



CIBike Members’ Outdoor Adventures and Cycling Fun

Famous quote from anonymous member: “Having fun - it’s what we do!”

**“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, and of course, cycling. Enjoy reading about these summertime fun and sometimes precarious adventures.

Perhaps there is some inspiration for all of us in these autobiographical adventures.

Read All About it!

adventurer	page
President Diane’s Message	2
Cool Breeze Follow Up	3
Calendar of Events	4
Dan’s Ride Page	5
Mirta’s Program News	7
Chad’s Baja Bash Adventure	9
Carol, Val, Dan, Cecilia Stories	11
Terry’s Michigan League tour	12
Ron Mountain Bike Unit	13
2023 Club Picnic gallery	15





CIBike is a non-profit recreational organization that provides enjoyable and recreational bicycle riding and related activities in and around Ventura County.

2023 Club Officers/Volunteers

- President.....Diane Stein
- Secretary Leslie Ogden
- Treasurer Linda Bott
- ProgramsMirta Millares
- Public Relations..... Jenny Owen
- Rides Dan Mathews
- Grants..... Val Gordon
- Membership..... Soheil Roshan-Zamir
- Govt Liaisons..... Kate Faulkner, Val Gordon, Leslie Ogden
- Director at Large.....Chad Kominek
- Year Rounder Program.....Sonia Sandomer.
- Web Content..... Soheil Roshan-Zamir
- Web Content..... Mike Stewart
- Chain Chatter Editor.....Margaret Mathews
- Website..... www.cibike.org

Chain Chatter Newsletter

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

Renewal Notices

Please watch for your renewal notice; notices are emailed to members annually. Questions about membership may be directed to Soheil Roshan-Zamir.

Monthly Presentation Meetings

Please get current event info in the weekly club emails, Chain Chatter, Facebook and on www.cibike.org.

Cool Breeze Century

The 2024 Cool Breeze Century will be held on August 17. Stay informed with the club's website, newsletter and eblasts/

CIBike Mission

The Channel Islands Bicycle Club (CIBike) is an inclusive, non-profit organization that promotes bicycling for recreation, health, sport, and transportation in Ventura County and beyond. CIBike is committed to increasing awareness, skills, and safety for cyclists through worthy programs, grants, and partnering with agencies that share our vision of fun and safe cycling.

President's Message

**By Diane Stein,
2023 CIBike President**



Greetings,

We are already into our 3rd publication for this years' Chain Chatter. Channel Islands Bicycle Club continues to excel.

Our membership is growing

and we are seeing large participation with both weekday and weekend rides.

The club is actively involved

with local bike related events and provides input for bike transportation planning. We've also had some success with reporting hazardous road conditions using club published links.

CIBike continues to support many local and national bike advocacy groups

for better safety and infrastructure. Our public general club meetings are not only informative and well attended but are community supported.

CIBike operates under ByLaws

and is led by a Board of Directors. The "Board" is elected by club members and officers serve a term of one year. We are looking towards electing a 2024 Board. Please consider volunteering. It is an excellent opportunity to contribute to our club's future success.

See ya on the road,

Diane Stein
Channel Islands Bicycle Club, President

28th Cool Breeze Century

Cool Breeze Volunteers

By Diane Stein, Volunteer Coordinator

I'm always amazed at how CIBike partnered with Kiwanis of Ventura to consistently put on a premiere bicycling event. August 19, 2023 resulted in another successful Cool Breeze.

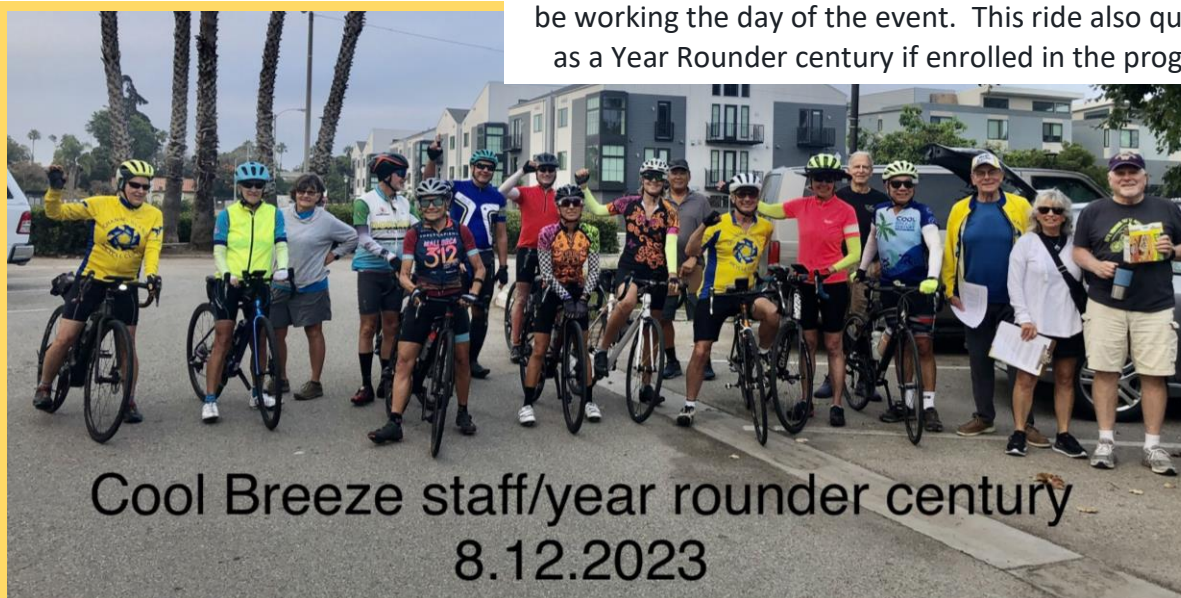
On the day of, I had the opportunity to visit all our rest stops, experience the ride start/finish and drive portions of all the courses. The cyclists are energized and fueled with all the enthusiasm of our volunteers. I love how we try to cater to the riders needs and provide encouragement. Many of us riders understand all too well how some positive reinforcement can inspire riding motivation.

We had 925 registered riders and over 150 working volunteers. A job well done and a huge thank you!



One thing I can confirm is that we always get positive feedback on the attitude of our volunteers. Participants are quick to recognize our efforts and show their appreciation. Year after year our volunteers "bring it."
Congratulations!

A big part of the Cool Breeze experience is the famous staff ride. Kudos to all who participated (39 registered) in the volunteer staff ride. This ride usually occurs the week before the event and is designed to scout our CB century route. Cyclists monitor the course looking for road obstacles and navigational/directional mishaps. It is also a chance for cyclists to ride the course since they'll be working the day of the event. This ride also qualified as a Year Rounder century if enrolled in the program.



Cool Breeze staff/year rounder century
8.12.2023

CIBike Events Calendar

Here in the club newsroom our electrifying editors are furiously toiling to bring you the latest CIBike events news!



Have we used the word “fun” too frequently? Can you blame us?

This is the time to start pondering your next move to support your club – consider running for Board of Directors 2024. It’s fun! It’s easy! Ask any of the current directors for more info. Elections will be held in November at the club’s meeting.



- October 18: Second presentation of club’s Fall series - Breathtaking – how one family cycled around the world for clean air
- November 15: Last Club presentation of the year
A Year Long Cycling Journey presented by Brandan Taylor
Also - club elections will take place during the November meeting
- November 18: Last Year Rounder Century ride – it will be a **fun** flat ride, Dan is working on a new route that will appeal to everyone pondering a 100-miler.
More info on Dan’s page.
- End of November: Weekender Adventure! Watch for more info on a possible Turkey Trot.
- December 10: Holiday party at the Marriott Courtyard in Oxnard. Watch for complete info in the president’s eblasts and on the website.



Stay tuned for more info on these invigorating events as well as exciting group rides, programs, volunteer opportunities.

Join us on our group rides, entertaining programs, weekenders, and **fun** times



Really **fun** Holiday Party December 10!!!
You never know what to expect at a CIBike holiday shindig!
There have been line dances (thanks Kate!), raffles, quizzes, hilarious storytelling and quite a few tall tales.

Join Us for One of the Many Fun Rides – Road, Gravel - we have it all!

By Dan Mathews, Rides Director

There is good news to report in the Department of Rides! We continue to offer different ride routes and special adventures such as the club's first gravel ride with more to come before the end of the year.

Year Rounder 100 milers. The next Year Rounder 100-mile event is scheduled for 18 November.

The route is still under review and will be posted on the Ride Calendar but will be mostly flat and absolutely fun. We have completed three 100-mile rides so far this year – 18 February, 13 May, and the 12 August Cool Breeze Staff Ride. Plans are underway for next year's 100 milers. Members can complete the 4, 100-mile requirements with any ride such as the Tour de Palm Springs or the Ojai Century. Also, Year Rounder participants can develop their own route. Margaret continues to organize the SAG support for these rides. Sonia manages the Year Rounder Program.



2.18.2023 Century Ride

Century riders were joined by Metric Century riders at a sag stop. There are always opportunities to mix and match rides with a common meet-up half-way.

San Ysidro Round About – Montecito. Thanks to Jim W and Kate for updates on the San Ysidro Round About in Montecito. Many of our rides to Santa Barbara and Montecito bring us back through the Butterfly Beach area and then across the 101 Freeway at San Ysidro. Jim updated us that bikes can go through the almost finished circle. Kate rode the through and provided photos. Kate reports that signs encourage bikers are to walk through the construction area. Watch for updates in the weekly rides eblast and on the club ride calendar.

Weekly Rides – Our weekly rides continue to grow in numbers with great weather and long summer days. Our Tuesday and Thursday rides rotate on a schedule such that each comes up with a periodic frequency. The Saturday rides are changed weekly based on rider inputs on distance and destinations. We continue to offer variety on the Saturday rides for every skill level. Therefore, there is usually a short and a long route. We have alternated between hills and flat routes on Saturday.



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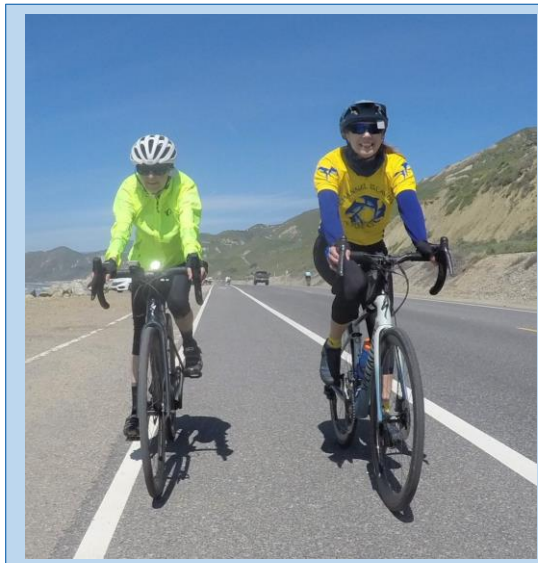
Rides Continued

Gravel Biking. As weather cools, we will again offer gravel bike rides which go inland. The first ride was in June with a second ride planned for late September. Watch the ride calendar and weekly Rides eblast for updates.

East County Our East County Saturday rides begin at the Tierra Rejada Park in Moorpark across from the Von's Shopping center and Moorpark High School. The Sunday rides are twice a month, 2nd and 4th of the month from Camarillo's Mission Oaks Park. All East County rides depart at 8:29. The East County Program is led by Mike Stewart (mdstew48@gmail.com).

We continue to develop Leaders to guide and assist on each of the rides. Please send your ideas on routes and destinations to ridescibike@gmail.com

Dan



5.13.2023 Century Year Rounder



Sulphur Mountain Road Gravel Ride



6.22.2023

Programs: CIBike Fall Series Started with retrospective of CIBike

On September 13, CIBike presented the history of the Channel Islands Bicycle Club. The research and presentation were made by long-time club members Theresa Satterfield and Carol Sirott. The presenters made the club's history fascinating and entertaining. Theresa provided a summary of the program:

On Wednesday September 13 Carol Sirott and myself gave a historical overview to club members at the general meeting. Due to our long membership, it was felt that we might be able to shed some light on how the club came to be! We were happy to do so! We have both been members since the Club was a vision in the minds of Ed and Udas Young!

Our presentation told how the Club known as the Oxnard Ventura Bike Club started, how it grew in members, activities, the beginning of the Cool Breeze and the name change to Channel Island Bike Club! The presentation was well attended and we hope was informative and entertaining. If interested the power point presentation may be found on the club's website. In addition, Soheil has provided a few photos of the presentation, these are shown on the next page.

Thanks to Historian Ron Parker for providing vintage Chain Chatters, some of which are shown here.



Mirta Millares, Programs Director

Join Us for the last two gatherings of the CIBike Fall Series

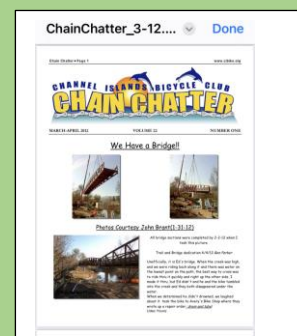
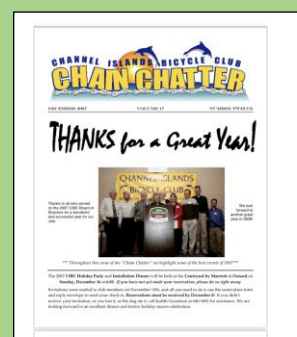
October 18

Breathtaking – How One Family Cycled Around the World for Clean Air and Asthma

November 15

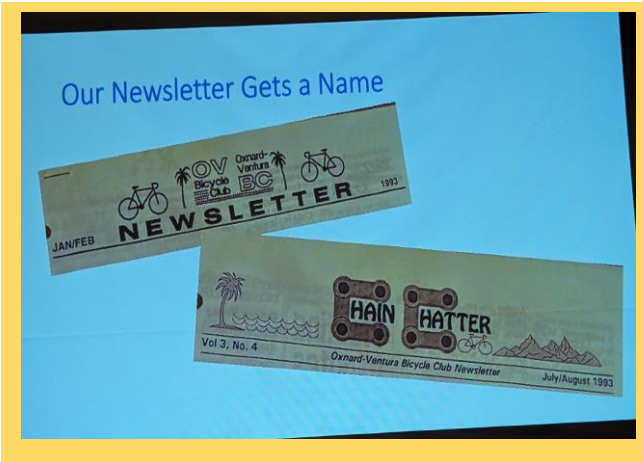
A Year-Long Cycling Journey

CIBike meetings are open to the public and are held at the Great Pacific Iron Works (Patagonia), retail store, 235 W. Santa Clara Street at Olive Street, Ventura.



Programs continued

Images from the presentation are provided by Soheil



Club Members Share Fun and Exciting Adventures

“Live in the sunshine, swim in the sea, drink the wild air.”

These club members are following Ralph Waldo Emerson’s advice by going out and seeking new and fun adventures - in addition to cycling of course.

Many thanks to the authors who have shared their stories on these hallowed pages.

Baja Bash Log By Chad Kominek

Chad - professional boat skipper and CIBike Director-at-Large

The Baja Bash is what boaters call the return trip northbound, normally entirely STRAIGHT INTO the wind and chop, from Cabo San Lucas back to California.

This time, I was helping an acquaintance return his own boat to San Diego. We left June 24, 2023. It was 85, hot and humid in Cabo San Jose, where the trip began. This trip was likely to me achieved almost entirely under motor, as it was directly upwind. We rounded Cabo San Lucas, 60 or so miles away, without incident and turned northward. This was my 2nd consecutive east rounding of the notorious Cabo Falso that was easy and uneventful. The wind to Magdalena Bay was light, as the forecast for this area, the first 25% of the Bash, always seemed light.

The next part of the trip, north from Bahia Santa Maria anchorage (the huge, beautiful sandy bay just south of the Mag Bay entrance) was bumpy to very bumpy, all the way until we hit land across the huge curving part of Baja that terminates at the Turtle Bay/ Punta Eugenia region about 1/2 way up the Baja. (Note: At Santa Maria, if you want to hike to the Mag Bay side to look out across the other side of the sand spit, land your kayak about 5 miles from the main anchorage. There it’s only 1/2 mile across to the other side.) We started leaving for passages at 2 a.m. Overall, with that plan, it really was quite bearable. The boat averaged 6.25 to 6.5 kts.

There was often 20-30 knots wind and big seas forecast for the approach to Turtle Bay. We stopped first in Abreojo which we entered with care, and it seemed quite easy to navigate between the reefs, which are described as dangerous on the navigational charts. We didn’t land there - kayaks could, but not a dingy, for the rough breaking waves. Next stop was Asunción. Great anchorage. Larry does water taxi there and sells fuel in jerry jugs.

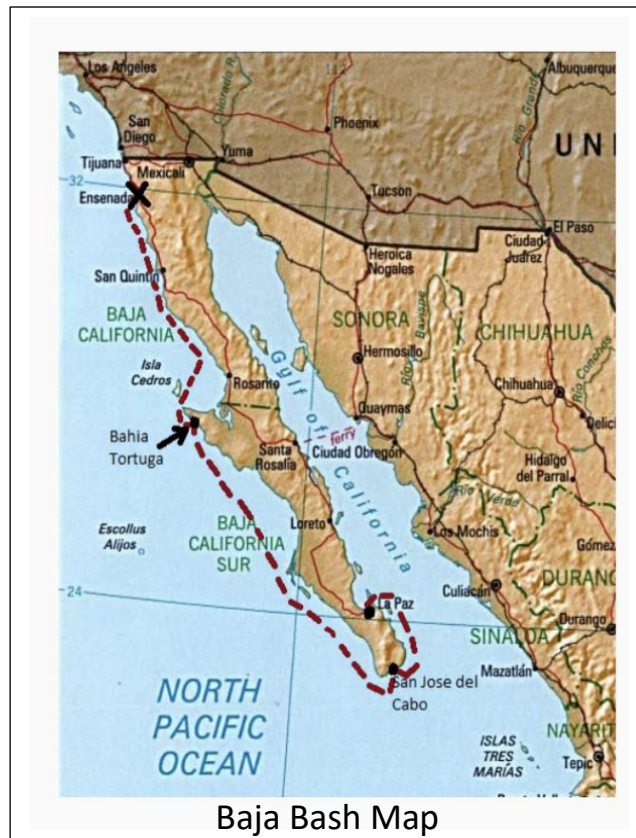
After Turtle Bay we went inside Cedros Island after going inside Isla Natividad without incident. Then came the long crossing of Bahia Vizcaino. We were able to make (pointing as high as possible) San Carlos, after getting beat up toward the end of that 22 or so hour run. At San Carlos, in our night approach, we badly snagged a large mooring line and buoys. We probably could have just anchored further out, and never snagged the mooring line. Greg, the boat’s owner, had to dive in to cut it away. He had a wet suit on board, and a diver’s knife. We carried lots of fuel in Jerry jugs, which he stores in the cabin under the dinner table, and which we kept full of diesel, but never used. Those included two clear 20 gal Jerry jugs and a siphon hose pump thingy, two pieces of fuel hose and a black hand fuel pump like dinghy out boards’ fuel tanks have, for the larger jerry jug. San Carlos was a good anchorage in moderate northwest weather. It’s a windsurfing spot, but was flat calm when we got there, even though it was blowing 20 knots outside five miles out.

*Outdoor Adventures continued**Baja Bash continued*

Then we motored to San Quintin, but the Yanmar diesel died, and couldn't be fixed by crew onboard, 20 miles south of San Quintin. We managed to sail, straight upwind tacking, 20 miles to get to San Quintin. After some discussion, we decided to try to sail upwind another 100 miles to Ensenada. We chose long tacks, 30 miles out - near the cargo shipping lanes- and made it 32 miles made good-with about 2 miles made good per hour. That is 1/3 of the way to Ensenada from San Quintin. But we had total engine failure continuing, and then, as a result of no alternator, the batteries began to drain to where the electric toilet wouldn't flush, and we were in risk of having no navigation lights when it got dark.

Therefore, Greg and I decided to turn back downwind and sail for San Blas. Since we had no engine, and almost no power, no autopilot, etc, and the wind died, it was a long slow, sail back. 2-3 knots for hours until the wind picked up some. We used Greg's Code Zero (\$6,000 sail, as he kept reminding us) to sail faster. Meanwhile Greg's wife Erin and also my friend Rick worked on finding mechanics in San Quintin, or at least Ensenada. We were able to easily communicate with friends and family at home using Starlink satellite internet. The engine had suddenly quit, and displayed no error code. I ran out of days allotted and decided to go home, via Mexican bus, from San Quintin to Tijuana, where I walked across the border to San Diego and Amtrak. Yossi, the other crew onboard, agreed to stay 3 more days.

He and Yossi ended up getting towed to Ensenada for about \$5000. There, Greg got a slip and came home, and waited for the mechanics report. It turned out to be a clogged diesel injector, which was clogged by fuel that had been purchased from the panga in Turtle Bay. Lesson learned, or at least reinforced, buy fuel in TB from the fuel dock, not that is brought to your anchored boat by a panga.



Outdoor Adventures continued



Carol Mazie participated in the American Lung Association "Fight for Air" climb in Denver at the Coors Stadium in May. The event is held in the stadium and consisted of a circuitous one-mile route with 1,000 stairs.



When not golfing or riding, Val and Darryl enjoy kayaking.



For adventure, Dan rides his kayak into the surf outside of the Channel Islands Harbor breakwater.



Cecilia rode the Triple Bypass in July. Leaving from Evergreen, CO, she traveled over Juniper, Loveland, and Vail Passes for an astounding 117 miles with 11,000 ft of climbing. Carol and Val cheered her on in Georgetown and Frisco as she approached rest stops.

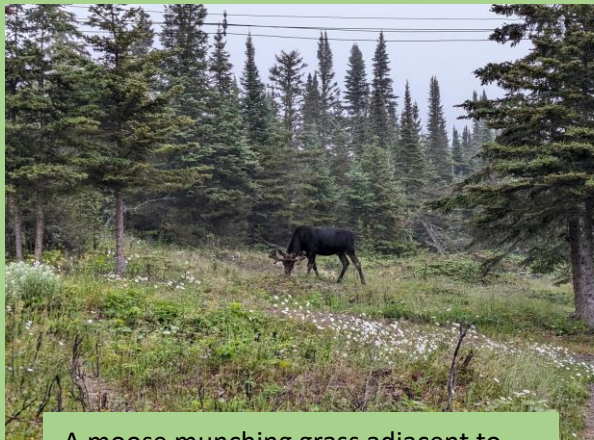
My 2023 Michigan League tour - the MUP

By Terry Spragg



My 2023 Michigan League tour, the MUP, featured a 345-mile circle tour, starting on the Lake Michigan shore at Manistique, encompassing the Lake Superior shore, via the Picture Rocks national Lakeshore at Munising and back to Manistique via a 3 day stay at Marquette. The tour was designed so that each city stop coincided with local festivals. Local officials greeted tour participants, during dinners mostly hosted by nearby restaurants.

Not satisfied with 345 miles of riding thru hardwood forests, we drove to Michigan's Keweenaw Peninsula before boarding an almost 4 hours cruise over Lake Superior to the almost totally undeveloped Isle Royale National Park. There the major activity is backpack hiking. Our hike was a 12-mile round-trip hike along a lakeshore trail. Moose and fox are common to Isle Royale with a herd population averaging 1000. Unless you are a sound sleeper you will hear them outside one's camp as was our experience.



A moose munching grass adjacent to our primitive campsite in Isle Royale



WHERE VOLUNTEERING IS A PASSION!

By Ron Dow

“Who are those guys!!” Such were the words of the Sundance Kid to Butch Cassidy about the approaching posse. Ever wonder who those guys are in the bright yellow official looking jerseys riding mountain bikes on the trails of the Santa Monica Mountains? They are members of the Mountain Bike Unit (MBU). As a growing team of patrol volunteers, MBU has the unique opportunity to assist the [National Park Service](#), the [California State Parks](#), and the [Mountains Recreation & Conservation Authority](#) by providing public assistance and resource protection to the national and state park lands in Southern California. Part of public assistance includes providing directions, trail advice and ability to call in emergencies and concerns by radio with on-duty rangers.

With an interest in the Santa Monica Mountains and a desire to promote educational awareness and responsible trail use, their mission is to enhance your experience and safety during your visit. I have proudly been a member of the MBU for more than 20 years. It provides a wonderful volunteer opportunity to engage in an activity which feeds my passion and assists our parks, while it also creates bonds with members who become lifetime friends! Incidentally, I am a member of CIBike because of my long MBU friendship with Jim Dinges.

So if you would like to consider an activity which combines your love of bikes with an important assistance to the local community, you might consider joining the MBU. Just go to the website: <https://www.mountainbikeunit.com> and click on the “Join Us” link. They don't actively recruit, but they encourage small numbers of dedicated riders. Hope to see you in the dirt!





Important Announcements!

1. This month's the illustrious Editor's Choice Award goes to the many authors who took time off from pedaling their bikes to write articles and take photos for the Chain Chatter. Special thanks to top contributors Dan, Soheil, Ron, Terry and of course for Margaret's swell photography.
2. The **December Chain Chatter** will feature all the good stuff that has transpired over the year. However, unless our readers support our cause of broadcasting the news, there could be *trouble in River City*. Unless news starts flowing in, the legions of editors will be dozing off at the desks, the Bell Telephone Company will discontinue service, and the IN Baskets will become obsolete. Yep. Trouble.

In that case, Enforcer Dan will prune info from club members and friends. Let's maintain our exemplary work so that we may again win the top prize from the International Exalted Editorial and Scribe Accreditation Association. So please send info to Margaretann2105@aol.com



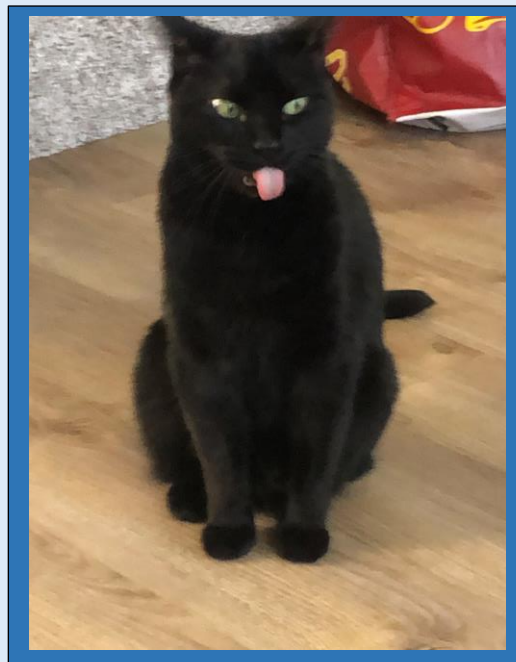
Editor Margaret

And most importantly, meet my new assistant.

Introducing Miss Sassy Pants

The new Chain Chatter Assistant Editor

Her first important message is for every one to go to the next page to enjoy photos from the 2023 picnic.



An enthusiastic kudo will be given to the first person who can tell us why Patrick is holding this trendsetting jersey.

2023 Club Picnic and Group Rides

Nearly 70 club members and friends gathered on July 8 for the annual picnic and group rides extravaganza. The event was held at the Rincon Park on Bates Road under the villa-type pavilion overlooking the beach. Thanks to the many volunteers who coordinated this club event, participants enjoyed a choice of rides, delicious catered lunch, nice and salty chips, and most important - camaraderie. Photos by Margaret



Picnic coordinator
Kate



Patrick, Ed and Margaret prepared the site and welcomed the crowds.



John and Theresa helped with the many tasks that were needed to make the event a success.



Four rides were offered - Dan's 14-mile coastal ride to the event from Ventura; a 30-mile scenic route led by Kate and Bill's 35-mile climber's ride. Ray led his challenging Super Climber's Loop. Everyone enjoyed a ride that suited plans for the day.

Continued on next page

Club Picnic and Rides continued



Meanwhile – while riders were riding, the picnic crew was busily and noisily preparing the decorations, snacks, ice chests, salad, watermelons and the ubiquitous potato chips, and making way for the catered lunch. Because we knew those riders would return in a ravenous state, ready to party.



Club Picnic and Rides continued

