



Preparing for the Event of the Year - 27th Annual Cool Breeze Century August 20, 2022



Welcome to the Summer edition of the world-famous Chain Chatter. This issue is all about the biggest, most fun event of the year – the Cool Breeze Century. The August 20 spectacular will be held for the second year in downtown Ventura and features most of the popular routes throughout the county. In this issue, Event Director Bart Bleuel writes about the history of the Cool Breeze. Volunteer Coordinator Diane Stein chronicles the epic support of CIBike volunteers. President Kate Faulkner writes about the Cool Breeze and other events. And, importantly, we should remember that a successful Cool Breeze makes it possible for the club's grant programs to support community non-profit cycling and safety programs.

Your guide to cycling news
and stories
from your CIBike friends.



The 2021 trail marker crew worked behind the scenes to ensure the routes were well marked. Ed Lay, Leon Carter, Foster Nagaoka (CB Committee and course marking coordinator), Greg Jones, Terry Dawson, Jim Teshima, Kassy Erickson, Bill McTomney, Barry Cole, Tom Stark, and Glenn Erickson

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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.

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.

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 in this issue and 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!

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



These CIBike members work tirelessly to keep our bike trails cleaned up. Club volunteers step up to the club's call for action. Here, volunteers cleaned a muddy Omer Rains Bike Path – the club's adopted path. Watch for other opportunities to volunteer.



President's Message

Kate Faulkner,
President, Channel Islands Bicycle Club

CIBike has summer activities underway and in the planning stages. Of course, bike rides are at the core of what we do together. We have been fortunate so far that the weather has been good and we have been able to ride most of our typical routes. Fortunately, our high number of local microclimates usually allows us to find a good route for cycling with favorable weather conditions.

CIBike has summer activities underway and in the planning stages.

Summer Picnic July 23

Once again, we will be holding the **summer picnic** at Rincon Beach County Park (aka "Bates Beach") on **Saturday, July 23**. We will have two pre-picnic rides starting at Rincon Park. Both rides will include the foothills of southern Santa Barbara County. Additionally, there will be a shorter, flatter ride from downtown Ventura to Rincon Park. Don't want to ride? No matter how you get to Rincon Park, a wonderful picnic lunch, dessert, and drinks will await you. Check your e-mail for sign-up information or go to the "CIBike Member" web page.



Cool Breeze August 20

The **Cool Breeze Century** will be on **Saturday, August 20**. Once again, the ride will start and end near the San Buenaventura Mission in downtown Ventura. Ride sign-up has been strong.

Cool Breeze Volunteer Staff Ride August 13

We are looking forward to a strong volunteer showing from CIBike members. There will be a supported Century/Metric-Century ride on **Saturday, August 13** for all Cool Breeze volunteers. Please read Volunteer Coordinator Diane's article in this issue.

Cool Breeze is a long tradition for CIBike and Kiwanis of Ventura. It is always a fun day for all involved. We couldn't do it without you! I hope you have fun plans for the summer. Bill and I recently spent two weeks cycling in Portugal. Please send photos of your cycling adventures for me to attach to regular club e-mails.

See you on the road!

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 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. Program Director Mirta Millares has announced the Fall series program schedule for 2022. Read about Mirta's programs in the following pages.



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

It's time to sign up for the July 23 Picnic and Rides - same fun location – new menu.

Location is the Rincon Beach County Park. We offer beautiful bike ride through the hills of Montecito before heading back for a catered picnic with friends! Three types of Reynaldo's Tamales (including vegetarian), salsa, rice, beans, salad, Reynaldo's cookies, beer, soft drinks. **All this for ONLY \$10.** Ride, drive, walk or bike!

New Easy Rider Group Ride Kicks off on July 9

Ride Director Dan Mathews announced a new program for more relaxed, shorter rides – Easy Rider Program kicks off July 9. Read more about this new program in the following pages.

New Name – Same Great Organization

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



**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.vcpbublicworks.org/>



Read about the Cool Breeze 2022 starting on page 5.

Partnerships, Volunteers – All Hands on Deck for the 2022 Cool Breeze

By Bart Bleuel; Cool Breeze Director

The Cool Breeze planning committee is working hard

this year's ride which will happen on August 20. Committee members are 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 this experienced, energetic committee. We also had the help of the Ventura Downtown Organization through Kevin Clerici.



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 this issue.

The ride's website has been redeveloped (and is still a work in progress) at coolbreezecentury.com. Please share and forward our event info.

Janeene created another spectacular jersey design which is sure to be one of the more iconic images. Read more about Janeene's design on page 10.

Remember 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.



**Ventura Kiwanis and Channel Islands Bicycle Club –
Partners for Success –
Cool Breeze August 20, 2022**

The Cool Breeze – How Did We Get Here?

By Bart Bleuel

In 1995 Ed and Udas Young, through CIBike, began Cool Breeze. But 3 years later CIBike was ready to give it up, but Carol Sirott (and I am sure others) did not want that to happen. She arranged the association between CIBike and Ventura Kiwanis. It was pretty late in the planning, so the new partnership decided to just apply the old organizational process in that year rather than try to reinvent the wheel.



Disaster! With only about 300 riders, we had lines backed up with grumbling riders, ran out of preordered (and paid for) t-shirt sizes, endured pricing issues, served water-down spaghetti, and suffered through unusual heat in our outside venue.

So, in 1998 we revised the registration and after-ride systems to the rudimentary beginnings of what we use today. The ride grew to 2,000 riders in about 2015, and, even though the ridership has declined, we expect about 850 this year. There have been many changes and vast improvements over the years and now we offer our riders an outstanding, efficient event with virtually no complaints.

The efficient systems are important, but we could not have achieved success without the 150+ annual volunteers from CIBike and Ventura Kiwanis. It has proved to be a very good team. Many on our planning committee have been there from the early years. Tons of thanks to all of them.



Cool Breeze Century – – it takes a village of volunteers

By Diane Stein, Volunteer Coordinator

It's time for everyone to mark their calendars and sign up to work the 2022 Cool Breeze Century. Our annual fundraiser will be held on August 20th. The proceeds from this event allows our club to support and contribute to both our local and national cycling communities. Check our website <https://www.cibike.org> to see how much we have been able to accomplish.



Diane and her trusty co-coordinators, Linda and Arlys

The Cool Breeze Century event has been so successful throughout the past 27 years because of you, our dedicated volunteers, who are willing to give their time and effort to provide for a spectacular ride.

Volunteer signups open on July 1st. Use the Events tab from the CIBC Members Portal and sign up to volunteer. <https://cibike.wildapricot.org/> Or you may sign up by completing the CB volunteer form https://drive.google.com/file/d/1rWANDVBtrmGrixG8HV_Lb70bUkqyISjw/view located on the website under the Cool Breeze/volunteer tabs.

Volunteer Staff Ride - Planned for August 13, 2022



The famous and fun staff ride is always popular as shown in this 2021 staff photo

Once you sign up to volunteer you are invited to participate in our Cool Breeze Staff Ride. August 13th will be your opportunity to ride the Cool Breeze Century or Half Century with fellow volunteers. The ride is fully supported with rest stops, a lunch stop, and SAG vehicle. Staff Ride Signups are also listed on the CIBike Events tab <https://cibike.wildapricot.org/>.

Continued on next page

Let's play a little Cool Breeze Trivia

- 1) What year did the first Cool Breeze take place?
 - a) 2010
 - b) 1995
 - c) 2020
 - d) 2022
- 2) Channel Islands Bicycle Club partners with which non-profit organization?
 - a) Kiwanis Club of Ventura
 - b) Habitat for Humanity
 - c) United Way
 - d) We don't partner with any organization
- 3) How many routes are offered?
 - a) 1: Classic Cool Breeze Century
 - b) 100: too many to list
 - c) 5: Mini Metric, Metric Century, Century, Hilly Century, Double Metric Century
 - d) None of the above
- 4) How do the cyclists know where to ride?
 - a) They need to get a printed AAA map
 - b) RWGPS routes available for downloading, printed color-coded cue sheets and on route sign and street markings
 - c) They can ask anyone along the path
 - d) Just ride they really don't need to know where they are going
- 5) How do cyclists' pre-register for the event?
 - a) Just show up, no need to register
 - b) Eventbrite
 - c) Call Bart B.
 - d) Send an email to Bart B.
- 6) Where does the event start and finish?
 - a) Downtown Sacramento
 - b) Downtown San Diego
 - c) Wherever you want
 - d) Historical downtown Ventura
- 7) How many Rest Stops do we offer?
 - a) We don't provide any rest stops
 - b) 100
 - c) 5: San Antonio, Manning Park, Bike Depot, Rincon Beach County Park (Bates), Stow Grove Park
 - d) 2: Start and Finish
- 8) How do we staff our Rest Stops?
 - a) With club volunteers and as many families and friends that they can recruit
 - b) We hire actors
 - c) Cyclists serve themselves, no need to staff
 - d) I have no idea

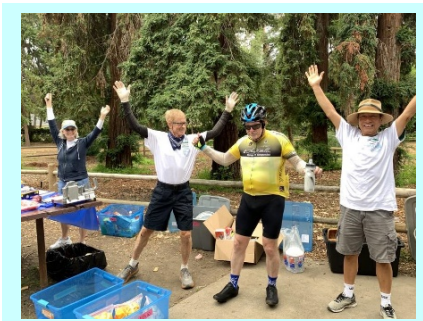


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- 9) How many riders do we register each year?
- a) 10 - 50
 - b) 500 - 1000
 - c) 10,000 -25,000
 - d) We don't count the registered riders
- 10) Where can cyclists get their lunch during the event?
- a) Stow Grove Park rest stop offers a full lunch option for all registered riders. An after-ride meal is also offered at the downtown finish.
 - b) There are plenty of fast food restaurants along the route
 - c) They can call a family member to bring them lunch
 - d) They shouldn't need any nourishment during the ride
- 11) What extra special cool treat do we offer our riders?
- a) An ocean breeze
 - b) Relatively cool temperatures
 - c) Popsicles at Rincon Beach rest stop
 - d) All of the above
- 12) Does CB provide SAG and what does the cycling acronym mean?
- a) Cool Breeze uses approximately 25 volunteers to provide Support and Gear/Support and Guidance (SAG) during the event.
 - b) Screen Actors Guild (SAG) provides support to all Cool Breeze riders
 - c) It is not necessary to provide any support to our riders along the routes. They can always call for an Uber
 - d) Senior Advisory Group (SAG) provides advice to all senior registered riders
- 13) Who designs our creative Cool Breeze jerseys and other cool graphics?
- a) Italian fashion designer Giorgio Armani
 - b) Moorpark College Graphic Artist Janeene Nagaoka
 - c) Le Coq Sportif partnered with Tour de France
 - d) "Real Cheap" fashion designers of Ventura

Did you find my Cool Breeze trivia funny? If not, it was my attempt to provide a little humor for the kick off of our Cool Breeze volunteer recruitment. Seriously, we need everyone's help this year to make our event a success. Please sign up today!

Answers: 1(b),2(a),3(c),4(b),5(b),6(d),7(c),8(a),9(b),10(a),11(d),12(a),13(b)



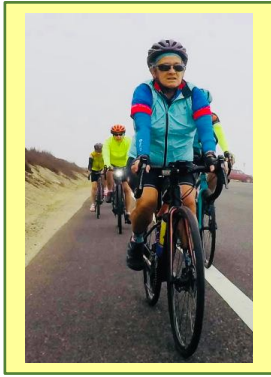
Inspiration for 2022 Cool Breeze Jersey Design

By Janeene Nagaoka

Another Cool Breeze, another jersey to design! Sometimes the ideas don't come easy, but this year I had an idea right off the bat. I wanted to revisit some of the elements from a jersey I did a few years ago that featured a VW bus with a bike and surfboard on the top. It was one of our best-selling jerseys so this year I incorporated our Channel Islands (as a nod to the name of our bike club) along with a surfboard and sunburst logo, with cool coastal colors and a wavy beach that represents the coastal route of our ride. Many of our riders come from hot inland regions, so it's nice to relay a feeling of cool temperatures, inviting scenery and the playful feeling of surfing the coast, even if we are "surfing" via a bicycle.

***Jerseys are on sale now at [EventBrite.com](https://www.eventbrite.com) (search Cool Breeze Century)
Get 'em while they last!!***





CIBike Community Programs Spring Series a Success, Fall Series Announced

*By Mirta Millares,
Programs Director*

The Channel Islands Bicycle Club hosted its second and third of six Community Programs for 2022 on Wednesday April 20th and May 18th at the Ventura County Museum. At the April meeting, “*Building a Better Biking Experience in Ojai Valley*” was presented by Brendan Taylor, the Director of Field Programs, for the Ojai Valley Land Conservancy (OVLC). Through photographs and a spirited discussion, attendees learned about the work of OVLC in managing its 2,000+ acres of land in the Ventura River Valley and the challenges faced in restoring these open spaces while providing outdoor recreational access to the public.

The May meeting featured Dan Hultz, Preserve Director for the Ventura Land Trust (VLT). Attendees learned about VLT’s mission in preservation, recreation, and restoration of its lands and in providing education and learning opportunities for all about our natural environment. VLT projects and restoration at Harmon Canyon, Willoughby, Big Rock and Hayden Preserves were displayed and an active Q&A session kept attendees intrigued.

In addition to these informative presentations, community and CIBike members in attendance enjoyed 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.

While the Spring program series focused on open space and bikeways in Ventura County, the Fall series will focus on health and training, with one additional presentation related to trails.

The Fall series program schedule:



September 21 – Rachel Sears Casanta, co-owner of Hypercat Cycleworks and Hypercat Racing

October 19 – Melissa Davidson, Registered Dietician, Wellness & Fitness Center, Community Memorial Health System

November 16 – Mark Wilkinson, Executive Director, Santa Barbara County Trails Council

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

Meetings are always fun –
Bill Faulkner keeps the crowd
entertained with raffles
and prizes.



*All invited to CIBike meetings
and presentations*
Museum of Ventura County
100 E. Main Street
Ventura

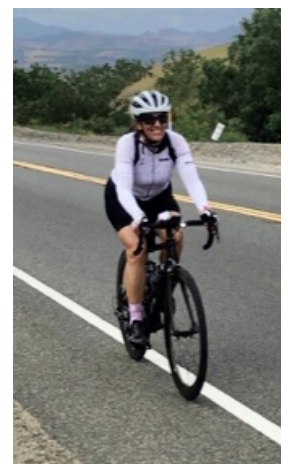
CIBike - All About the Rides! New Easy Rider group announced – Volunteer as a Ride Leader

By Dan Mathews, Rides Director

With help from Club members, we continue to add alternate ride destinations and events. On 9 July, John Darling will launch the Easy Rider (ER) Program with help from Bill Faulkner. The ER will consist of rides 8 to 12 miles long that will be leisurely and scenic. The first ride on 9 July will start at the Museum parking lot at 8:00 a.m., and will be on the Ventura River Trail to Big Rock. John will provide a tour of the area and short discussion regarding the ongoing work. John has also scheduled tentative rides for August and September. Details on these destinations will be published shortly.



We continue with the Year Rounder Program managed by Sonia. This year, with the help of Carol, we have added four 100-mile American Century rides. The first on 19 February saw 15 Club members ride a reasonably flat route towards Stow Grove Park. The second 100-mile event was 21 May and was more challenging as Carol led the group across Grimes Canyon and Dennison Grade. The third event is planned as the Cool Breeze Staff Ride on 13 August (see note below) and the fourth 100-mile ride is scheduled on 12 November.



Carol charging up Grimes Canyon on the Century ride.

At the suggestion of Val, the Saturday, 8:00 AM ride has added at least two destinations. With ride leaders we have been able to travel in various directions allowing riders to choose. We continue to seek new destinations, routes for places to ride and visit. Send your ideas to the Director of Rides. (Note: The CB Staff ride is offered the week before the August 20 Cool Breeze. The Staff Ride on 13 August is offered for those who will volunteer to support the CB.) Arrangements will need to be made for those who want to ride on 13 August but not be a volunteer for the Cool Breeze. This issue is being worked. Dan 805.390.3463 danmathewsLA@aol.com

Introducing New Easy Rider Group with Leader John Darling

John will be leading the new Easy Rider group starting on July 9, 8:00 a.m., from the Ventura museum parking lot. This ride is designed especially for those who are seeking a more relaxed pace with time to stop and smell the roses.

Tell your friends to join this leisurely 8-12 mile ride.



Join the Ride Leader Team!

We are looking for ride leaders to help keep our groups together, safe, and happy. You may be a regular leader, an alternate, or a fill-in-as-needed leader. It's easy! These are the leader's duties:

- Greet the riders, introduce new riders and guests.
- Announcements: Ensure group has ride instructions – destinations, regrouping areas, and riding buddies if requested; review safety measures.
- Leave no one behind – keep an eye on the group and make sure everyone stays together and is accounted for – suggest using a buddy system.
- For more info, contact Dan Mathews, danmathewsLA@gmail.com

A Week on Two Wheels

By John Darling

My wife, Theresa, and I decided to once more go biking in Yosemite National Park during a 5-day vacation we were taking. On the way back from Jamestown, CA, where we stayed during the first part of our trip, we decided to spend a day biking in Monterey, CA. A few days intervened between these two times, so we decided to add a bike ride around New Melones Lake in Sonora County. Its Glory Hole Recreation area boasted that there were “six biking & hiking trails,” so we decided to give them a try and truly make our mini-vacation a week on two wheels. What follows are the results of our adventures.

Yosemite National Park

This was our third visit to Yosemite and the second time we biked around it. Except for the steep grade up to Mirror Lake, the trails offer no challenge. However, due to the overcrowding of the park, getting around on these paths is a real challenge. Because of the throngs of people, many of whom did not give way to a bell, we may not return to the park even though biking around Yosemite is the best way to enjoy its beauty.

A few days after our visit, the park instituted a reservation policy for peak periods, which may help. For now, though, this great national treasure is being loved to death.

Glory Hole Recreation Area – New Melones Lake

This outing was even more of a disappointment than Yosemite. Despite what the site’s website boasted, we saw no signs indicating that there were any bike trails in the area. We biked around the paved roads looking for these signs or someone to ask about them, but the place was all but deserted. Sadly, the lake’s water level is very low, as we saw by the watermarks around its perimeter. Due to this and the lack of visitors, the park may not be staffed anymore. Hopefully, someday, the lake will return to its former glory.



Monterey Coastal Recreation Trail

This trail was the highlight of our trip, and we recommend that everyone ride it at least once even though, with one exception, it is totally flat. As you would expect, it can get crowded around Fisherman’s Wharf, the Monterey Aquarium, and Cannery Row, but it is almost exclusively a bike trail for the most part of its 18-mile stretch. On our ride, we headed south to have lunch at Lover’s Beach Grill. We headed north after sitting for a while, enjoying the brisk, breezy, sunny weather. About 8 miles up the coast, we came to a Coastal Access Route that takes you up over the dunes to a thrilling ride down to the beach, where the sand is so thick that it is hard to see the trail. We kept going until we came to a bridge crossing over Highway 1. We turned around at that point and headed back to our motel room, where we relaxed after our 15-mile ride.



We will be going back!

Making Communities Better through Volunteering



From Larry Abele: Volunteer spotlight - Bill Faulkner (shown with Sergio at Balboa School). Bill supports many of our BVC youth/adult bike education and is a massive bike education advocate, always connecting with people and organizations to enrich our education programs.



Keeping our adopted bike path clear of debris.



Kate is the leader of the club's environmental clean-up projects. Want to help? Keep an eye on the eblasts for info on the next clean-up day. Everyone welcome!

My trip to Washington DC for the League of American Bicyclists Bike Summit and City Bike Tour

By Terry Spragg



I attended the Annual Bike Summit of the League of American Bicyclists

in Washington DC. I packed my bike on AMTRAK and headed east at the end of March. The Summit's objectives were three-fold: DC Bike Tours, Congressional advocacy and Federal Infrastructure funds for active / alternative transportation. There were 84 virtual and in person plenary sessions dealing with advocacy, bike safety and bike infrastructure.

My particular interest was how do we get our fair share of new Federal Infrastructure \$9B budget.

The budget line item that would include bike infrastructure is known as "Transportation and Healthy Cities." In summary, the key to obtaining our share of this budget is through aggressive grant writing according to several presenters from the Federal Highway Administration. Various state representatives presented the results of their grant writing with success defined by the addition of Class 1 and 2 bike paths built per year with the Federal funds.

How does California compare to other states:

- California has built approximately 300 miles of Class 1 bike trails.
- Colorado, 1800 miles - The state has been spending 1% of the Department of Transportation budget on active transportation.
- Minnesota, 4000 mile - Has also been spending 1% of its Department of Transportation budget on active transportation.
- Washington DC has over 100 miles of Class 1 and 2 bike paths.

It would seem that California has a long way to go to catch up with some other states in building bike paths. Many of the summit conversations were in regard to the best ways to procure funding is through more dedicated grant writing projects by volunteers from all California bike clubs and associations.



Fun Aspects of the Summit

- Touring DC on our bikes
- Participating in a bike infrastructure tour
- A history and night light tour of the city

The tours were offered by The League with the DC Cycling Concierge. DC has over 100 miles of Class 1 and 2 bike paths. This year, it will build another 10 miles. DC bike commuters average 17,000 bike trips per week.

Are you a “Pliker”?

By Kate Faulkner

It is good to be a Pliker.

Pliking is a cousin to Plogging.

Plogging was started by the Swedish as a way to pick up trash while exercising. According to Wikipedia: “**Plogging** is a combination of jogging with picking up litter (merging the Swedish verbs *plocka upp* (pick up) and *jogga* (jog) gives the new Swedish verb *plogga*, from which the word plogging derives). It started as an organized activity in Sweden around 2016 and spread to other countries in 2018, following increased concern about plastic pollution. ... An estimated 2,000,000 people plog daily in 100 countries and some plogging events have attracted over 3,000,000 participants.”

If joggers can pick up trash, certainly hikers and bikers can do the same thing.

Hence, “Pliking.” The best way to get started is to identify a manageable area that you want to keep clean of trash. It could be an area near your home. It could be sensitive habitat, such as near the ocean or a stream, that trash would harm. It could be a favorite park or bike path. By “manageable” I mean choosing a site that you can regularly clean and can safely pick up and carry the trash.



Leslie frees the world of destructive plastic piping.

Safety is a particularly important issue for cyclists picking up trash.

You must be able to carry the trash while balancing your bike, pedaling, and using brakes. Carrying a plastic bag or small backpack can help you carry moderate amounts of trash while biking safely. Another potential hazard are the sudden stops when trash is sighted. Pliking with a group requires adequate spacing between the bikes and calling out stops. Busy bike paths require particular caution when stopping or crossing the path in your pursuit of trash. I focus on picking up plastics and styrofoam. I leave cardboard, paper, clothing, metal, and wood items. Some of these are too big or heavy to carry. Many will degrade over time without big environmental impacts.



If you can get a regular riding buddy to assist, that provides comraderie and increases the amount of trash that you can pick. I have been lucky to have several friends who are enthusiastic plikers. We have fun and are proud of keeping our coastal bike paths clean and preventing some harmful trash from entering the ocean.

CIBike Photo Gallery

Good friends, good rides, good times – Join us!



Three Harbors Ride



Laurie, Arlys, Val, Jenny



Top of Rose Valley



Bill and Kate – On the Camino de Santiago
in Northern Portugal



Ken Clunis and company at memorial service



Santa Barbara Mission



Bill and Kate Crossing the border between
Portugal and Spain via a fishing boat
on the Minho River

Get Out and Have Some Fun! Save These Dates!



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. New menu from Reynaldo's. See President's Message for more info.

Sign up now on the website.

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 fun starts with the **August 13 Volunteer Staff Ride**. It ends with the most fun ride in California – our Cool Breeze Century. The finish line will feature a delicious meal, music, and refreshments in the comfortable downtown Ventura park. As she usually does, Diane will be contacting members for volunteers - the main ingredient for a successful event.

December 11, Holiday Party–

Join us for the always casual and always popular 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 perhaps even line dancing!



Making memories – everyone has a bicycle story - What's yours?!

Send your stories and photos for the Chain Chatter -

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