



Cycling Adventures, Programs, Grants, Cool Breeze and more

Welcome to the Channel Islands Bicycle Club (CIBike) Spring-Summer Chain Chatter! This issue features all of our exciting adventures and accomplishments from the first part of the year as well as upcoming events with a focus on the Cool Breeze and our program and grant accomplishments.

Thanks to Tim and Kate for penning interesting cycling adventures.

There's other good news to report!

Read about the club's new meeting venue for this year!

We have four scheduled meetings and community presentations at the Topa Topa Brewery in Ventura. Thanks to our grant program, BikeVentura held a successful grade school bike safety program – read about here along with our Grant Director's report on all of this year's awards.



The 2024 CIBike meetings venue will be at the Topa Topa Brewery, Colt St, Ventura., a One Percent for the Planet organization.



Your guide to cycling stories, club news, year rounder rides, programs, events, photo galleries, fun stuff!

| | |
|--------------------------|----|
| President's Message | 2 |
| National Bike Month | 3 |
| Cool Breeze | 5 |
| Join the Forum! | 6 |
| Ride Ready Program | 7 |
| Year Rounder Program | 8 |
| 2024 Programs | 9 |
| CIBike Grant Awards | 10 |
| Spring Fling Review | 11 |
| Grants for Students | 13 |
| Palm Springs Weekender | 14 |
| Tim's Ireland Ride | 16 |
| Bill and Kate in Ireland | 17 |



An Important Day for Us:

August 17, 2024

The CIBike Cool Breeze Century is underway - watch for a Call to Action for Volunteers- Graphics Design By Jeannine.





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

2024 Club Officers/Volunteers

- PresidentMirta Millares
- SecretaryDana Werner
- Treasurer Jenny Owen
- Programs Dan Mathews
- Public Relations Chad Kominek
- Rides Sonia Sandomer
- Grants Val Gordon
- Membership Soheil Roshan-Zamir
- Govt Liaisons Kate Faulkner Val Gordon, Leslie Ogden
- Director at Large Kurt Wilkinson
- 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 is scheduled for August 17. 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 Mirta Millares,



First and foremost, a big thank you to our past President Diane Stein and the 2023 Board for a stellar 2023. We are fortunate to have several former Board members remaining on board as we benefit from their experience and history with the club.

Channel Islands Bicycle Club is off to a great start in 2024. I am impressed by the commitment and enthusiasm of current board members as we strive to provide our members the support, education, experiences and camaraderie we are known for.

The year started with lots of severe weather challenges and resultant road closures, mudslides, potholes, and the need to make frequent changes to our regularly scheduled routes. Our Rides Director and ride leaders have done an excellent job staying informed of these hazards and posting new ride information on the Rides Forum and Calendar on cibike.org.

Our Year Rounder program has over 40 participants who are busy pedaling their metrics each month. One of our four supported 100-mile rides was held March 9th and three more are scheduled throughout the year.

This year we will have four Public Meetings & Programs at our new venue, the Topa Topa HQ & Brewery in Ventura. Our first meeting on March 13th featured Tren Morris discussing bicycle backpacking and other cycling topics. New for this year, our venue has food trucks and a beer garden allowing attendees to purchase food and drink prior to the meetings.

Continued on page 4

Time to reflect, engage, educate, rejuvenate
May Is National Bike Month



National Bike Month is a celebration of cycling held every May in the U.S., sponsored by the League of American Bicyclists. In years past, CIBike participated in several special events to recognize National Bike Month. CIBike supported Ride of Silence events and rode along with a team of Navy Wounded Warriors as they trained for a national competition. The ride of Silence was created to raise awareness of bicycle safety and the need to share the road as well as to honor cyclists who have been injured or killed while riding on public roads. Other events included Bill and Kate supporting the Ride to Work Day.



2017: Margaret with County Supervisor Carmen Ramirez at a CIBike sponsored Ride of Silence, a national day celebrated during Bike Month. This ride was created to raise awareness of bicycle safety and the need to share the road as well as to honor cyclists who have been injured or killed while riding on public roads. CIBike recognizes three of our own who lost their lives on public roads while on their bikes: Walt Hayes, Matt O'Neill, and Jim Dillingham. You may have seen this memorial plaque at the firehouse rest area.



May 2016 Ride of Silence held in Oxnard, supported by CIBike as well as BikeVentura, Oxnard PD, and many cyclists of all ages.



May 2016 – CIBike members escorted Navy Wounded Warriors team on training ride along PCH - an honor to ride along with these heroes.



On a previous Ride Your Bike to Work Day, Bill and Kate Faulkner represented the club with a sag-type welcome center stocked with snacks and quite a bit of good will.

Arlys (Arli) Escobar
May 22, 1953 - February 21, 2024



Arli was a beloved member of CIBike. She was born in Lynwood, CA and was drawn to music and guitar early on. While in college, she sang and performed at many clubs with several bands. Over 30 years ago, she settled in Ventura, working as an elementary and middle school teacher.

Arli loved cycling and was delighted when she found CIBike in 2016 and became a member. Arli, then in her early 20's, put together her very first bike - a Huffy bike from K-mart, and that started her cycling fun. Once in CIBike, she actively participated in many club events and rides. She also served on the Cool Breeze Committee for 2 years and, along with Diane Stein, served as co-coordinator for Cool Breeze volunteers. Despite health problems, she continued to find the strength to go on club rides, with her beloved Specialized e-bike.

On May 4, friends of Arlys joined together on a special memorial ride.



President Mirta's Message continued

Club members and guest have an opportunity to win prizes (including a special prize from Trek of Ventura). Our three additional programs are scheduled for June 18th, September 17th, and November 19th. We hope to have a great turnout this year and encourage you to come, and invite friends, neighbors and all who might be interested.

In April, our popular **Solvang Spring Fling** returned with three days of rides through the Santa Ynez Valley and an opportunity to enjoy dinner, wine tasting and more with CIBike friends. July 20th, we head back to Rincon Beach for our **Annual Summer Picnic and Rides**. What to expect?? Excellent weather, multiple cycling routes, and great food, drink, and celebration to end the day are in store for all. The **2024 Cool Breeze Century** is in the planning stages and will be held on Saturday August 17th. Watch for a call for volunteers in the near future and pitch in to make this one of the premier cycling events in the country. Volunteering also provides you the opportunity to participate in our **August 10th staff ride for Cool Breeze volunteers**.

And I will end with the impressive work of our Grants team, Val and Kurt. Through March, we have already awarded grants to four Boys and Girls Clubs of Santa Paula. See more information on our grants program - read our Grant Director Val's report in this newsletter.

I am looking forward to a great year with CIBike. The Board appreciates hearing from all members, so please reach out and give us feedback and share any new ideas you may have with us. I will continue to communicate with you via monthly e-mails and hope you will find many rewarding activities you are interested in.

Until then, be safe, have fun and ride on! Mirta

COOL BREEZE 2024 Is Underway

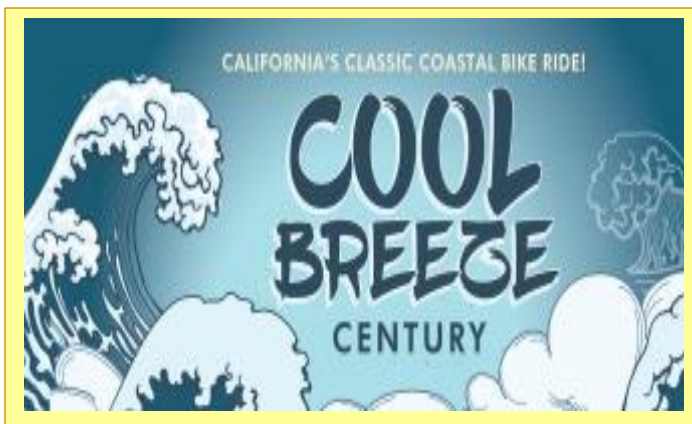
By Bart Bleuel, Event Director

It might seem strange that we are barking about Cool Breeze Century in early Spring when it doesn't happen until August 17th. Your committee has been diligently working on the details since February and it is time to mark your calendars as volunteers.

CIBike provides well over 100 volunteers to run the ride's rest stops, routes, SAG and graphic arts. Without them and those from Ventura Kiwanis the ride would not happen and there would be no funds to support the many cycling causes near and dear to our club's heart. Those funds amounted to \$30,000 for each of the last 2 years. (Before that was COVID, but we did ride in 2021.)

But it is more than money. It is a premier ride, favored by the California ride community, and more than lives up to the expectations of our founders, Ed and Udas Young. Ed and Udas felt our community, with an ocean on one side and hills on the other, cried out for an organized Century.

The Cool Breeze is a success because of YOU – our volunteers. Please set aside August 17 to volunteer for our premier cycling event. Watch for our call to action in club emails and on the website. So put on you volunteer hats and mark your calendars now. More info coming in club emails, website, and Facebook



Volunteer T-Shirts

Cool Breeze Volunteers needed!

Our clubs' once a year fundraiser, Cool Breeze Century, is fast approaching.

Cool Breeze will take place on August 17. To make this a successful event, which allows CIBike to continue supporting cycling endeavors, we need volunteers and we will need a lot of them. CIBike will need to enlist about 100 volunteers. Please consider donating your time to help make this another spectacular cycling event! Mark your calendars. ***Online volunteer sign-ups will open July 1st.***

Diane Stein

Cool Breeze Volunteer Committee

An Unplanned Clean-Up Day, By Kate Faulkner

Thanks to the volunteers who signed up for the January 5 clean-up. I had to cancel it due to the rainstorm. However, we ended up making an unplanned clean-up day. One day in February, I was biking on the Omer Rains path yesterday (with Sonia and Leslie returning from the club ride up-the-coast) and we saw two large garbage bags and associated trash in one of the culvert areas. The bags were old and ripped in many places and trash was spilling out. We stopped to see if we could bring them to a trash container. The bags were too heavy for us to carry and they would have spilled out trash if we had tried.

I biked back to the path with my dog carrier thinking that I should get the trash out of there before the rain moved a lot of the garbage to the ocean. I was able to put the trash in two Caltrans trash bags and transport them to their yard.



Watch for opportunities to help with path cleanups.



For fast up-to-date info exchange
sign up for the CIBike Forum

Thanks to Soheil for providing us with the following instructions for members to utilize the Forum on our website. This Forum serves as a simple means of rapid communication among members. Members who have subscribed to the "Rides Forum" are able to post a personal ride anytime they seek company.

Here's how to access this club benefit:

1. Log in to CIBike
2. Click "Forums" button. You will see "CIBike Rides Forum" and "CIBike Social Forum" fields.
3. Click "CIBike Rides Forum." Click "Subscribe to Forum."

To change Forum's notification to "Immediately":

- While in "Members Portal" page, click your name. In the top pop-up window. Click "View Profile":
- Click "Email Subscriptions"
- Click "Edit Profile"
- Scroll down to the bottom of the page. The default setting in the drop-down box is "Daily"
- Click the box and pick "Immediately"
- Click the "Save" button

Ride Ready Bicycle Training

By Bill Faulkner

The City of Ventura, BikeVentura, and Trek Ventura are offering free-to-the-public bike programs. This one-day (4 hour) skill course is your chance to learn safety, maintenance, and bike handling. Our skilled instructors will help you gain greater confidence and have 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, on-bike 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!*

A working bicycle and helmet are required. If you have questions, please contact larry@bikeventura.org . Sign up today! Link to register - <https://bikeventura.org/events/>

BikeVentura
COUNTY

CITY OF VENTURA

RIDE READY
BICYCLE SKILL CLASSES

JULY 16
JULY 31
More Dates Coming

TRAFFIC SKILLS 101

- One day (4 hour) session
- Proper bike fit
- How to change a flat tire
- How to safely ride with traffic
- Emergency maneuvers
- Responsibilities on the road
- And much more!

More info:

REGISTAR
ON-LINE
[BikeVentura.org/events](https://bikeventura.org/events)
Or contact
larry@bikeventura.org

LOCATION:
Trek Ventura
4060 E Main St
Ventura, CA

Year Rounder Century Ride Program Kicked off with Popular Scenic Flat Route

March 9: Four Year Rounder 100-milers have been planned for 2024 with the first one held on March 9. Sixteen members and friends signed up in advance plus two walk-ins on the event day. We rode a scenic flat route through Santa Barbara, Hope Ranch and Goleta with our first stop at Lazy Acres in Santa Barbara. The second stop was at Stow Grove with the last regrouping at Bates, Rincon Beach Park. Feedback indicated the ride was a fun, social event with a few challenges for the more adventurous riders.

May 18 – Fun route with some challenging hills but SAG and rest stops

August 10: The third 100-miler will be the Cool Breeze staff ride.

October 19: Stay tuned! TBD

For more info on the Year Rounder Century contact Dan or Sonia. Photos by Margaret.

Sixteen intrepid riders started out on the year's first Year Rounder Century.



March 9 2024 Year Rounder Century

The first of three SAG stops was at the always-popular Lazy Acres market in the outskirts of Santa Barbara. There was plenty of time to refresh with hot coffee, snacks and Gatorade. Now isn't this a good idea to join the next 100-miler?



3.9.2024 Stow Grove Park



3.9.2024 Stow Grove Park



Dan Mathews

New Venue, New Programs, Same Great Friendships

By Dan Mathews, Program Director



Dan with Raffle team,
Jenny and Patrick



Mirta Millares

Members, newcomers and friends gathered on March 13 for our first presentation of the year at our new venue Topa Topa HQ and Brewery in Ventura.

Topa Topa HQ and Brewery - offered an impressive selection of craft beers and food truck eats while accommodating over 60 guests, the presentation team and their bike and camp displays, **Trek of Ventura** raffle event, bikes, and campsites. President Mirta kicked off the event with an overview of upcoming club events and Program Director Dan introduced the evening's program speaker Tren Morris and team to discuss bikepacking. To demonstrate the art of Bikepacking, Tren's daughters assembled a complete campsite including tent, packed-up bikes, and gear and also made presentations. Patrick and Jenny ran the free raffle while the awesome **Trek of Ventura** representative Amanda awarded the prize to the club's newest member.

The next program will be June 18 - same great venue. Caltrans will present plans for Highway 150 near Santa Paula, PCH near Sycamore Canyon, Highway 33, Paving Highway 192 and more.



Bikepacking Camp display



Food truck eats available along with impressive selection of craft beers



Our intrepid Communications Team

CIBike's robust grant program supports local organizations

By Val Gordon, Grants Director

I am pleased to report that CIBike has awarded nine grants so far during 2024!

Grant checks have been awarded to four Boys and Girls Clubs in the Santa Paula area, two grants to Bike Ventura, one grant to Project Bicycle Love, one grant to the Newbury Park Mountain Bike team, and one to the Venture Boy Scout Team in Simi Valley.

Grant presentation to Santa Paula area Boys and Girls Clubs

On March 5, Kurt, Director at Large, and I were joined by three of the four Santa Paula area Boys and Girls Club Directors for CIBike Grant check presentations. The Santa Paula facility was amazing! Jan Marholis, the Site Director, goes above-and-beyond in securing grants in order to give the club's youth engaging academic and social activities. We toured the facility and observed older youth engaged in an after-school homework session, younger youth actively engaged with electronics, and another group of youth working with volunteer artists creating clay animation short films. Our grant will provide a bike rack at each site, and helmets, lights, locks, and reflectors for youth commuting to the clubs by bicycle. Below is a photo of Kurt, Val, and three site Directors: Jan Marholis, Mari Soriano, and Melissa Hermosillo during the check presentations. **What an amazing experience this was!**



Kurt and Val presenting grant check to Santa Paula Girls and Boys Club's directors.



Another happy occasion was presenting two awards to Bike Ventura, here being accepted by Larry Abele. Read Larry's story in this issue about a bicycle education program Port Hueneme Elementary School funded by a CIBike grant.



Val and Kurt present a CIBike grant to the Newbury High School mountain bike team.

The Venture Team Boy Scouts of Simi Valley were happy to receive a CIBike grant check from Val and Kurt.



Project Bicycle Love, a return grant recipient, received a 2024 grant award from Val and Kurt on behalf of CIBike.

Bike Bash in Buellton: 2024 CIBike Spring Fling

The annual CIBike Spring Fling was held on April 19-21 in Buellton with ride starts at the Flying Flags RV resort. Event coordinator Mike Stewart planned three days of bike adventures with route and distance options. Following the rides, everyone dispersed to their favorite eating emporiums of which there are many in the Buellton-Solvang area. Photos by Margaret



4.19.2024 Remote Start Los Alamos, 50-mile route

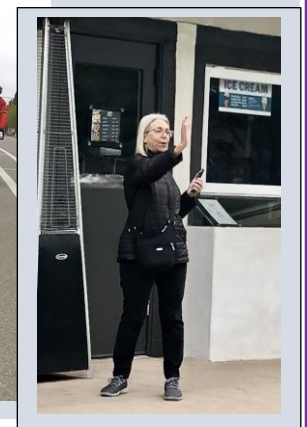
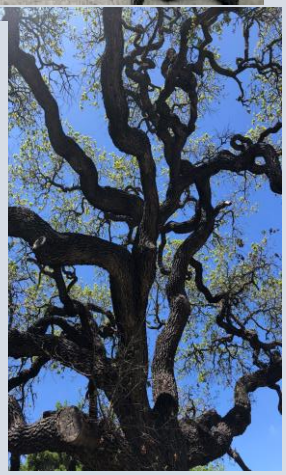
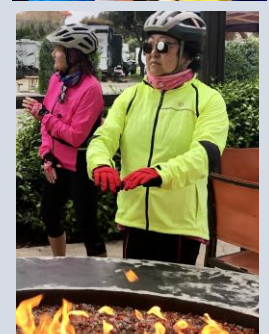


Photo Gallery
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Spring Fling continued



Join the fun – plan on the 2025 Spring Fling!

CIBike Grants Have an Impact!

By Larry Abele

CIBike Grants have an impact. CIBike funded grants brought great joy to students of Hueneme Elementary. As the students enjoyed a week-long bicycle education program. Each day the students learned valuable skills on how to ride their bikes with more confidence and had an introduction on how to safely navigate through traffic on a safe course set up on their school's athletic field.

The students are instructed how to properly prepare and inspect their bikes and confirm they are in safe condition to ride. With the ABC quick check:

Air - squeeze tires to check air pressure

Brakes- squeeze brake levers to check engagement

Chain - inspect chain, cassette, and crankset for smooth, lubricated movement.

Then safety check themselves, with 'Head-to-toe' safety checklist:
Learn to properly fit and adjust their helmet. Wear bright visible clothing.
Tie and tuck in shoelaces and roll up baggy pants.

The one-week program allowed over 125 students an on-bike educational experience preparing them to safely ride and access their community. First time riders- about 30% of the students at the start were unable to balance and ride. By the end of the week all students were able to successfully ride the bicycles with a reasonable level of confidence.

Supporting this programming is meaningful to our cycling community as it has a direct impact on fostering and developing a next generation of cyclists. interested in the value of will. We hope they will share our vision of making Ventura County to be the best and safest cycling county in California.



Hueneme Elementary School



CIBike is a fun club with fun events for everyfun!

Tour de Palm Springs Adventure

February 9-10 2024

The February 9-10 Tour de Palm Springs drew a team of club members and guests who enjoyed the Saturday rides, group dinners, the downtown bike festival, tours, and hikes. The weather started out chilly and there were some patches of windy routes but that did not deter the intrepid riders from completing the courses. CJ, Dennis, Craig, Peter and his son, and Dan weathered the wind and completed the 98-mile course. All other members completed their courses with many doing the metric century. Everyone had the opportunity to wind down and swap stories at the Saturday night pizza fest.



2.10.2024



2.10.2024



Little chilly on the first day



Continued on next page

Tour de Palm Springs continued



Just happy to close in on the finish line!

Photo essay by Margaret

My Three-Week Bike Adventure in Ireland

By Tim Turpin

How time flies! In May of 2019 I took a bike touring trip through the Republic of Ireland.

The trip lasted about three weeks. I started in Dublin and then took a train for a couple of hours to Sligo. As the saying goes “it’s a small world.” The manager of the RV park where I tent camped the first night had a brother that lived in Leisure Village in Camarillo and had visited here many times. From Sligo I headed South on my bike, the general direction for the remainder of my trip. I mostly camped in RV Parks with tent areas and a couple of times in hostels. Among the cities and towns I visited were Dublin, Sligo, Dingle, Ballina, Tralee, and Killarney. I pretty quickly settled into a routine of setting up camp in one location and then riding my Ritchey bike minus panniers, etc., on day long rides from my camp site.

Many of our members have been to Ireland and know how incredibly beautiful it is. I actually went back this year for a trip that involved very little cycling. It may be stating the obvious but driving along scenic roads couldn’t compare to having ridden the same roads on a bike. I actually felt safer on my bike during my touring trip than when I drove around the country in a rental car. The Irish were exceptionally courteous on their very narrow roads when they encountered me on my bike. Also, on the bike I rode more often on rural roads, some so narrow that cars had to pull over to let the cars coming from the opposite direction pass. At times I would go an hour without even encountering a car.

The memories I had of the trip are equally of the beauty of the country and of the people I encountered. Perhaps because it was a solo trip people seemed very comfortable approaching me to ask about my trip and itinerary. A surprising number had visited the United States. I hung out for a few days in Tralee with a Swiss cyclist who had ridden all over the world and spoke five or six languages. I met a number of cyclists from Germany who had been to Ireland on multiple trips. The Irish I encountered were both very authentic and polite.

My Ireland trip in 2019 was a trip not to be forgotten. I haven’t been able to do other similar trips since that time but enjoy hearing of the many trips abroad that our other club members have taken. If interested in more details about my trip, please visit:

<https://bicycletouringcom.wordpress.com/2019/06/09/ireland-2019-2/>



Biking Ireland - the “Emerald Isle”

By Kate Faulkner

Bill and I made our first visit to Ireland in May 2023. We love Ireland for the people, the scenery, the history, music and much more. We spent roughly two weeks traveling on our own, by foot or car, and two weeks bicycling with the Bicycle Adventure Club (BAC)

(www.bicycleadventureclub.org).

Our travels started and ended in Dublin. Dublin, the capitol of the Republic of Ireland, is full of history and worth several days of exploration.

We picked up a rental car to begin our broader explorations and head north from Dublin. When in a “left-side drive” country we like to pick up the car on a Sunday morning and hope for light traffic while adjusting to driving on the “wrong side” and the novel road signage. Bill was the driver. Fortunately, the traffic was light. However, once we left the main highway and began driving the narrow roads, the road markings and signage were confusing. It definitely requires two pairs of eyes to figure out driving in a foreign country. Bill learned quickly.

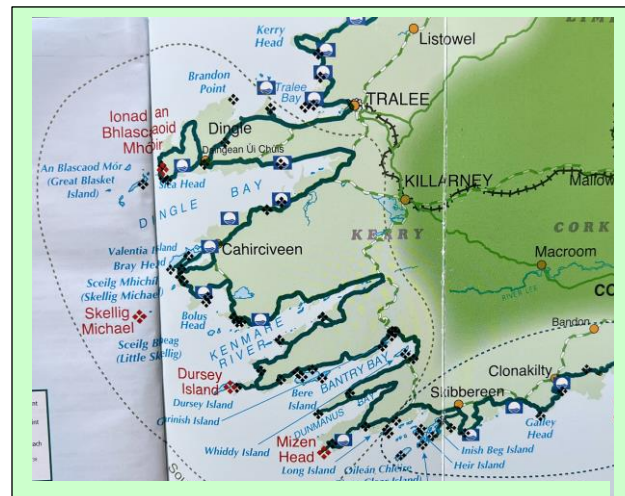
Our next major destination was Derry (or “Londonderry” to the Unionists) in Northern Ireland. We would not have known that we crossed the border between the Republic of Ireland and Northern Ireland except for the fact that kilometers changed to miles on road signs.

The 25th anniversary of the Good Friday Agreement was celebrated this year. Northern Ireland is peaceful and beautiful to visit. However, tensions remain between Catholics (Republicans) and Protestants (Unionists). Overhearing locals in conversation it seemed that many people were angry and ready to get into a fight.

As chance would have it, we were in Derry on the weekend of the coronation of King Charles of Great Britain. The Orangemen (Unionists) were marching and bands were playing in celebration of the coronation. The Catholics were burning pallets in protest. The police were ensuring the Catholics and Protestants did not cross the boundaries within the city that divide them. It was a wild and enlightening weekend for us. After returning to the U.S., I began watching “Derry Girls,” which was wildly popular in Ireland. I would have thought the show was fiction and unconnected to reality if I hadn’t actually experienced Derry in real life



Temple Bar is the most popular historic district in Dublin. The original Guinness brewery, Trinity College, the oldest pub in Ireland, and the National Famine Museum are within walking distance from here.



Ireland’s Southwestern Peninsulas are scenic, diverse, and made for exploration by bike or on foot.

Continued on next page

Kate's story continued

Bill and I both have Irish ancestry.

As we headed south from Derry and explored the west coast of Ireland, we had great adventures locating and exploring ancestral villages, museums, and historic sites. The famine of the mid-1800s, largely an artifice of British greed and disdain for the Irish, drove the exodus of millions of starving Irish peasants to emigrate to the U.S. and other countries.

The second half of our Ireland visit was bicycling.....at least for me. Bill was still recovering from his broken collarbone and mostly drove our routes exploring the southwestern peninsulas of Ireland. However, Bill did manage to sneak a couple days riding on a spare e-bike.

Debbie Weniger, CIBike member, was our only friend participating in the BAC trip. As is typical on BAC tours, we quickly made many new friends and had a great time. The country roads of Ireland are ideal for cycling. They are very narrow and often do not have designated space for bicycles. However, cars and trucks were the most patient and polite drivers that I have experienced anywhere.

If you plan to visit Ireland, we have maps and itineraries to share.

Tim Turpin, who has visited and biked extensively in Ireland*, helped us with planning. Ireland is small, but diverse and fascinating. We highly recommend visiting Ireland at least once in your life!

Read about Tim's Ireland adventure in this issue!



I proudly wore the CIBike colors on the rides. While we were always prepared for rain, the conditions were mostly dry and temperatures were excellent for cycling.



Debbie, Bill, and I on the Dingle Peninsula. We took a boat trip to the offshore Skellig Islands to view one of the most important nesting colonies for Northern Gannets in the world. Many birds and seals also rely on these islands. Overwhelmingly beautiful!

Making memories – everyone has a bicycle story!

Share your photos and stories with Chain Chatter readers!

Send to margaretann2105@aol.com



Carol and Val – long-time riding pals

Tom has a new bike!



Know the Laws – Ride Safely California Bicycle Laws and Crash Help

The California Vehicle Code (VEH) contains the state laws that specify where and how bikes must operate. For the most part, bicyclists have the same rights and responsibilities as motor vehicle drivers. ([VEH 21200](#)). For some specific rules, read the summarization of key sections in this Calbike article.

[California Bicycle Laws - CalBike](#)

The article includes actions to take if you are involved in a collision, such as remaining calm, staying at the scene until police arrive, and requesting a police report. Read the article for more info.



Our favorite jersey model Patrick has this important message:

Don't forget wear your club jersey on the first Saturday of the month. Why? It's the right thing to do! Also – you will look very cool!

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

CIBike Club Members have the opportunity to order "2024 Cool Breeze Merchandise" at a membership discounted price. Your order must be placed online through our website using the membership events portal.

[2024 Cool Breeze Merchandise](#)

Order through May 31.

From Terry Spragg: Interesting series on cycling in Japan
<https://biketourjapan.com/cycle-around-japan-nhk-tv-show-where-to-watch/>

Public Service Announcement from Miss Sassy Pants



For all of our Chain Chatter aficionados – you are in luck! You may access the Chain Chatter archive on the website www.cibike.org/