter and on Facebook and emails.

The ride's website has been redeveloped (and is still a work in progress) at coolbreezecentury.com. Take a look.

Janeene created another spectacular jersey design which is sure to be one of the more iconic images.

Let's not forget that a successful Cool Breeze benefits the entire biking community in the form of grants and donations. We are asking CIBike members to help publicize the ride

by sharing the FB page, creating your own comments on all social media platforms, and good old word of mouth to other riders. As you ride in away rides, don't miss opportunities to brag about the Cool Breeze.



Ventura Kiwanis and Channel Islands Bicycle Club – Partners for Success –

Sixth Annual Rides Extravaganza Starts Here

By Margaret Mathews



These are the stories you have been waiting for! A whole year's worth exciting, adventurous, many times grueling but always fun cycling adventures. That's what we are all about – the rides! Start creating your OWN stories for next year's Rides Extravaganza. Send your stories to me at margaretann2105@aol.com. Thanks to all of our cycling friends who wrote about their adventures for this year's edition. Let's start with an insightful article from last year's extravaganza that bears repeating, written by Andrew Gustafson.

Words of Wisdom from the Least Pompous Guy You Would Ever Meet – Andrew Gustafson (copied from the 2021 Rides Extravaganza)

***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.***



Rides Extravaganza continued

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

By Chau Nguyen

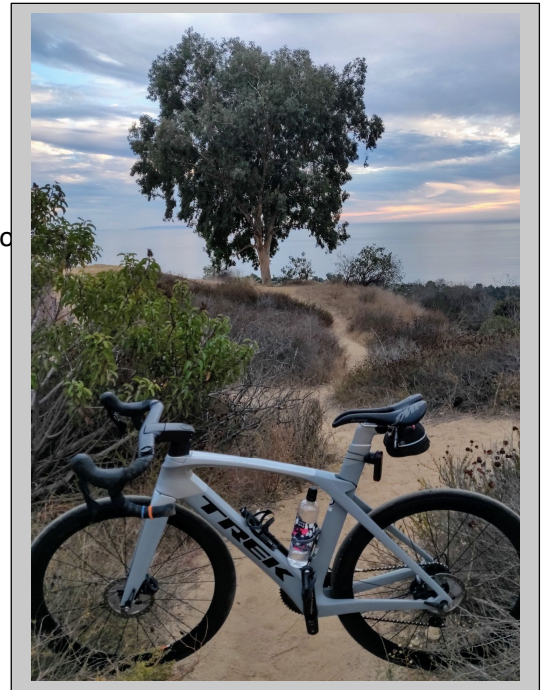
It's 7 AM on a Tuesday morning

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, Dennis PCH, or the erstwhile South Mountain Rd every 5th Tuesday. In fact, beyond these five rides, I hardly knew any others. Why was this so I wondered?

*To say Covid-19 changed our world is of course,
an understatement.*

Beginning last March 2020, group rides ended. And so instead of meeting up at the Mission parking lot @ 8:30 on Tuesday, I "met" with some club members virtually who posted over on Strava, looking over their rides and giving kudos. Like millions of Americans and others around the world, I started riding new roads and trails heretofore unknown to me.



I discovered my backyard was actually pretty vast: Those Malibu hills I had cursory thoughts about before? Done. Gravel? Check. I've even ventured into mountain biking, & found it to be a breath of fresh air. As roadies, riding further, faster, and higher is the mantra. In my alternate world in the woods, it was more exploratory, slower, & enjoying the views. 5-6 mph averages would be boring on a road bike (my elementary age kids notwithstanding), but it is a decent pace in the high country for me. Mountain bikers usually seek the easiest and fastest route uphill, in order to get to the thrill of the downhill. In my roadie lycra, it was the masochist in me always seeking the flogging of the way up, via dolorosa.

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.

Rides Extravaanza continued

Riding for Transportation - Me and My Fishing Rod

By John Darling

In no particular order, I am a bike rider, a writer, and a fisherman.

Sometimes I am each one of these personas individually while at other times I may be any combination of two of these three roles. However, every so often when the tide is high and the moon is in the Seventh House, all of them will come together as one. This happens when I bungee my fishing pole to my bike, load up my Arteesol Dry Bag with bait and tackle, then ride over to the Ventura Pier to do a little fishing. If I catch something noteworthy, then I will ride home and write about it in my fishing blog which I cleverly call, *The Old Man & The Seas*.

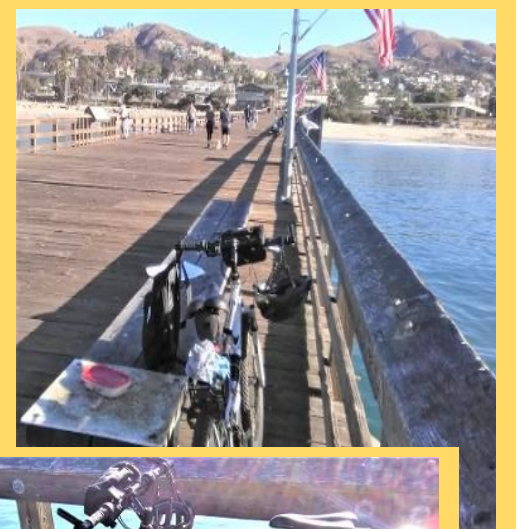
From my house, it is around a six-mile ride to the pier and is flat most of the way depending on which route I take, so it is not what you would call a “serious” ride, but when I get out there, I will devote 3 to 4 hours to my hobby. All told, I usually spend somewhere between 5 and 6 hours biking and fishing. To me, there is no better way to fill a day especially if the weather is mild and the fish are wild.

If you are into fishing as I am, I suggest that try this because it makes both experiences better. More, I think that all bike riders should try to combine their passions as I do. If you like to read, take your book to a park, sit under a tree, and let your mind wander through the pages. If you enjoy movies, theaters, live music, sporting events, and the like, ride to those venues if possible. No matter what you love to do, combining any pastime with biking make it better.

My fishing blog can be viewed here:

<https://theoldmanandtheseas.wordpress.com/?order=asc>

Even if fishing is not your forte,
you may enjoy some of the postings.



Rides Extravaganza continued

From Spin Class to Real Wheels – Cycling to Work

By Jenny Owen

Before COVID-19, I went to spin class at my gym before work. When my gym shut down along with everything else in March 2020, I was at a loss as to how to get in a ride during the week. It's difficult to ride just on Saturday and still keep up with the group!

In the early days of COVID, my co-workers and I worked in two shifts so as to not spread our germs.

Since I worked the later shift, I didn't have to be at work until noon. With the encouragement of people in CIBC like Terry and Randy, I started riding to work one or two mornings a week. By the time our shifts ended and I went back to starting work at 9am, I was comfortable with my biking route to work and could leave my house early enough to get to work, take a shower, and start by 9. I live in Ojai and work at Point Mugu Naval Base so it's about a 34-mile ride. I have ridden both ways a few times but mostly my husband picks me up after work since he works in Camarillo.

In the few years I've been riding to work, I've had three flats and one crash. I've learned to slow down when riding in the dark. And thanks to Soheil who recommended that I wear safety goggles when riding in the dark. The goggles saved my eyes when I crashed.

I enjoy the beautiful sunrises, the ocean breeze, and just getting in some outdoor time during the week. I find I'm in a better mood on the days I ride to work. It's a great way to start the day.



Rides Extravaganza continued

Deborah Walker's Milestone - 20th Year at the Solvang Century

By Mirta Millares

Deborah Reaches Her Solvang Milestone With the Help of Riding Partners

Deborah Walker completed her first Solvang Century in 1991. She credits two cycling buddies, Gary and Mark, whom she met as members of the Conejo Valley Cycling Club (CVC) with inspiring her to sign up for the Solvang Century. At that point, cycling only on weekends, most of her rides were no longer than 50 miles, but she was game! They taught her many cycling skills, provided training advice, and pedaled many miles with her. On the day of the Solvang Century, the three of them departed Thousand Oaks at 3 am and arrived in Solvang around 6 am, dressed and ready to roll. She remembers hundreds of people in line to pick up their registration packets and having to remove her cycling shoes so the wood floors would not get marred. The three of them rode the entire century working together just as they had trained. "It was an exciting experience but a lot of work as everything seems longer and harder when you are not familiar with the route."

Deborah's Grueling Introduction to Distance Cycling

Deborah started cycling when she was a kid, and became a serious cyclist in her late teens. She remembers using her second Federal Income Tax Refund check to buy a new Peugeot UO8 12-speed road bike. This was the beginning of her passionate love for road cycling. She used her Peugeot on the very challenging "Sea to Summit" ride (from Ventura to Mount Pinos), a 104-mile trek with just under 13,000 feet of climbing, and she did it 2 years in a row.

Not yet well versed in road cycling paraphernalia,

she bought herself a pair of sports shorts that at least did not have a seam, but wore regular sneakers, no gloves, no protective glasses, and did very little mountain climbing training for the ride. Her first year at the Sea to Summit, she did the ride over two days because she was not going to finish before the allotted time for day one. By her second year, she did it all in one day.



Deborah and Mirta



Deborah on her Peugeot bicycle doing the Sea to Summit ride, wearing shorts and sneakers

*Continued on next page*

Continued - Mirta

It's the challenge, training and accomplishment

When asked about her consistency in doing the Solvang Century over so many years, her enthusiasm for this ride was obvious. "I love the challenge, the training, and the wonderful feeling of accomplishment after completing the ride. I love hills and climbing! Another year, another Solvang Century! It is such a beautiful area to ride through, and I am just as excited to ride the Solvang this year as my first."

How has her training and approach to the ride changed over the years?

Well, quite a lot. "First, I'm now retired and can train more days of the week which provides a stronger baseline of fitness. Even though my first Solvang Century was over 30 years ago, I feel as fit as I was then, and I have many more skills." Using Strava provides a wealth of information that helps fine-tune her training. Strava graphs help her evaluate her performance on different terrain, and evaluate her heart rate, cadence, and speed at different elevation grades.

Training for specific challenges and finishing with gusto

She is now very familiar with the Solvang Century route and what to expect at different distances and trains for those specific challenges. "At around the 70-mile mark there is a rather steep narrow climb, relentless, it seems. I use the Fairview climb in Ojai to help prepare, imagining I am on that Century. I do repeats because it's a long climb on the Century. Mental preparation is also very important. I visualize myself climbing slowing, peacefully, making sure I stay hydrated, taking time to calm my breathing, and taking one pedal stroke at a time. Gary, Mark and I made the mistake of pacing behind some fast riders one year, and we were exhausted at the end. I learned that lesson fast, so I don't do that anymore. I like to finish with gusto!"



There have been some memorable moments over the years. Several times, it has rained during the ride. In 2006, riding with her CIBike cycling buddy Marianne Tromp, rain and hail began even before the first rest stop. They waited a while at that stop and seeing the rain continue, grabbed some plastic garbage bags, cut holes in them to make rain jackets, and took off with their improvised rain gear. To stay warm, Deborah stuffed newspaper in her jersey towards the end of the ride. Whatever it took to make it to the finish line! In 2018, a heavy downpour started at the 75-mile rest stop. She rode the last 25 miles, including the last climb, in cold, biting rain. Luckily, Cheryl was waiting for her and me (I did the Metric Century) in Solvang with warm dry clothes in her heated Toyota Tundra, which we used to change out of our wet clothes. A real lifesaver!!



Deborah credits being a member of the Channel Islands Bike Club with helping her prepare for the ride.

"I have 'crazy' (at least to non-cycling people) cyclists to ride with who provide encouragement and camaraderie, and I have a riding buddy to train with, even during the difficult COVID shutdown. All these things keep me riding even when I think I don't want to...it's just fun to ride and socialize with others and enjoy this bicycling lifestyle."

Will there be a 21st Solvang Century in Deborah's future? Of course! She plans to continue her participation for as long as she can foresee!

Rides Extravaganza continued

Check the Rides Calendar for the latest scoop on group rides – Join us!



Cycling Goals Can Be Fun and Easy: The Year Rounder Program

The CIBike Year Rounder Program helps members set cycling goals and have lots of fun doing it with riding buddies. The 2022 Year Rounder Program has already started but members can prepare for next year's program that starts in January 2023. All are welcomed to join any of the year rounder rides just for fun and practice for next year. At that time, register for the program with Sonia at ssandomer@gmail.com.

Two rides qualify for the program – the Metric Century and the American Century.

Metric Centuries (100k or 62.2 miles) qualify as a Year Rounder ride and must be ridden monthly. If you miss a month, you can make it up by riding an extra metric ride either the month before or after the month you miss. If you ride these 11 metrics (January through November) in a year, you will have completed the Year Rounder.

American Century (100 miles) four times per year, at your convenience, to qualify for the Year Rounder. Additionally, Director of Rides Dan has scheduled four century group rides – February 19, May 21, August 13, and November 19). All are welcome on these group rides. Read Dan's article on the next page about the inaugural Century Ride on February 19.

At the end of the year if you have ridden the monthly metric century or four 100-mile centuries, you will receive many kudos and a recognition compliments of the club! But most of all, you will have a sense of keen accomplishment that you have met your cycling goals!

Rides Extravaganza continued

Inaugural Century Ride on February 19 with 15 Riders

By Rides Director Dan Mathews



As the 2022 Rides Director, my first goal was to establish a new ride that would provide goal setting, challenges, and opportunities for new and renewed friendships. With the help of Carol Mazie and several of the regular Saturday riders, we developed the club's first Year Rounder Century ride. The Year Rounder Program offers a Metric Century (62.2 miles), and now an American century (100 miles). Any member who signed up with the program may complete four century rides any time during the year. However, we have planned four fun group rides – February 19, May 21, August 13, November 19. Fifteen members kicked off the first Year Rounder Century ride on February 19. Prior to the ride, we held several training rides including rest stops, regrouping areas, and plenty of encouragement. Meanwhile, we are focusing on our traditional rides to Carpinteria and Santa Barbara as well as remote starts and beginner rides. If you have suggestions for rides, please contact me. I send out ride plans for anyone who wants to be on that mailing list and the same info is available in the president's eblasts to members. Be sure to check the ride calendar on the website. **Join us!**



February 19, 2022
Inaugural Century Ride



Regrouping at polo grounds

Rides Extravaganza continued

My 2021 bike tour: Following the Rails to Trails in Michigan

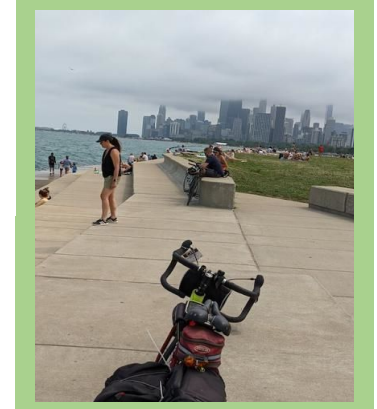
By Terry Spragg



For those whose cycling time is geared for the next Bike tour, pandemics are downers. Most organized bike tours are not available. So, a bike tourists must devise their own as I did with my Michigan 2021 tour. Michigan, being an elongated peninsula, I chose two peninsulas to focus my bike time.

Michigan offers a network of 2,478 miles of Rails to Trails.

I began my Michigan tour with a layover at Chicago. I also rode Chicago's 18-mile-long Lakefront Bike Path. Should one ride the isolated White Pine trail, have your camera ready in case a deer crosses your path.



Besides choosing to complete the north end of the 88 mile long White Pine trail ending at Cadillac, I rode the state's Leelanau Peninsula along with the Upper Peninsula's Garden Peninsula west of Manistique. The ride terminated at a ghost town of Fayette, once a smelting town processing Iron for Chicago.

The Leelanau Cherry trail is near Traverse City (Leelanau Peninsula). I passed a caboose - what better way to indicate its Rails to Trails Status. Its pathway is adjacent to Grand Traverse Bay and passes through well forested areas in between numerous cherry farms. And, post ride, there are plenty of opportunities to enjoy Leelanau county's many vineyards.

The Garden Peninsula hosting the Ghose Town of Fayette.

I rode through the Garden Peninsula in Upper Michigan. This is a beautiful area that juts out into Lake Michigan. The town of Garden in the Upper Peninsula is home to the Smelting Ghost Town of Fayette, now restored as a State Park. This 700-acre historic park blends nature and history. This townsite, once a prosperous 19th century iron smelting industrial community, now features 20 historical buildings, harbor slips, a beach and five miles of hiking trails with impressive views from the limestone cliffs that surround the harbor. Excellent for bike touring.

The state of Michigan is a wonderful place for bike touring. In addition to the incredible bike trails throughout the state, there is an abundance of history, small town ambience, and friendly folks.



Entering the Cherry Tart Trail



Fayette State Park

Rides Extravaganza continued

RAGBRAI 2021

By Sherry Mullin



The ride began in Le Mars, Iowa, home of Blue Bunny ice cream, with a big ice cream cone on every street downtown. Such a happy place! We walked with our 3 friends who we camp and ride with through the large RAGBRAI Expo, always best on the day before the ride begins.

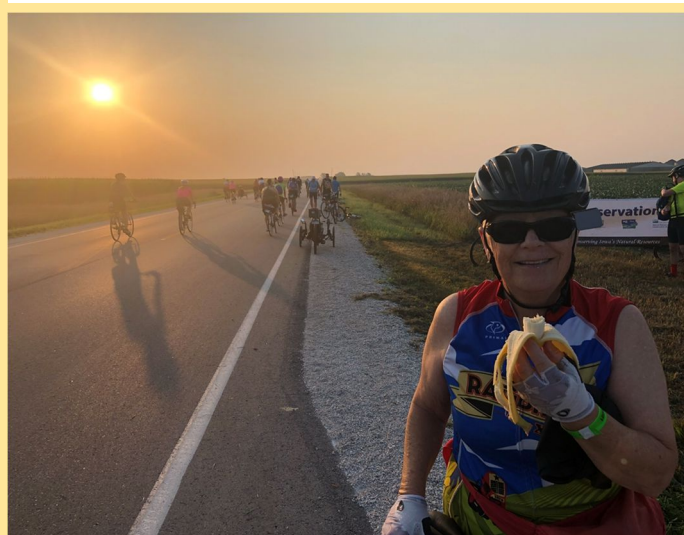


Because of a route change, necessary due to Covid problems, the first day was an 80-mile ride. It's usually only 50 or 60. So Pat and I rode 40 miles...did I mention we hadn't trained well?

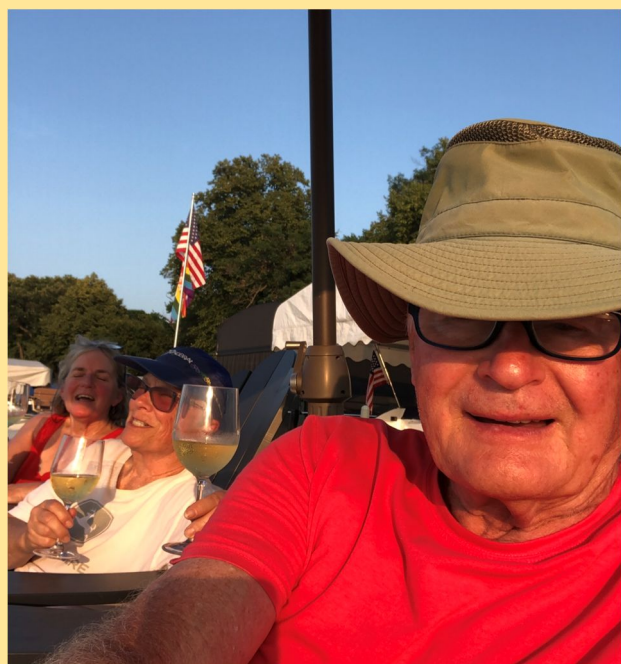
A few days later when the temperature exceeded 100 degrees, our Iowa friend who had brought an SUV asked if we wanted to go to their nearby lake house. A no-brainer! We did bike 16 miles around the lake both days, so we didn't feel like total drop-outs.

Back on the RAGBRAI route, I had to prove I could get up early enough to be on the ride before sun-up!

Although Pat and I only biked about half of the entire route, we still had twice the fun! It was great seeing old friends and laughing about everything.



Sherry – continued



Thanks to Sherry for her always entertaining RAGBRAI articles!

Home of the Gnomes

Here's my favorite picture from the ride: "the lawn of gnomes"...and that's only 1/4 of the lawn. Unfortunately, I didn't get a picture of the World's Largest Popcorn Ball in Sac City, but it seems almost every town in Iowa is famous for something. And all of them are special because of the very sweet people in them.



Important Notice for all CIBike Riders!

You, too, can share your adventurous cycling stories in the always- titillating Chain Chatter Rides Extravaganza.

Start now to prepare your cycling story for next year's annual Rides Extravaganza. The Spring Chain Chatter always features members' riding adventures and photos. The Spring edition is published at the end of March – plenty of time to prepare next year's adventure story.



Rides Extravaganza continued

LA Bike And Train Ride

February 22, 2022

Story by Jim White

Photos by
Soheil Roshan-Zamir



I was one of the fortunate fifteen participants to ride the LA Bike and Train Ride this year.

After getting **up** way too early, I made it to the Moorpark Metrolink train station at 8:30 a.m. where we all met up with our fearless leader, Mike Stewart. We left the station and went on to our first regroup at the Arroyo Simi bike path to meet the lone rider from Simi Valley. After 13 miles, we assembled again at the Simi Valley Metrolink station, all marveling at the big trains. We talked briefly about meeting at the Santa Susana Pass Summit which was only four and a half miles away, but a twelve hundred foot climb!

After regrouping at the summit, we took a winding road down to Chatsworth Street. Upon a couple of left and right turns, we regrouped again at Balboa Park where there were restrooms and a water fill up station. Halfway to Union Station, our next stop was just ten miles down the road to Portos Bakery for lunch. Mm Mmm Good! After lounging and eating in the patio area for a good half hour, we caught up with the Chandler Bike path, and you guess it, on Chandler Boulevard. We then rode on to Zoo Drive to regroup, and moved on to ride on the Los Angeles River bike path.



At the top of the bike bath, I inadvertently ran into a post that was strategically placed in front of me, falling heels-over-head. After surveying some minor scrapes, we took off for the final ten miles to Union Station. Everyone in the group got on the 3:30 p.m. train, except me. I hung around to speak to the former Ventura County Transportation Commission CEO, Darren Kettle. I left on the 4:30 p.m. train with Darren and shared my ride through Los Angeles as Darren marveled at my proficiency at riding a bicycle. Everyone got home safe and sound, looking forward to our next trip to Lala Land and the Union Train Station. By the way, our leader, Mike Stewart, had three flats during the trip. Looking forward to next year's ride.

Save These Dates for Fun Times, Programs and More

April 20, May 18, September 21, October 19, November 16

CIBike special programs at the County of Ventura Museum, open to the community, always free, raffles, giveaways, refreshment table, always fun, Doors open at 6:30. More info in weekly emails, Chain Chatter, website, Facebook. See you there!



July 23, Saturday

CIBike Summer Picnic and Group Rides

The club's annual picnic and group rides is a fun and delicious seaside event for club members. All are welcome to either drive and ride from the park, ride from the museum start area, or just drive in to join the fun. The July 23 special event will be held at the famous Rincon Beach Park on Bates Road. Mark your calendar and watch for more info!

August 20, Saturday - Cool Breeze 2022 This year's Cool Breeze will follow the successful steps of last year's event with the new downtown Ventura venue. The finish line offered a delicious meal, music, and refreshments in the comfortable park. As she usually does, Diane will be contacting members for volunteers - the main ingredient for a successful event.

December 11, Sunday – the Annual Holiday Party. This festive event will be held at the Courtyard Marriot in Oxnard. This is always a casual, fun fest featuring sit down dinner, refreshments, slide show, and a few short presentations, and line dancing!



*Making memories –
everyone has a bicycle story!*



Bicycle Shorts

Useful and entertaining tidbits to read in your spare time.

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



- Our friend Terry attended the National Bike Summit in Washing DC. He has promised to provide the Chain Chatter a full report for the June edition.
<https://bikeleague.org/summit>
- Latest news from the California Bicycle Coalition (CALBIKE)
<https://www.calbike.org/bike-friendly-bills-2022/>
- Terry's favorite biking and hiking trails in Michigan
<https://mymichiganbeach.com/blog/michigan-bike-trails>
- Cycling in Ukraine, pre-war
<https://m.youtube.com/watch?v=mgo5cLd5LLc>
- Do we need concrete bike lanes?
<https://www.curbed.com/2022/02/bike-lanes-jersey-barriers-nyc-dot.html>
- Ventura County provides tips for safe bicycling including rules of the road.
<https://www.goventura.org/bicycle-safety/>
- Road bike geometry explained.
<https://www.cyclingweekly.com/group-tests/road-bike-geometry-explained-407599>



Photo by Ron Parker