



## Preparing for the Event of the Year - 28<sup>th</sup> Annual Cool Breeze Century August 19, 2023

Welcome to the Summer edition of the world-famous Chain Chatter. This issue features the most fun event of the year – the Cool Breeze Century. The August 19 spectacular will be held once again in downtown Ventura and highlights most of the popular routes throughout the county. In this issue, Event Director Bart Bleuel writes about the people who make the Cool Breeze happen. Volunteer Coordinator Diane Stein chronicles the epic support of CIBike volunteers. And, importantly, we remember that a successful Cool Breeze makes it possible for the club’s grant programs to support community non-profit cycling and safety programs.

### Read All About it!

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*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 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](mailto:Margaretann2105@aol.com).

**Renewal Notices**

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

**Monthly Presentation Meetings**

Please get current event info in the weekly club emails, Chain Chatter, Facebook and on [www.cibike.org](http://www.cibike.org).

**Cool Breeze Century**

The 2023 Cool Breeze Century 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**



***Time is moving very quickly. We've already completed the Spring Series of speaker programs and meetings.*** We had some excellent speakers discussing compelling and relevant topics. I hope you were able to attend and found beneficial. Mirta Millares, Program Director, and her crew have done an excellent job putting these meetings together, arranging for speakers and selecting topics. We've also had some amazing giveaways. Trek of Ventura, Patagonia and Bill's Bike Shop have generously provided giveaways including a state-of-the-art bike helmet, bike pump, gift certificate, and bike clothing kit (t-shirt, shorts, hip pack and jacket). We look forward to reconvening in September with an all new Fall Series.

***You may have noticed, we've been experiencing an increase with club ridership.*** Members are coming out in large numbers to participate with club rides. This is great to see! With so many cyclists out, let's make sure we are vigilant riders.

***July 8<sup>th</sup> Club Picnic!*** Living near the coast, I'm looking forward to saying goodbye to this "June Gloom." We should have good weather for our club picnic scheduled for July 8th. This is an annual club event. The picnic started a long time ago and has been an excellent opportunity for club members to ride, eat and socialize.

***It is also the season for volunteering. The Cool Breeze Century, August 19th, will be looking for volunteers.*** And if you're a club volunteer, we are offering on July 23rd CPR/First Aid certification training. Check out the CB and CPR articles in this publication for further details.

I hope you are taking full advantage all the opportunities Channel Islands Bicycle Club has to offer.

See you on the road. Happy riding!

**Diane**

*Continuing the tradition....*

## Get Ready for the 28<sup>th</sup> Cool Breeze Century

By Bart Bleuel, Event Director



Janeene created another iconic jersey.

### ***Cool Breeze Century will happen again on August 19, 2023.***

Riders check in on that morning or the evening before in the Pavilion at the Mission of Ventura County which is adjacent to Mission Park where the ride ends, with beer and other beverages for sale, music, shaded tables, and a great buffet lunch by Peiranos. We provide rest stops with food at San Antonio school in Ojai, The Bike Depot, Rincon Park, Manning Park, and Stow Grove in Goleta. Cool Breeze is actually 5 rides from 30 to 125 miles, from pretty flat to pretty hilly, using Ventura and Santa Barbara to Goleta hills and coastal routes. More times than not, riders enjoy a 15-mile tailwind at the finish.

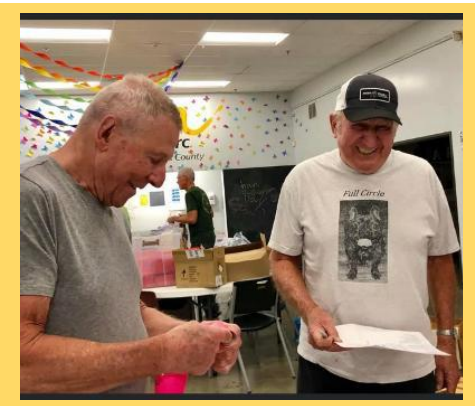
***Cool Breeze Century is so great you might think it magical – but it ain't so. It is the product of the genius of many seasoned leaders and the collaboration of CIBC and Ventura Kiwanis.***

There would be no ride without riders, a bunch of whom are enticed by the graphics and social media talents of Janeene Nagaoka and our website which is now managed by Darren Bleuel. Janeene has also provided the unique art for merchandise ever since the first Cool Breeze. The Logistics of Rest Stops and CIBC volunteers are managed by Diane Stein and Jo Krause, and the supplies and \$4,000 worth of food for rest stops are organized by Ken Trainor, who also manages delivery of supplies to registration. Foster Nagaoka takes care of planning routes and placing the turn signs, and Ray Rosentrater is our SAG czar. I manage all things related to registration and the ride start and Bill Faulkner manages the finish at Mission Park. Dick Bellman is and has been for many years “Cool Breeze Central,” managing the phone to keep riders on track and coordinating crashes.

Bill Faulkner's efforts in organizing Mission Park for the after-ride doings (including the Beer Booth) and working with the folks associated with the City of Ventura are indispensable. Patty Schulz is indispensable for pre-registration and handling problems both before and during registration at the Mission.

Permits tend to be maddening (and expensive). Rick Nyznyk applies for the city and county permits and I take care the rest, including the parks and (shudder) CalTrans. The permit from the City of Ventura would be tough without the help of Kevin Clerici at Downtown Ventura Organization.

***And, of course, this ride would not be possible without our hundreds of cheery volunteers.***



## Calling all volunteers for Cool Breeze

By Diane Stein

Our clubs once a year fundraiser, The Cool Breeze Century, is fast approaching. CB will take place on August 19. To make this a successful event, which allows CIBike to continue supporting cycling endeavors, we need volunteers and a lot of them!



***This year Jo Krause and myself will recruit and organize club volunteers.*** We are responsible for staffing the 5 rest stops, San Antonio school, Bike Depot, Rincon Beach Park, Manning Park and Stow Grove Park. We will also secure volunteers for RS mechanical support, CB Control Central, popsicle coordinator and CIBike's duties at the ride start/finish.

***Each rest stop is assigned a captain.*** They are responsible for managing the volunteers and activities for their assigned RS. Captains will work behind the scene for days prior ensuring that their RS will run smoothly. Volunteers are asked to set-up and tear-down water systems and bike racks in addition to providing, preparing and serving food items to our riders. Volunteers must inventory excess food, supplies, serving equipment and ensure that service items are washed and packed before the boy scout volunteers arrive for pick up.

***A Little Help from Our Friends.*** Usually, we are able to get bike shops to volunteer mechanical support (wrenches). Open Air Bicycles, Hypercat Cycleworks, and Pacific Coast Bike Craft, have provided mechanic support for years. Bike Depot offered extended business hours during our Friday registration in the past. Presently, they provide support with a mechanic and use of real estate for our water stop. Last year, Trek Bicycles Ventura and Velo Pro Cyclery joined our impressive list of retail volunteers.

***CB runs a Control Central command post.*** RS captains, SAG drivers and riders may call in for assistance and reporting problems or incidents.

***CB is known for their popsicles.*** Our volunteer coordinator preorders popsicles, arranges for dry ice, picks up and distributes.



***CB needs volunteers for directing parking*** and for relocating after registration to the ride finish. We also staff a beverage booth.

***Ray Rosentrater*** is responsible for organizing SAG drivers/cyclists. ***Foster Nagaoka*** organizes a route marking crew. Volunteers for these positions are also pulled from the club's membership. Jo and I may be called to assist if more volunteers are needed.

I was asked to touch a little on my team's responsibilities. There are many moving parts in putting on an event of this magnitude. The Cool Breeze committee has dedicated, hard working and experienced individuals who are essential to organizing. That being said, we would not be able to pull this off without the 100+ volunteers needed. Please save the date, August 19, and sign up to volunteer. If you volunteered last year, you should hear from us via email towards the end of June. Otherwise, you can sign up at [cibike.com](http://cibike.com) under events after July 1st.

## CIBike Events Calendar

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



### Save These Dates Then Get Ready for Fun Club Events!

- July 8** Annual club picnic and group rides, Rincon Beach County Park. Rousing rides! Delicious dining! Fantastic friends!
- July 23** CPR and First Aid Training, sign up by July 9 on [www.cibike.org](http://www.cibike.org)
- August 12** Staff ride for Cool Breeze volunteers; the century ride will count as a Year Rounder Century
- August 19** Cool Breeze – all hands on deck!

*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 are in November.*



- September 13** First club meeting of the Fall Series – History of CIBike
- October 18** Second of Fall Series: Cycling Around the World for Clean Air
- November** November 15 - Last meeting for 2023: Cycling Around the World  
Also, elections for 2024 Board of Directors  
November 18 – Last Year Rounder Century Ride
- December 10** Holiday party. Celebrate our year of accomplishments, fun and friendships. New Board members will be announced.



**CIBike Picnic – Yummy good times with lots of eats including potato chips**



**You never know what to expect at the CIBike holiday party! There have been line dances (thanks Kate!), raffles, quizzes, hilarious storytelling and quite a few tall tales.**

## Keeping It Fun by Offering a Variety of Rides for Everyone

By Dan Mathews, Rides Directo

### **Weekly Rides**

Our weekly rides continue to grow in numbers with great weather and longer 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 shorter ride and a longer ride. We have alternated between hills and flat routes on Saturday.



**Year Rounder** – We have successfully completed two 100 mile and numerous 62-mile events as part of the Year Rounder Program. The 100 milers were 18 February and 13 May. The 18 February route was largely flat with the farthest rest stop at the Stow Grove Park. The 13 May ride included Dennison Grade, Casitas Pass E to W, Gobernador and Greenwell. Numerous riders are taking advantage of the 100-mile American Century rides. We have offered many metric century / 62-mile routes, usually 2 or 3 per month for Year Rounder participants to meet their goals. We continue to look for new routes for the 100-mile rides.

The third 100-mile event will be the Cool Breeze Staff ride on 12 August with the fourth on 18 November. Margaret has managed the SAG support for these 100-mile events with assistance from Mike. Sonia manages the Year Rounder Program.

**Our Mountain Biking plans have morphed into Gravel Biking.** Thanks to Kate for taking the lead in organizing gravel rides and to Ron Dow for his help from the beginning. Photos are on the next page.

**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, 2<sup>nd</sup> and 4<sup>th</sup> 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 encourage all our riders to be cautious** – ride safety is key. Be watchful of road conditions (pot holes / bumps), surroundings, dogs, other riders and of course autos. In the first five months we had four significant incidents, three which required overnight stays in the hospital.

Enjoy happy and safe riding, like Arlys and Jenny in this photo. We encourage ideas on how to make the rides more interesting to all. Please send your ideas to [ridescibike@gmail.com](mailto:ridescibike@gmail.com).



Dan

Continued on next page

Rides Continued



5.13.2023. Year Rounder Century start



The first Year Rounder Century Ride (February 18) included a SAG stop for the Century riders and the 62-milers.

Sulphur Mountain Road Gravel Ride



6.22.2023

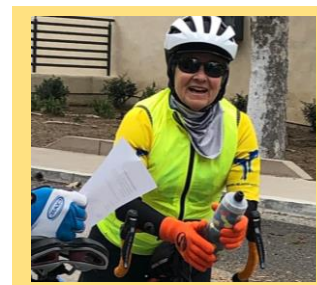


6.22.2023

## ***CIBike Announces Special Programs for the Fall Series***

*By Mirta Millares, Program Director*

Following the club's successful Spring Series, three more special programs will be featured for the Fall Series. The new Patagonia venue in Ventura was well received by attendees of the Spring Series. Join us for the Fall Series at the fabulous Great Pacific Iron Works (Patagonia), retail store, 235 W. Santa Clara Street at Olive Street, Ventura.



Program Director Mirta



### **CIBike Fall Series**

#### **September 13**

CIBike, a 33-Year Retrospective by  
Theresa Satterfield and Carol Sirott

#### **October 18**

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

#### **November 15**

A Year-Long Cycling Journey Around  
the World



*Continued on next page*



*Programs continued*

CIBike meeting May 17 life-saving CPR and First Aid Information including hands-on training. Photos courtesy of Ron Parker.



Jenny greeted guests with a smile and a ticket to the free raffle of a bike light donated by Trek; the raffle is always a fun activity at the meetings.



Ron modeled the Patagonia outfit he won in the last raffle.



The Refreshment Crew welcomed guests and offered beverages as well as some good cycling stories – some quite unbelievable!



*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*

## PREPAREDNESS LINKS

### Essential information links provided by the club's guest speakers

Federal Readiness: [www.Ready.gov](http://www.Ready.gov)

Red Cross: [www.Redcross.org](http://www.Redcross.org)

Ready Ventura <https://www.ReadyVenturaCounty.org>

VC Alert <https://www.readyventuracounty.org/vc-alert>

Community Emergency Response Team (CERT) Training:  
[https://community.fema.gov/PreparednessCommunity/s/cert-find-a-program?language=en\\_US](https://community.fema.gov/PreparednessCommunity/s/cert-find-a-program?language=en_US)

Nixle: <https://www.nixle.com/> (Multiple Delivery Methods)

Pulse Point: <https://www.pulsepoint.org/> (Phone App)

Police and Fire Radio: <https://scannerradio.app/index.html> (Phone App)

### Skills Videos:

Fire Extinguisher Use: <https://www.youtube.com/watch?v=ONUITEMSbrog> 5 Minutes

Gas Meter Shut Off: <https://www.youtube.com/watch?v=Hn3nj9ezdM0> SoCalGas 1 Min

Electrical Shut Off: <https://www.youtube.com/watch?v=bvw6D76xfyE> 1 Minute

Water Shut Off: <https://www.youtube.com/watch?v=aDkaq8RKFAC> 5.5 Minutes

Hands Only CPR: <https://www.youtube.com/watch?v=-Yqk5cHXsko> 2.5 Minutes

Run, Hide, Fight: <https://www.youtube.com/watch?v=5VcSwejU2D0> 6 Minutes

### Supply Ideas:

FEMA: <https://www.fema.gov/press-release/20210318/how-build-kit-emergencies>

FEMA Appendix B: [https://www.fema.gov/pdf/areyouready/appendix\\_b.pdf](https://www.fema.gov/pdf/areyouready/appendix_b.pdf)



### First Onsite Supply List:

<https://firstonsite.highspot.com/items/6109675d7e796b286e7af2b9?lfrm=shp.25>

Steve Lazenby

805-794-6094

[Steve.lazenby@ventura.org](mailto:Steve.lazenby@ventura.org)

[Steve.lazenby@firstonsite.com](mailto:Steve.lazenby@firstonsite.com)





## Play It Safe and Be Prepared: CIBike Offers CPR and First Aid Training By Bill Faulkner

***Bicycles are wonderful.*** The sport of bike riding, whether it is road, mountain, gravel, or touring, is a scenic and exhilarating way to stay fit, make friends, and explore the back roads.

***Like many sports there are risks involved.*** There is potential for injury, especially when you are riding in a pace line, going too fast, on narrow roads, negotiating road hazards, or in heavy traffic. Medical emergencies are more common, unfortunately, as our club members get older.

How can we avoid these hazards and how can we provide critical life-saving care when accidents occur? Leadership, communication, training, and hazard analysis are all key components in a good safety program.

In this article I would like to talk about training. There are two safety classes available this summer. We have the ***Ride Ready program*** which teaches you how to ride safely in traffic. Surprisingly, most bike accidents do not involve cars. Ride Ready teaches you what the risks are and how to avoid them. For more information go to the [Bike Ventura website](#).

***We also have CPR / First Aid Training on July 23; sign up by July 9.*** This class teaches you what to do in an emergency and how to provide critical lifesaving care. What you do, or do not do, in an emergency can make a huge difference in someone's life, health, and recovery time. I know firsthand how important it is to have riders with you who have first aid training. On March 4, I was coming down the Denison Grade in Ojai. I leaned into a tight, hairpin turn and the bike slid out. I hit the ground hard and broke my collarbone, along with many other bangs and scrapes.

Lucky for me, my fellow club riders knew what to do. They controlled traffic, called 911, and completed a patient exam. They knew not to move me until paramedics arrived. Helpful information was provided to paramedics and the rescue went smoothly.

More recently, on a club ride, Soheil was returning from Fillmore and crashed when a ranch dog ran out in front of him. He hit the ground hard and suffered several broken bones. Lucky for him a good Samaritan stopped his pick-up, blocked traffic, and called 911. Within minutes Sonia, a well-trained retired nurse arrived and provided care.

Finally, I would like to talk about long time club member Bruce Newman. Bruce was friends with Ed and Udas Young, who founded our club in 1990. In 1987 they were all members of the San Fernando Valley Bike Club. On a (SFV) club ride in the Valley, the group pulled up to a stop sign, Bruce unclipped, put his foot down, and collapsed. He was having a heart attack. Lucky for Bruce, two club members on the ride had just completed their CPR training. They knew what to do and they saved his life. Bruce is now 86 years old and has continued his passion for cycling. He has enjoyed all of his 36 "bonus" years.

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### *CPR Training continued*

Finally, I would like to talk about long time club member Bruce Newman. Bruce was friends with Ed and Udas Young, who founded our club in 1990. In 1987 they were all members of the San Fernando Valley Bike Club. On a (SFV) club ride in the Valley, the group pulled up to a stop sign, Bruce unclipped, put his foot down, and collapsed. He was having a heart attack. Lucky for Bruce, two club members on the ride had just completed their CPR training. They knew what to do and they saved his life. Bruce is now 86 years old and has continued his passion for cycling. He has enjoyed his 36 "bonus" years.

Bruce saw the recent club CPR training announcement and contacted me. He wanted to let all club members know how important it is to take CPR. Bruce told me that he does not have the words to express the depth of his appreciation for CPR and for the people who take the training. Its value is immeasurable.

Unfortunately, there has been too many cycling accidents like the ones mentioned above in our club. Did they all have well trained club members to help? I don't know, but I do know that training now for mishaps later is important.

Buffalo Bills Safety Damar Hamlin survived a heart attack on the field because the NFL rescue team trained and practiced all the time. Let's train and practice together. Sign-up for the CPR training today at CIBike.org. Log-in and go to Events.

***If you have any questions about these valuable safety classes, please contact me. And remember, the deadline to sign up for the CPR/First Aid Class is July 9.***

Bill Faulkner  
[bbetterfaulkner@gmail.com](mailto:bbetterfaulkner@gmail.com)

*Good Morning:*

*I am a long-distance inactive supporter of the club, going back to the days of Udas and Ed Young. Then with the San Fernando Valley Bike Club in 1987.*

*I had a cardiac arrest on a long ride. Members of the Club saved my life. Had those folks not recently graduated from a life-saving course, I probably wouldn't be writing this letter. I have been riding until recently, now age 86).*

*Life saving training for the club is a fantastic idea and I hope many, many riders will take advantage of the opportunity you are offering.*

*Sincerely,  
Bruce Newman  
Tarzana, CA*

## Important Service Announcement From the Chain Chatter Newsroom

Please heed two crucial service 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 for the Chain Chatter. Awardees include those who spent hours feverishly pouring over the transcripts for typos, additions, alterations, fabrications, and the most egregious blunder of all - fake news. Without the participation of our authors, photographers, influencers and bloggers, we would not have this fascinating gazette.

2. By popular demand, the **September Chain Chatter** will feature every type of fun outdoor activity from mountain climbing, cycling to sailing and beyond. Last year we received national acclaim for the enthralling stories that not only piqued the attention of our readers but also the exalted Editorial and Scribe Accreditation Association. So please send your stories and photos to [Margaretann2105@aol.com](mailto:Margaretann2105@aol.com) by September 1.



*Editor Margaret*

## Have you been hankerin' to join the Swashbuckler and Fashionista Jersey Wearers Club?



Have you ever noticed the hordes of non-CIBike cyclists congregating in the mission parking lot casting furtive glances at our spiffy jerseys? This gandering gives away their covetous desire of owning a swell CIBike jersey. Being inclusive and generous, we offer these jaunty jerseys to anyone who would like to cough up a reasonable pittance, a small price to pay to join the world-famous swashbuckler society.

For more info, contact Jerseyman Dan  
[Ridescibike@gmail.com](mailto:Ridescibike@gmail.com)

Our ubiquitous model Patrick would like to remind us of the club tradition of wearing club jerseys on the first Saturday of the month.

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

BikeVC (AKA Bike Ventura) were active at the recent Ventura County Cycle May-nia event.

This year's Cycle May-nia event featured e-bike test rides, the BikeVC team LCI instructors, Larry Abele and Sergio Garcia gave an ebike safety presentation highlighting the rules and regulations of the different e-bike classifications as well as safety braking techniques. This education comes from the new addition of e-bike safety now incorporated in BikeVC's adult Ride Ready Bike Education Program. The Ride Ready courses are free community bike traffic safety courses offered monthly. For more information on learning, enhance riding traffic skills on a traditional or an ebike checkout, [BikeVentura.org/rideready/](http://BikeVentura.org/rideready/) or contact Larry Abele [Larry@bikeventura.org](mailto:Larry@bikeventura.org)

**Larry and Sergio represented CIBike and BikeVC at the Cycle-May-nia Mini Expo at the Ventura County Government Center on May 31.**



**Keeping Our Pathways Clean are Kate and Bill who regularly lead a volunteer clean-up crew - mostly behind the scenes and never in the spotlight. If you would like to join this august group keep an eye out for Kate's call to action.**



## Back By Popular Demand - Spring Fling 2023

The club's first Spring Fling event since before the pandemic was held in April 2023. Members enjoyed a variety of rides, rest stops in the bucolic countryside of Solvang and Buellton, and fun group dinners following adventurous cycling. Thanks to Mike Stewart who coordinated the event.



Spring Fling, Los Alamos



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# Spring Fling Spectacular continued



*If you think this looks like fun,  
then just wait until  
Spring Fling 2024!*



Spring Fling  
4.15.2023





## *Making memories – everyone has a bicycle story!*

*Share your photos and stories with Chain Chatter readers!*

*Send to [margaretann2105@aol.com](mailto:margaretann2105@aol.com)*

