



Seventh Annual Bike Rides Extravaganza

Our club, the Channel Islands Bicycle Club (CIBike) of Ventura County continues to offer cycling opportunities for different levels of riding abilities. As an encouragement, we are pleased to print some amazing cycling stories submitted by our members. We have weekly group rides as well as other club activities. Join us!

Check our ride calendar on our website, www.cibike.org.

Grab your *coffee* and read these stories penned by club members. Thanks to the CIBike cyclists who shared their fun and inspirational biking stories. The index of adventures is shown on the right.

Your guide to the Annual Bike Rides Extravaganza stories written by your CIBike friends.

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First ride 1.1.2023

Cool Breeze 2023

is off to another successful start with the unveiling of Janeene's newest CB jersey design. Read about this year's





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
- Programs..... Mirta 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 ContentSoheil Roshan-Zamir
- Web ContentMike 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 2023 Cool Breeze Century is scheduled for August 19. 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 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**



It is my privilege to serve as CIBike President.

We have an excellent 2023 board comprised of new and seasoned members. A big thank you to all those who have stepped up this year to lead the club and to all previous board members, appointed positions, and volunteers for their commitment and service.

The Chain Chatter has been in publication for a long time.

First starting in 1995 when the CC newsletter was created by the Oxnard/Ventura Bicycle Club. It was the primary manner in which the club shared ride and club related information. The Chain Chatter was prepared monthly and mailed to each club member. Within the publication was route & ride information for the upcoming month, Board meeting minutes, monthly meeting announcements, membership renewal notices, committee updates and much more. We are fortunate to now have more direct methods to broadcast club information. In today’s world, the CC has morphed into an excellent digital publication of various cycling topics. Margaret Mathews is editor and has been for a number of years. She, like many of her predecessors, has continued with the newsletter tradition. Thank you and all contributors for continual support.

This year has gotten off to a rather wet and soggy start.

We’ve experienced a number of road closures and hazards. We’ve needed to adjust and abandoned regular routes temporarily to keep our members safe. Dan Mathews, Rides Director, has had a tough job keeping everything running smoothly. It has been helpful that many of you have been sending photos and identifying road problems. Dan is constantly scouting roads and monitoring weather conditions. He updates CIBike ride calendar and posts to forum latest route changes. We need to be flexible and check the website for last minute club ride changes. We all benefit from this information so extend Dan some recognition the next time you see him.

Continued on page 5

Breaking CIBike News

Here in the club newsroom our vast network of electrifying editors are tirelessly working to bring you the latest CIBike news, particularly the many fun events coming up this year.



2023 Club Programs – Exciting Spring and Fall Series held at our new venue

On page seven, Programs Director Mirta Millares reviews the club's first presentation of the year held at our new venue, Patagonia in Ventura. The club features a Spring and Fall series of programs, each tailored to cycling and environmentalist enthusiasts. The events include a free raffle, a social hour and the opportunity to visit with your cycling pals.

Spring Fling 2023 Cycling Weekend Adventure Open to All Members

The "11th Annual Solvang Spring Fling will be held on the weekend of **April 14, 15, 16, 2023** in downtown Buellton. Members of Channel Islands Bike Club are welcome to participate in this fun biking environment. Riders can reserve a hotel, camping cabin or campsite for the entire weekend or for one night or even drive up for the morning. Activities will include road biking in this beautiful region along with gathering for meals. Check this webpage for more information about this great event. Please REGISTER ON THE CIBike WEBPAGE as there is a 50 Person LIMIT on this biking weekend. Please signup each adult **SEPARATELY**. If you need more details other than what is listed here, please contact Mike Stewart by email.

 **Registration ENDS April 12th, 2023**

Annual Club Picnic and Rides - July 8

The always popular club picnic and rides excursion will be held on Saturday, July 8 at our favorite venue, the Rincon Park on Bates Road. Choose from several rides, enjoy a catered lunch, and revel in the awesome Pacific Ocean views. Watch for the sign-up dates in Diane's newsletters and on the website.



Year Rounder Century Rides

Rides Director Dan Mathews planned four special rides for the Year Rounder Century cyclists. Century ride dates are February 18, May 13, the August Cool Breeze staff ride, and November 18. Read about Dan's plans on page six.

Cool Breeze August 19

Plans are already underway for this year's Cool Breeze. Event Director Bart Bleuel writes about the importance of this annual event. Read about it on page five then mark your calendars

Club Board of Director Elections November

Always held in November. Think about throwing your hat in the ring. More later!



Holiday Dinner and Installation Party December 10

Always a great way to close out the year – a casual and fun dinner event to recognize newly-elected board members, past achievements, and Year Rounder presentation. And most importantly, this end-of-the-year celebration is an opportunity to relax and visit with your cycling friends, exchange stories, and make plans for the new year. Watch for more on the website.

Ride Ready Bicycle Training

By Bill Faulkner

The City of Ventura, BikeVentura, and Trek Ventura are offering a free public bike safety training. This one-day (4 hour) skill course is your chance to learn safety, maintenance, lane position, and bike handling. Skilled instructors, certified by the League of American Bicyclists, will help you gain greater confidence and more fun on your bike rides.

This class is for adults, who can ride a bike, or adult-accompanied children. The program includes classroom session, outdoor skills training, and a group ride on carefully selected city streets. Even the most experienced bicyclists are going to learn important skills, such as:

- Proper Bike and Helmet Fit
- Riding safely, visibly and predictably with traffic
- Communicating with car drivers
- Your rights and responsibilities on the road
- Emergency Maneuvers
- Across-Town Route Selection
- What to bring on every ride
- Fix a flat, maintain your bike and more!

By successfully completing this course Trek will give each participant a chance to win a new bicycle, a \$20 store coupon, and \$50 off a bike tune-up. During the class, Trek will provide a free safety check to make sure your bike is shifting smoothly and the brakes work properly. In addition, enjoy coffee, snacks and excellent safety training.

A working bicycle and helmet are required. If you have questions, please contact larry@bikeventura.org . Sign up today! Register before April 10 and receive a free Trek water bottle. Link to register -<https://bikeventura.org/events/>

OTS
CHALLENGER OFFICE OF
TRAFFIC SAFETY

RIDE READY

BICYCLE SKILL CLASSES

SATURDAY
APR 15
9am-1pm

SUNDAY
APR 16
10am-2pm

SATURDAY
MAY 13
9am-1pm

FREE BIKE SAFETY TRAINING

FREE TREK BIKE RAFFLE

BikeVentura
COUNTY

REGISTER NOW!

FREE gifts for Early Registration

Trek Ventura - 4060 E Main St Ventura CA

www.BikeVentura.org/events

President's Message continued

We will have already had our first 2023 public CIBike Club meeting by the time this publishes. I hope most of you were able to attend. We have a Spring and Fall series of 3 meetings each. CIBike club meetings are open to the public and held at Patagonia. Check CIBike Website and Channel Islands Bicycle Club - Members Facebook page for upcoming meeting details. Mirta Millares, Program Director, has the challenge of deciding cycling related topics and arranging guest speakers. If you have any ideas of interest, please contact her.

Board members and others are busy scheduling upcoming club activities. Spring Fling, organized by Mike Stewart, is happening April 14 -15. 100 mile Year Rounder club ride, organized by Dan Mathews, scheduled for May 13, August 12, & November 18. Club picnic, organized by Kate Faulkner, is July 8. Cool Breeze Volunteer Staff Ride, organized by Diane Stein & Jo Krause, on the calendar for August 12. Cool Breeze Century scheduled for August 19. Easy Rider program and Mountain Bike rides are in the works. We have lots going on so keep yourself informed!

I wish everyone safe and pleasurable riding wherever you plan to go.

Diane

COOL BREEZE IS ALIVE AND WELL
By Bart Bleuel Cool Breeze Event Director

The steering committee for Cool Breeze met in February and is well on the way to building an even better ride – which is pretty cool in itself. The ride will begin at the Museum of Ventura County adjacent to Mission Park, and end in Mission Park on **August 19, 2023**.

Diane Stein and Jo Krause will be soliciting volunteers when the time gets closer. It takes hundreds, so respond positively if you can. Janeen Nagaoka supplied us with another iconic Cool Breeze design for our jerseys. This is a really fun event for both riders and volunteers in its 26th year. Proceeds from this event are funneled back into the cycling community through our grant programs. So please join us and support this great event. Detailed info coming soon.



Keeping It Fun by Offering a Variety of Rides for Everyone

By Dan Mathews, Rides Director

Through rain, floods, wind and rock slides, our Club riders have been persistent joining our scheduled events. When the Rincon Parkway flooded near the fire house, we found alternate routes. When the turn off Main St in Ventura flooded, we figured out a way through, but always in a safe manner.

We continue to offer new and different routes through the hills of Montecito, along the coast and roads inland. We have added the "Mission to Mission" ride and new versions of the "Picnic Scenic" and "Climber's Loop" routes to the route library. Our East County group under Mike Stewart has added new routes in and around Spanish Hills. We are tracking the progress of construction on Pacific Coast Highway near Sycamore Canyon. When work is complete, we will reinstate rides to the Malibu area and the Santa Monica Mountains.

We have scheduled four American Century rides as part of the Year Rounder Program. The dates are 18 February (complete), 13 May, 12 August Cool Breeze Staff Ride and 18 November. Each event includes a full 100 mile and a 62-mile version for members to participate. The rides include rest stops and Support and Gear (SAG). Each of the routes are different providing variety. Questions about the Year Rounder Program should be directed to Sonia (ssandomer@gmail.com).

Mountain Bike Rides Being Planned

Because we are always looking for new adventures, a mountain bike riding group is in the works. Ron Dow has volunteered to be a mountain bike leader and has suggested several scenic routes for our future rides. If you are interested in this style of riding, contact Dan at ridescibike@gmail.com. Future mountain bike rides will be posted on the Club Ride Calendar.

Road Trip to Kentucky Club member Tom Stark is organizing a Kentucky bike tour in September. This trip is not a club-sponsored ride but is open to all club members. Questions should be directed to Tom (bikertomts@gmail.com).

We thank our ride leaders who take responsibility for ensuring all riders are safe. We also extend our appreciation to our reporters who send messages

Questions or suggestions about our rides should be directed to ridescibike@gmail.com

Dan



The first Year Rounder Century Ride included a SAG stop for the Century riders and the 62-milers.

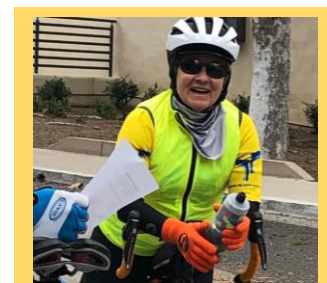
This intrepid group of riders were the first to step up for the Year Rounder Century in February: Dana, Burt, Dan, Peter, Jim



2.18.2023

CIBike Community Programs Speaker Series Launched March 15th, 2023 at New Venue

By Mirta Millares, Program Director



Program Director Mirta



CIBike kicked off the 2023 Community Programs Speaker Series on March 15 at a new venue - the Great Pacific Iron Works (Patagonia), retail store, 235 W. Santa Clara Street at Olive Street, Ventura. We gathered as a community in support of bicycling for transportation, health and recreation.

The evening started with a no-host refreshments bar served by Sonia and Chad and featured beer from Topa Topa Brewery, and socializing at 6:30pm. Guests were greeted in the lobby with refreshments served by Sonia and Chad and also received complimentary raffle tickets distributed by Deborah. During the social hour, guests were treated to a slide show created by Jim Dinges featuring photos of club rides and members.

Club President Diane welcomed the audience and provided a brief overview of club happenings including current ride info. Mirta conducted the raffle with the help of Chad and Val. A very lucky ticket holder won a special tire pump provided by Trek Bicycles.



Club President Diane



Brendan Taylor
Guest speaker,

Continued on next page

Programs continued

The meeting and presentation began at 7pm with a presentation by Brendan Taylor, Director of Field Programs, Ojai Valley Land Conservancy. Brendan discussed all the changes to the river corridor caused by the January storm and how the Ojai Valley Land Conservancy is recovering and planning to manage river lands for future flood events.



***Watch for more information
on our Spring programs!***
Wednesday, April 19 at 6:30pm
Wednesday, May 17th at 6:30pm

The Fall series program schedule:
Wednesday, September 20th at 6:30pm
Wednesday, October 18th at 6:30pm
Wednesday, November 15th at 6:30pm

**Everyone is welcome. Lots of free parking across the street – or ride your bike!
Mark your calendars and invite friends and neighbors!
*See you then! Mirta***

Oxnard Hub new youth bike education program.

By Larry Aberle

In February, BikeVC launched its first primary school bike skill and traffic safety education to Oxnard's our Lady of Guadalupe School. This was the first school to utilize the new fleet of smaller 20-in bicycles provided by the generous Audacious Foundation. This addition allows BikeVC to offer educational programs to younger students from first grade to fourth grade. LCI instructors, Sergio and Larry were surprised by the abilities of the younger students. By the end, most students were able to ride with confidence and were able to properly make turn signals and scan right and left to anticipate potential hazards. This was inspiring group of youths and BikeVC is already looking forward to seeing the students next year.

CIBC volunteer call - BikeVC would like to have more CIBC riders come out participate as volunteers to help get the next generation of cyclist rolling safely.



BikeHub
NON-PROFIT BIKE SHOP

• VENTURA •
490 N. Ventura Avenue, Ventura, CA
(805) 641-2665

• OXNARD •
154 East 6th Street, Oxnard, CA
(805) 263-0054

SCAN 
Shop Hours

Community BikeHub Shops Provide:

- Economical Repair Service
- Bike Repair Training
- "Do-it-Together" Bike Repair
- New & Used Replacement Parts

RECYCLED/REFURBISHED BIKES FOR SALE

Professionally Tuned & Serviced

SUPPORT THIS COMMUNITY RESOURCE
How can you help us?

Volunteer - Join the Crew of Volunteers, Wrenching and Refurbishing Bikes, Participate in both Fun & Important Community Events

Sponsorship - Please Donate to Support, Helmets for Kids, Youth & Adult Safety Education, 'Second Chance' Bike for the Disadvantaged Community

Donate Bikes - Clean your Garage and Donate your Old Bikes and Gear. We will Refurbish, back in to Shape for More Meaningful Use

Ride - Get Out on A Bike and Celebrate Your Community in the Healthiest Way Possible or Both You and Our Planet

www.bikeventura.org

Read more about the Oxnard Hub and its dedicated crew in the recent Ventana Magazine.

<https://ventanamonthly.com/wheels-in-motion/>



BikeVC's team Oxnard includes Oxnard HUB Shop Lead Pedro Barragan (left), bike tech/intern Karla Avila and Education Director Sergio Garcia.

Photo by Viktor Budnik



When A Mishap Occurred on a Ride – Club Members Stepped Up and Saved the Day

On a recent excursion through the hills, Bill had an unfortunate mishap while riding with Eric, Dave, Jim and Dan. Bill's riding pals whipped into action by securing the area, rendering first aid, stopping traffic, and calling 9-1-1. Thanks to their quick and professional action especially by Dave, a trained EMT, Bill was able to receive medical help in an expeditious manner. All safety measures were taken by this team to ensure everyone's safety including stopping traffic, keeping Bill awake and aware, and positioning the bikes in such a manner that passing traffic moved slowly and carefully. Bill reports that he is fine and is looking forward to getting back on his bike and volunteer activities.

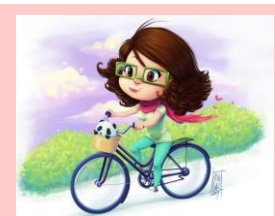


Eric, Dave, Dan, Bill Missing from Photo: Jim White

Announcing a rip-roaring, riveting, rousing news opportunity!!

By popular demand, the **June Chain Chatter** will feature every type of fun outdoor activity from cycling to sailing and beyond. Last year, our June issue received national acclaim for the titillating stories that not only piqued the attention of our readers but also the revered Better Bicycling Awards and Accreditation Association.

So please send your stories
and photos to Margaretann2105@aol.com by June 1.



Editor Margaret

Volunteering – Helping our Club and Community – It’s What We Do!

Kate and Bill and crew volunteer their time to cleanup bike trails around Ventura County. Everyone benefits - from improving the environment to cyclists and pedestrians using the cleaned-up trails for fun and exercise.



John Darling Volunteers for Ventura Land Trust Property Cleanup

John recently worked on the Ventura Land Trust's Willoughby property. It is 9 acres of the Ventura River located between the Main St. bridge and the HWY 101 bridge. Next time you ride back to Ventura and over the bridge, stop for a moment and see the river flowing all the way out to the sea while the water lasts. John said: "In the 12 years I have been working on this property, this was the first time I have seen it like this."

This picture shows John standing on top of the new natural dam that is lodged in front of the pilings of the HWY 101 bridge. You can see a little of the bridge in the upper left. John and team picked up about a half container full of trash.



Seventh Annual Rides Extravaganza Starts Here!

Grab your coffee and enjoy reading some fun cycling adventures penned by your fellow CIBike members. It should be noted that the following adventures were NOT club-sponsored; instead, friend groups arranged their own trips totally separate from club-sponsored events. Share your biking stories with Chain Chatter readers – send to Margaretann2105@aolcom.

Editor's Note: Words of Wisdom from the Least Pompous Guy You Would Ever Meet – Andrew Gustafson, copied from the 2022 Rides Extravaganza. I always start the Rides Extravaganza with this extract from Andrew's original article (Spring 2021) because I enjoy his writing style and more importantly, because his sage advice is universally true.

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

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 CIBike where you can give to and receive support from kindred spirits.



Rides Extravaganza

Historic Coastal Croatia (Bicycle Adventure Club)

9/16/2022 – 10/5/2022

Prepared by: Paula Power

Channel Islands Bicycle Club Participants:

Kate Faulkner, Bill Faulkner, Sonia Sandomer, Leslie Ogden, Paula Power



Croatia – it was a trip for the record books. Five Channel Islands Bike Club members joined 15 Bicycle Adventure Club members on a ride from Buje in northern Croatia, south to Dubrovnik, island hopping along way, led by Sue Bunten, guided by the ever present Alen Augustin (“the Genie”) and his nephew, Luka from September 16, 2022 to October 4, 2022. Ride with GPS provided the daily route. Magnificently blue Adriatic did not disappoint and the scenery was breathtaking but there was much more in store for us. What would that be?

After our initial meeting in Trieste, Italy, we traveled by bus to Buje, where we assembled our bikes and picked up rental bikes. Then the feast began! Platters of veal and vegetables, bread and olive oil. The wine flowed as Alen explained the procedures for the trip. This set the stage for delicious traditional breakfasts and dinners provided by our hotels and at local restaurants. Truly a food adventure.

From Buje we cycled through forested hills overlooking the Mirna River to the ancient hilltop village of Motovun with one flat, one tumble, and one lost rider along the way. From Motovun we cycled through a patchwork of agricultural fields punctuated by ancient hilltop villages, up, up, up past a gravel pit and down, down, down into the small city of Labin on our first challenging, hilly ride and an introduction to cycling in Croatia.

Continued on next page

Croatia continued

Our first view of the gloriously blue Adriatic led to ferry rides, island hopping and scenery that began with rocky, barren moonscape and transformed into lush hillsides of pines, vineyards, and olive trees growing in rock terraces as we headed south. From the Istrian peninsula to Cres Island with a remarkable knife-edge ridgetop view of the Croatian islands and on to Krk and Rab islands. And then the Bora came. Winds from the northeast that can strip vegetation from the earth and blow cars and bikes off the road. We changed course, cut out some island rides and headed to Pag Island where we witnessed a Croatian wedding celebration in our hotel. Then on to the mainland where most took a taxi to Zadar because of windy, drizzly conditions.



Every morning was a food adventure – eggs and vegetables, cucumbers and sliced tomatoes, cold cuts and cheeses, fresh fruit and croissants. Where to begin? With coffee, of course. And whichever you preferred – espresso, cappuccino, Americano – was yours at the push of a button.

Sue Bunten was our leader and historian. By sharing fascinating tales of ancient and medieval Croatia at Happy Hour each night, Sue created a more comprehensive view of the architecture, culture and landscape for us all. Romans, Illyrians, Byzantines, Venetians, Christians, and Orthodox, oh my! A complicated history indeed!

Zadar is the oldest continuously inhabited city in Croatia. Inside the stone walls built in ancient times was a mixture of Roman ruins and medieval structures. The Sea Organ and Sun Salutation were memorable modern elements in this lovely city. Then a ride to Skradin through small farm fields and villages which sadly still showed evidence of the terrible Yugoslavian Civil War of the 1990's. Our stay in Skradin, the gateway to Krka National Park allowed a day to ride the Skradin Loop around the Park or time to see the waterfalls and traditional watermills for which the park was created.

Continued on next page

Croatia continued

Then came the a challenging (54.5 miles and 3,456' elevation gain) and briefly terrifying ride to Split. After a long day of riding with a headwind through rolling hills, vineyards and olive trees, we finished by climbing a mountain pass, and gliding down steep switchbacks. Then came The Tunnel, lined with slick cobblestone and long enough to go completely dark for a few harrowing seconds, followed by a ride to our hotel along city streets jammed with traffic due to a cycling race. Guided tours of Split and Zadar gave us a better appreciation of the culture, history, and architecture of these ancient, fortified cities.



On to Vela Luka where a hike took us to a cave occupied by humans some 20,000 years ago. From Vela Luka came one of the highlights of the trip – a ride through rolling hills of vineyards and villages, through a gentle tunnel which opened to dramatic views along nearly vertical cliffs of islands dotting crystal clear blue waters of the Adriatic! The day ended with a birthday celebration for Bob Barrows and a cake topped with two flaming Roman candles!

Another equally magnificent ride brought us to the salt flats of the walled village of Ston and our farewell dinner in nearby Mali Ston including a birthday celebration for Sue Bunton complete with cake and Roman candles.

After packing our bikes, we piled onto a bus for the seaport city of Dubrovnik, a [UNESCO World Heritage Site](#) recognized for its outstanding medieval architecture and fortified old town.

A fitting end to another memorable BAC Bike Ride.

RAMROD Ride Around Mt. Rainier in One Day

A Climb of 10,000 feet

By Carol Mazie

RAMROD Ride Around Mt. Rainier in One Day, organized by Redmond Cycling club in Enumclaw, WA, is considered the Pacific Northwest's premiere one day ultra-marathon cycling event. The course is 152 miles with 10,000 feet of climbing. Riders are required to complete the course before dark, as well as have working lights for the entire ride or risk being pulled off the course. Registration is via lottery with a cap of 800 riders and opens annually in March. My friend Billie Parsons and I registered fully believing we would not both get in. We were wrong! After our initial shock wore off we decided to go for it and immediately began training.

My older son, an Ironman and ultra-marathoner, as well as a certified sports and conditioning specialist, recommended purchasing a 12-week training plan on Training Peaks for 200 miles with climbing. His reasoning was that it was better to be over-prepared than under. As part of my training, I began riding centuries every weekend. The thought process behind that was to make riding 100 miles feel "normal." The organizers provided a training template for miles and elevation gain each week working our way up to the event. One of my challenges whilst training was getting asthmatic bronchitis that took weeks to resolve. Another was figuring out how to properly pack my bike into the bike bag so I could fly with it.

The scenery was beautiful and the waterfalls from snow melting provided pockets of relief from the heat. The temperatures were a record 3 digits, which we dealt with by placing ice cubes in socks (creating ice socks) and placing the socks under our jerseys. There was amazing comradery on the course with people from all over the United States to chat and pace with along the way. There was only one course marking that I, not Billie, misread causing me to miss the final SAG stop. With the poor cell reception, it was challenging to communicate with one another. There was a white board at one rest stop where you could leave messages for other riders in your group in the event that you were separated (an old school method from the pre-cell phone era but it worked!) We completed the course in 10 hours with an average speed of 14.5 mph, a remarkable achievement for me considering we climbed 10,000 feet and I do not consider myself a strong climber.

Everything came together perfectly on ride day: training, nutrition, hydration, heat management, no mechanicals except a minor derailleur issue that a mechanic at one of the stops successfully adjusted. It was incredibly satisfying to set a challenging goal and successfully complete my longest ride to date; most importantly without feeling wrecked at the end!

I thoroughly enjoyed the challenge RAMROD presented and am considering registering again next year, the date of which is July 27, 2023. I think it would be fun to register with a group – we would train, travel and ride the event together.



Pedaling away for eight days on the Arthritis Foundation California Coast Classic (The CCC)

By Val Gordon

For eight days in September, I lived a cyclist's dream life: sustained ride days; clean, nutritious, prepared meals and lots and lots of chamois cream!! The California Coast Classic is an eight day, 525 mile ride from San Francisco to Malibu, routed along California's iconic coastline, around croplands, and through quaint beach towns. Why do it? For me, because it's probably the most gorgeous cycling I will ever do, and, to raise money for the Arthritis Foundation. Each year, Amgen graciously covers the event's costs, so all fundraising goes straight to the Arthritis Foundation. It's a pretty big deal.

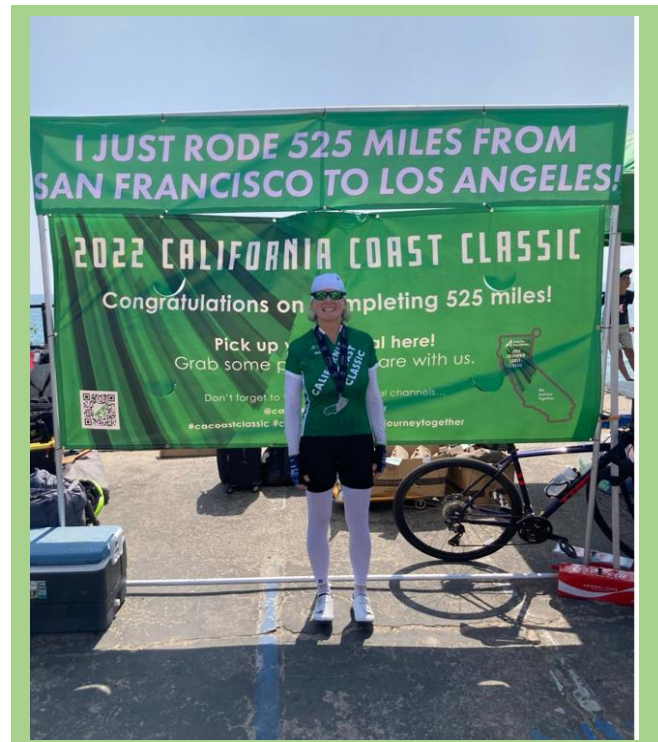
Have you ever driven Highway 1 and felt you were missing something? That you wanted to be IN it? That's what you get on this ride. You are IN the surreal twisty, foggy, ascents and descents. You are IN the air that smells like ocean, damp shrubs, and marine life. You are crossing over bridges and pedaling along scenes that you recognize from magazine advertisements. It is THAT gorgeous.

But, you work for it. You pedal eight days straight, averaging 65 miles a day. You cover 525 miles, with about 25,000 feet of climbing. You need to get into camp for dinner each night, and... you need to ride the next day!

HOW is this possible? Support. Shannon and her crew work on this event year-round. There are SAG vans, regularly-spaced, fully-stocked rest stops, well-marked routes (uploaded to RWGPS), mechanics, and lots of other cyclists. Camps had laundry and massage services for a fee (worth every penny)!

This year was my second year riding, and I had planned on riding solo. What I learned is that this is a social ride. You meet others riding at your pace and become part of the group. Groups intermingle and split. Faces look familiar, and you share meals together. Everyone becomes a bit frayed at their ends, but you all keep moving forward. Then you become deep-down tired, and you hear talk about what body parts are feeling "different." But, kinda like a pulsating heart, you all get up, eat breakfast, get on your bikes, and ride another day. And, smile. Lots of smiling. The CCC is demanding and grueling; but also spectacular and achievable.

Let me know if you have questions, Val



Cycling Bordeaux to Toulouse Along the Mer Du Mer Barge Canal

By Terry Spragg



As a way to escape France's crowded summer tourist season, I chose to ride from Bordeaux to Toulouse in late September 2022. This historic barge style Canal features a parallel bike path stretching 240 miles measuring 1/2 the distance between the Atlantic to the Mediterranean. While this 17th Century Canal features flat terrain, its peaceful nature offers multiple vantage areas to take in a pastoral spot for sporting/barge watching, or local wine sipping at riverside cafes, with featured hotels in ancient wine towns. The canals total elevation gain is 433 ft.

Do spend sufficient time in Bordeaux at the Cite du Vin - a world heritage museum of wine is a must see. During the tour, I had the opportunity to enjoy a dinner with a farm family who spoke no English as there were no restaurants in town. I seem to be getting by with my limited French. Sort of nice to have to exist solely on our own talents. It was a lovely meal with a gracious host family.



Cycling adjacent to the mers du Deux mer Canal bridged atop the Tarn River, close to the town of Moissac, France



Cite du Vin Museum, Bordeaux



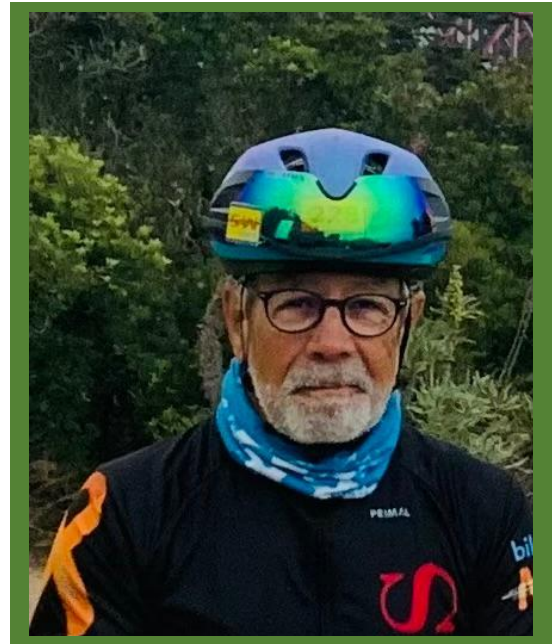
Rides Extravaganza

Unplanned Double Metric

By Joe Tormos

Some cyclists plan a route based on distance, some plan on time. I plan based on the weather.

I dislike riding to a start destination so starting out from Camarillo Springs Road via bicycle, I could choose to go down to PCH and do some gnarly hills for that elevation challenge, to Moorpark for that moderate distance and hilly ride or go to Ojai from for both distance and elevation (Rose Valley is awesome). On August 20, 2022, the summer day was more than perfect for riding. Sorry I missed the Cool Breeze Century which I have finished on several occasions. Little wind and our usually more moderate SoCal temps were in effect, somewhat strange for August. I chose to go toward Santa Barbara because the weather was excellent and I was feeling good.



Traveling through Camarillo and Oxnard can be accomplished many different ways

but I picked the more direct routes to Harbor Blvd. then to the bike path along the ocean to Bates/Rincon Hill Road to Carpinteria. Normally, Gobernador Road suits my fancy, however I chose the more direct 192 to Toro Road where the decision to go UP Toro Canyon Road to expend some energy was made. I took the rolling hills of East Valley Road with little difficulty that day. Feeling good, I went up San Ysidro Road, which I normally dislike, where I stopped to fill some water bottles. It was not too warm. Along East Mountain Drive, I passed Coyote Road to West Mountain Drive. I just love the switchbacks up there. At the intersection of Las Canoas, Gibraltar and Mountain Drive, I thought about going up Gibraltar Road but I still had to get back home so left it for another time. (Note: I would take a more direct route to and from Gibraltar Road for the 7.8 mile 10% average grade ride from home.) Having the need for a break, I stopped to chat with some cyclists at the intersection of Hillcrest, Mission Ridge and Mountain Drive to confirm I was headed in the right direction. Foothill Road became Cathedral Oaks Road and I knew I had to start back so I proceeded to make a left onto North Turnpike Road then a left on Hollister Avenue. A right on Modoc Road onto the more familiar territory of Hope Ranch.

Las Palmas to Roble Drive to Marina to Cliff Drive along the coast was very enjoyable

as the light breeze was at my back. Meigs Road to Shoreline Drive to East Cabrillo Blvd. was the most direct route when I stopped at South Milpas Street to get some electrolytes and water. As I rounded the cemetery and “not seeing any dead people,” I passed through Butterfly Beach. I smile as invariably a walker will walk into the middle of the street without looking as I barrel down the incline with both hands on the brake levers. Onto Olive Mill and a right on Danielson Road was appropriate. On South Jameson Lane, I turned left on San Ysidro without being hit by a car then took a right onto North Jameson Lane. The Ortega Bike Path was open so safely onward to Via Real.

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Rides Extravaganza

Joe, continued

A right onto Santa Ynez and left onto Carpinteria Avenue was made. I was starving so thoughts of stopping at my usual, Giovanni's Pizza for a slice, filled my head. After a quick bite and drink, I took Carpinteria Avenue to the bike path back to Ventura. At Pierpont Blvd, I stopped at the local frogurt shop for some sugar. Since it was still beautiful out, I used Harbor to Channel Islands Blvd to Ventura Road to Hueneme/Lewis Road.

By the time I reached CSUCI, my Wahoo bike computer had died at 130.8 miles. Since it is 5.1 miles from just before Camarillo Street to my home, I added that to my recorded ride for 135.9 miles, over a double metric century (124.4 miles). I truly enjoyed the fact that I had no mechanicals despite riding a vintage Klein alloy steed with 11-25, 53-39 gearing.

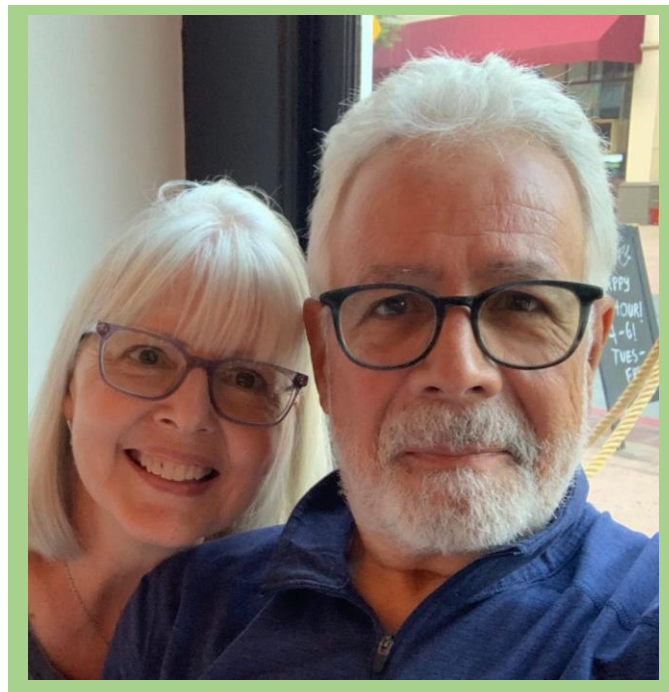
Although slow by many riders' standards, it was an epic day for a ride that took 10.5 moving hours and I still had energy for more miles if needed, but I slept really well that night.

Total Time	11:17:24
Moving Time	09:52:14
Stopped Time	01:25:10
Max Speed	35.2 mph
Avg Mv Speed	13.2 mph
VAM	247
Ascent Time	05:27:53
Descent Time	04:23:49
Pace	05:10
Moving Pace	04:31
Max Heartrate	143 bpm
Min Heartrate	55 bpm
Avg. Heartrate	95 bpm
Calories	3375
Max Watts	394 W
Min Watts	10 W
Avg. Watts	99 W
WR Power	105 W
Work	2269 kJ
Max Cadence	103 RPM
Min Cadence	10 RPM
Avg. Cadence	60 RPM

Aug 20 at 8:05 am | Camarillo, CA

130.8 mi 4,436 ft 9:52 hr

Ride



Death Valley on Two Wheels

By Peter Hogendorn



At 8AM on February 26th, I started my six day tour with Lizard Head Cycling Guides.

We met and started at a hotel in Las Vegas. There were 12 of us signed up. Most riders rented bikes from Lizard Head with 3 riders being on e-bikes. My week of riding and climbing was about to begin.

The group including one of the two guides rode their bikes 21 miles from the hotel to and through the Red Rock Canyon National Conservation Area out to a roadside observation area where we met and had lunch. We were then shuttled for an hour in the support van to a less traveled Old Spanish Trail Highway just inside California before riding our bikes 28 miles to Shoshone, CA where we spent the night. The next morning we rode from Shoshone into Death Valley, riding 12 miles uphill before descending to below sea level. We stopped for lunch at Badwater Basin, 282 feet below sea level. In the afternoon, we had a strong tailwind to finish the day's ride in Furnace Creek, where we spent 2 nights. On the third day, the morning ride to Dante's View was cancelled because the road was washed away in the recent storms. Instead, our guides scheduled a hike in Golden Canyon. In the afternoon, we did a very challenging ride through Artist's Palette. The fourth day also had plans changed. The road to Ubehebe Crater was also washed out. So we rode our bikes east about 12 miles gaining over 2000 feet of elevation before turning around.



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Rides Extravaganza

Peter continued

The weather changed and we faced heavy headwinds with gusts up to 50mph (not so fun). We rested and got out of the weather at Furnace Creek before riding to Stovepipe Wells where we spent 2 nights. On day 5 we did an out and back ride to Emigrant Pass. I was a bit pooped and did not go all of the way, but saved my energy for the afternoon hike in Mosaic Canyon. That night our guides prepared a campfire and served barbeque before taking us to the Mesquite Dunes to see the stars, Venice, Jupiter, Mars and of course the moon. On the last day March 3rd, we rode our bikes from Stovepipe Wells to our end point the ghost town, Rhyolite, NV. What a great trip!

The accommodations and all meals except one dinner were included in the tour. The scenery and hill climbing were breathtaking. Some riders took advantage of "bumps" which is riding in the support van to lessen the mileage or climbing. I rode over 200 miles and climbed over 16,000 feet in 6 days. The mountain peaks all around Death Valley were snowcapped. It really was an awesome trip. I would not do the same trip again, but I am planning on doing other Lizard Head Cycling tours. My next one might be Red Rocks Canyon in the four corners area.



Rides Extravaganza

Five Exciting Adventures with Friends

By Diane Stein

We are very fortunate to live in an extraordinary area with some of the very best riding options. One never tires of our scenic mountain roads or gorgeous views of the Pacific Ocean. Our mountainous and coastal riding is intoxicating. I think we all get a little giddy when we are lucky enough to encounter whale and dolphin sightings. Doesn't get much better! It is also exciting to explore new places. What better way than to do it on your bike. I did some exploring last year with a few biking buddies (not club-sponsored rides). Here's a picture journal of these 2022 adventures.

El Tour de Tucson:

102 Miles, 3114' elevation

Riders: Diane Stein, Jennifer Wallace and Mirta Millares Photo shows Diane, Jennifer and Mirta with their finishing medals.



Tour de Palm Springs February 2022:

193 Miles, 3200' elevation

Riders: Diane Stein, Jennifer Wallace, Mirta Millares, Mike Stewart, Randy Nelson, Jenny Owen, CJ Polacek, Alexandra Iliescu, and Tony Deleo



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Rides Extravaganza

Bike the Coast November 2022:

54 Miles, 2244' elevation

Riders: Diane Stein, Jo Ann Krause,
Jennifer Wallace and Mike Stewart



Fredericksburg, Texas - April 2022:

Seven Riding Days (April 9-15), 239.32
miles, 11,138' elevation

Riders: Diane Stein, Jennifer Wallace, Mirta
Millares, Cheryl Armstrong, Dick Bellman, Paul
Stark, Tom Stark, Sonia Sandomer, Terry
Dawson, Mike Carlson, Ed Lay, Mark Bollinger,
Tiffany Stark, Don Abbott, Jim Teshima. Non-
Riders: Sharon Bellman and Fran Abbott



Fredericksburg or
Firehouse?

Alamo Springs, Texas



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Rides Extravaganza

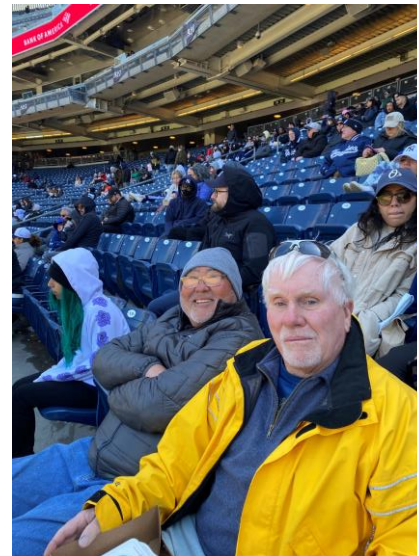
New York City Bike Tour and Five Boroughs Bike Tour (5BBT): May 2022

Riders: Leslie Odgen, Jim Teshima, Dick Bellman, Jo Krause, and Diane Stein

Four Days of riding with People Cycle 109 miles, and one day 5BBT event.

We managed to fit in a Broadway play, American Buffalo.

A baseball game at Yankee Stadium, and a visit to The Met.



Jim and Dick at Yankee Stadium



Jo and Leslie at Yankee Stadium



Jim on Broadway

Making memories – everyone has a bicycle story!

Share your photos and stories with Chain Chatter readers!

Send to margaretann2105@aol.com



Bicycle Shorts

Useful and entertaining tidbits to read in your spare time.

- Wannabe Cyclist Horse Steals The Show At A Spicy Strade Bianch
Read in Defector: <https://apple.news/AU5Jw2NWIRTGi9s1VmGm8pw>
- Best hiking trails in Ventura County
<https://www.alltrails.com/us/california/ventura>
- Longest biking trail in California
<https://a-z-animals.com/blog/the-longest-biking-trail-in-california/>
- Back story on Rais to Trails
<https://www.roadbikerider.com/the-back-story-on-rails-to-trails/>
- It was a disaster
<https://www.cyclingnews.com/features/it-was-a-disaster-how-enric-mas-lost-all-confidence-then-got-it-back/>
- All of the latest bicycle friendly laws passed in California in 2022
[All the Bike-Friendly Bills Introduced in California in 2022 - CalBike](#)
- Read all about it in California's advocacy organization
[CalBike](#)
- Because we care – stories about celebrities who love bicycle riding
[Celebrities Cyclists - 30 Celebs Who Love Riding Bikes \(bicycling.com\)](#)



And finally



Jersey model Patrick would like to remind members to wear club jerseys on the first Saturday of the month.

Don't have a jersey? Then join the fashionable in crowd and order your club jersey today! Contact Dan at ridescibike@gmail.com

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