



Cibike Government Liaisons - Building Relationships

Editor's Note: In the Fall edition of Chain Chatter, we are featuring the positive effects of volunteerism and advocacy within the Channel Islands Bicycle Club (Cibike). The Club is a successful organization because of its member volunteers. The board of directors, website managers, the editor, and many others are unpaid volunteers who donate their skills, talents and time to benefit our club and our communities. There are many opportunities for members to become more involved with the Club. This edition includes some of the many ways in which you as a member may volunteer your time to not only make Cibike and local communities better but also to enrich your own life.

The following article was written by Kate Faulkner and Leslie Ogden, Cibike Government Liaisons.

The Channel Islands Bicycle Club has had at least one appointed government liaison for over a decade. For the last several years both of us, Leslie and Kate, have served in this capacity. Being a government liaison for Cibike is a natural extension of our general involvement with the governmental agencies, commissions, and staff that affect the quality of life and facilities in our communities.

The word "liaison" is defined as "communication or cooperation that facilitates a close working relationship between people or organizations." The club board decided that the Liaison function should be handled as an appointed, rather than elected, position in order to foster the longer timeline needed for building relationships and ensuring continuity of communications. *Continued on page 3*

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Cibike is a nonprofit recreational organization that provides enjoyable and recreational bicycle riding and related activities in and around Ventura County.

2017 Club Officers/Volunteers

President.....	Edwin Velarde
Secretary.....	Leslie Ogden
Treasurer	Kate Faulkner
Programs	Bob Burrow
Public Relations	Margaret Mathews
Rides	Bill Faulkner
Grants	Patrick McDonald
Membership	Soheil Roshan-Zamir
Past President.....	Dan Mathews
Government Liaisons.....	Leslie Ogden, Kate Faulkner
Director at Large	Patrick Mullin
Newsletter Editor	Margaret Mathews
Webmaster.....	Sean Michnowski
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, Publicrelationscibike@gmail.com.

Renewal Notices

Please watch for your renewal notice; notices are emailed to members annually.

Monthly Meetings

General meetings are held on the third Thursday of each month (except August and December), at the Courtyard by Marriott, 600 E. Esplanade Drive, Oxnard. The general meeting starts at 7:00. Members and guests may purchase their meal at the on-site restaurant, the Bistro at 6:30 p.m. General elections will be held at the general membership meeting on November 16.

Cool Breeze Century

Our annual Cool Breeze Century ride is held the third weekend in August each year; this year it was August 19.

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



President's Message

By Edwin A. Velarde, President

Advocate for Safety: Safety in Numbers

One of the key reasons to advocate for cycling is safety. Remember the adage –

“There’s safety in numbers”? David Boardman, one of the more accomplished (1992 Olympic Gold & Multiple TDF Yellow Jersey, etc...) pro cyclists from the UK, founder and designer of Boardman Bicycles and recently appointed as Cycling Commissioner in Greater Manchester had campaigned against wearing of helmets. His reasoning - it deters the growth of cycling. He was a believer that the helmet represented to non-cyclists the dangers of riding a bike which in the end holds back the growth of cycling population. Boardman claims, armoring cyclists works against the most powerful safety component of cycling, safety in numbers. While I’m not ready to dismiss the use of helmets, Boardman’s sentiments are well intended and somewhat make sense. There’s safety in numbers! The more riders we can bring into the cycling activity, the safer cycling will become. The more cyclists that motorists see out there, the higher the chance motorists will know how to safely interact with cyclists.

During my Epic 1, 300Km Ride, I never felt safer than in Chicago & Indianapolis where I was able to ride around the city during day time. The two cities had the most bicyclists among the big cities I passed through. Motorists are courteous to cyclists. A few years ago, I rode the NYC Century starting in Central Park North. I took the LIRR from Hicksville to Penn Station and rode my bike up 7th Avenue to the Event Start. During the NYC Century, we rode our bikes around five boroughs on open streets. After the Century, I took one of the busiest streets in Manhattan, 5th Avenue to Penn Station. Outside of road imperfections, riding in New York City was amazingly safe. Why is that? NYC motorists deal with a lot of bicycle traffic every day and they are very much aware and know how to safely interact.

In my mind, we all can contribute to the safety of cycling by riding and being visible to motorists. When we ride, we represent cycling. Not only are we educating motorist but we are also ambassadors. One can try to talk someone into cycling but having the ability to invite someone to ride with you is even more powerful. After all, Cibike is not a club of posers, we are riders, right? When we ride on the roads, we are advocating for cycling, adding to the awareness of motorists. Our community can only become a true cycling destination that we aspire if local motorists accept and interact safely with cyclists. Let’s contribute to the number of bicyclists motorists see.

Let’s advocate! Let’s ride and be seen out there! Make sure you wear your helmets.

Building Relationships *(Continued from page 1)*

One of our goals is to make sure that elected and governmental officials think of CIBike when they are seeking input on bike facilities or regulations that could affect cyclists. City and county officials regularly contact us to provide letters of support for funding requests they submit to federal, state, and non-profit agencies for bike infrastructure projects.

We have developed strong relationships with the County of Ventura and the Ventura County Transportation Commission. The countywide Bicycle Wayfinding Route Plan came about because of conversations between us and county staff. The Route Plan is now complete and there are plans to install signs for portions of the route system. We feel it is important to sign all of the high priority routes and will continue to work with the county and cities to achieve this.

For the past two years we have represented CIBike to Cycle California Coast (CCC), a coalition of governmental agencies, tourism interests, bike shops, and bike advocates from Ventura and Santa Barbara counties. CCC is broadening the foundation of interest in cycling to include a sector of the tourism business community, such as hotels, restaurants, bakeries, museums, historic sites, natural areas, etc., that are of particular interest to cyclists visiting our area. One of our goals is to be able to quantify the economic benefits of being a bicycle friendly county that lays out the welcome mat to visiting cyclists. We are hoping to create a positive feedback loop; as we improve our cycling infrastructure we attract more bike tourism. As we have more bike tourists, there is more demand for improving our cycling infrastructure.

We have also been very active with the City of Ventura because the city transportation staff, especially the Bike Coordinator Derek Tower (he has spoken several times at our general meetings) is interested in improving bike infrastructure. The City of Ventura has been providing the equipment for Bike Valet parking at major events in Ventura. CIBike, the city and the Ventura Bike HUB have provided the volunteer staffing.

Another joint CIBike and City of Ventura project has been the training of several of our members via the League of American Bicyclists curriculum as "League Certified Instructors". These instructors are now teaching classes at City Hall for cyclists who are leery about riding in traffic or simply want to improve their skills. You'll find Bicycle Safety 101 in Ventura City Parks and Rec. booklet. It is a good course for new or experienced urban cyclists. We are also on Ventura City's Bicycle Advisory Board and help shape planned cycling infrastructure projects. These projects like those mentioned above, along with your consistent willingness to come out in support of cycling, have made it possible for the City of Ventura to qualify for the League of American Bicyclists' designation of a Bike Friendly City (BFC), bronze level. We are setting our sights on Ventura qualifying for BFC Silver in several years and hoping to work with other cities in Ventura County to also achieve Bike Friendly City status.

We look forward to a future golden age of cycling in Ventura County. Ongoing local bike advocacy, discussions, public involvement, and continuously being positive models of the benefits of cycling will keep us rolling towards that goal.

Change in Club Leadership

Edwin Velarde has resigned his position as president of the Channel Islands Bicycle Club, effective September 25, 2017.

Following the Club's by-laws, the interim president is the Membership Director, Soheil Roshan-Zamir. New officers will be elected at the general meeting on November.

Some cycling benefits of CIBike participation and member support in local legislation.



Wayfinding Map



New bike lanes, bike path, green bike lanes and bike boxes.

Channel Islands Bicycle Club – We Ride, We Have Fun, And We Ask: What Can We Do to Help?

Margaret Mathews

If you would like to become more involved with your club and your community on any of the many projects and initiatives in which your Club is involved, ask a member who volunteers or anyone on the board of directors. Many of the calls for support are posted on the Club’s Facebook pages and on the website, www.cibike.org, as well as in the club email blast. You may volunteer for a few hours, a whole day, join committees, write Chain Chatter articles, and more. Here are a few of the opportunities to volunteer for your club and your community.



It’s fun to be a Cool Breeze volunteer!



Volunteer for the bike valet service offered at local events.



Support city and council meetings at which bike legislation is being discussed.



CIbike adopted the Emma Wood Bike Path – Join the cleaning crew.



Join the group on new bike lane opening days.

Check out BikeVentura and the Ventura Bike HUB (Helping Urban Bicyclists). Their mission is to foster a safe, healthy community through bike-centered education, empowerment, and advocacy in Ventura County. CIbike frequently partners and always supports these community-based organizations. They love volunteers! See their articles in this issue.

Mark Your Calendar for these Special Club Events:

*For a really fun, adventurous and relaxing weekender -
17th Annual Lure of the Grapes
October 20, 21, 22
Buellton / Santa Inez Valley*



The 17th Annual Lure of the Grapes weekender in October is an opportunity to escape the city and enjoy riding with the company of friends. Fun cycling with friends is our main goal of course, but there is so much more to do and explore. In addition to ride choices, the event will feature two group dinners. On Friday, enjoy a delicious Barb-B-Q (pay at the door) and Saturday there will be a fantastic salad bar and pizza fest (club host).

For more info, go to Mike Stewart's comprehensive blog <http://lureofthegrapes.blogspot.com/> on the CIBike Activities page. There are at least three bike gatherings for lunch and dinners and opportunities for wine tasting, pastry sampling, and coffee rest stops. And if those aren't enough – there's always the very popular activity of sitting around the fire pit with friends during cocktail hours. The Flying Flags RV Resort in Buellton is our main gathering area but there are many lodging choices in the area including the Marriott, Sideways Inn, Pea Soup Andersons, Quality Inn or Motel 6. Some of our members even set up their tents and camping gear at the Resort.



Event Director is Dan Mathews; Bill Faulkner is organizing the rides; Mike Stewart is keeping us posted with his blog. This is a free event, is for members only, and requires early sign up as there is a 50 member limit. Register on-line at <https://cibike.wildapricot.org/Member-Events>. Please register separately for each person. Join us!



Election of New Club Officers at the General Meeting

November 16

Election of club officers for 2018 will be held during the general membership meeting on November 16. Club members who are interested in running for a position on the board of directors may send their candidacy interest to the Membership Director with a copy to the Secretary. State which position in which you are interested. Please send your email of intent before November 10. If you would like to know more about the duties and responsibilities of various positions, please contact the current directors using their emails listed on the club website, www.cibike.org.

Elections will be held during the November meeting.
600 E. Esplanade Drive, Oxnard



Cibike Annual Club Holiday Festivity

December 10, 2017

Saticoy Golf Club

Reception 5:30, Dinner 6:15,

There will be delicious food! There will be beverages! There will be dancing! So plan to wrap up another productive cycling year with your club friends at the holiday party that will offer good eats (your choice of roast beef, chicken, or veggie), pictorial review of the year's events, the changing of the guard, and perhaps some good-natured line dancing. Watch for more info on the website, Facebook, and emails. Event Director is Patrick Mullin.

Club Calendar



October 20-22 – Annual Lure of the Grapes - Fun weekender with rides, eats, relaxation with friends. Join us for the weekend or the day. Friday night BBQ (pay at the door); Saturday night salad bar and pizza. Both dinners will be conveniently located at the Flying Flag RV Resort. Register on line www.cibike.org/. Read more on page 5

November 16 – General Club Meeting and Officer Elections

Interested in volunteering your time as a club officer? Submit your email of intent by November 10 to Membership.cibike@gmail.com. More info on the top of this page. Following the elections, the guest speaker will be George Chester. Meeting time is 7:00 pm, but you may purchase your meal from the hotel Bistro at 6:30 pm.

December 10 – Club Holiday Party at Saticoy Golf Club

Wrap up another productive cycling year with your club friends at the holiday party that will offer good eats (your choice of roast beef, chicken, or veggie), pictorial review of the year's events, the changing of the guard, and more. Watch for more info on Facebook, the club website, and emails.

Check the ride calendar for weekly rides from Ventura, Moorpark, and Ojai,

Cool Facts from the 2017 Cool Breeze

By Janeene Nagaoka

Food

850 popsicles
 Oranges - 200 lbs
 Bananas - 280 lbs
 Tomatos - 60 lbs
 Bread - 96 loaves
 cheese - 50 lbs
 Cold cuts - 120 lbs
 Trail mix & peanuts - 100 lbs
 over 2000 cookies
 over 50 lbs of peanut butter

Rider Stats

- We had 866 Eventbrite registered riders + 160 who registered on the day of ride.
- Oldest rider 85, youngest rider 9

Mileage Numbers

Our Cool Breeze riders rode **90,394 miles** and climbed **4,201,025 ft**

- Double Metric: 9,368 miles. Climbed: 491,434ft
- Hilly Century: 13,986 miles. Climbed: 779,688ft
- Century: 44,699 miles. Climbed: 2,366,949ft
- Metric Century: 20,606 miles. Climbed: 531,684 ft
- Mini Metric: 1,735 miles. Climbed: 31,270 ft

Volunteers

About 150 volunteers helped BEFORE the ride and the DAY OF. Volunteers help with:

- Pre-ride Planning - the core committee meets every month starting with a FOLLOW UP meeting the month AFTER the ride and then meeting continually starting in January.
- Route planning and permits
- Over 150 miles of route marking
- Buying food and rest stop supplies
- Marketing and artwork creation for t-shirts, posters, jerseys and socks
- Ordering of port-o-potties, water and trash disposal
- Coordinating and recruiting volunteers
- Online registration process (which starts in April)
- Pre-ride "Bagging Party" consisting of distribution of all rest stop food and supplies, riders numbers and matched with names and any pre-purchased merchandise is sorted into bags
- Pre-registration volunteers - at the rider start - check in all riders and coordinate any merchandise that was purchased
- Rest stops are manned by over 50 volunteers on the day of the ride.
- SAG drivers (approx 18) continuously monitor the course from 6am to 6pm on the day of the ride.
- 20+ Boy Scouts & Leaders clean up at each rest stop and load up supply truck and help to put everything back into storage

AND THEN WE DO IT ALL OVER AGAIN NEXT YEAR!!
 MARK YOUR CALENDAR - COOL BREEZE 2018!



More photos available - special thanks to Photographer Ron Parker for sharing his Cool Breeze photos on www.flickr.com/photos/139970814@N07/collections

RIDERS TAKE TIME AND MEET UP FOR A SUMMER PICNIC AND RIDE

By Bob Burrow, Programs Director

The annual CIBike Picnic was recently held on July 15th. This year's picnic began with the first of three morning rides heading out at 8:30 followed by rides at 9 and 9:30. After grabbing some snacks the riders left Foster Park for rides through the Ojai valley. The weather fully cooperated with blue skies and warm weather. Coastal breezes welcomed the riders back to the park just in time for an awesome BBQ lunch provided by Bodacious BBQ.

There was time for the picnickers to catch up with one another and to hear announcements about the club and upcoming rides including the August Cool Breeze ride. It was just an opportunity to enjoy the good times and event sponsored by Channel Islands Bicycle Club. The annual event continues to be an important seasonal activity for the membership.

There were approximately 50 picnic goers with most participating in the morning rides. The Ojai and Moorpark riders shared in the event with good representation. Special thanks are in order for the Picnic Committee. Mike Stewart was the ride-master and designed the three rides for the various levels and organized the rides and route leaders. Patricia Matthews, Jo Ann Krause and Joni Jordan coordinated with Bodacious BBQ and provided all of the other logistics and necessities for the event. Programs coordinator Bob Burrow worked with the committee and guarded the venue while the riders were out on the road enjoying the day. Special thanks are in order for Margaret and Dan Mathews for reserving the location and offering their wisdom gained by their work on past picnics.



The Planning Team:
Joni, Jo Ann, Bob, Patricia



Thanks again for all those who enjoyed the event and we hope to see more of the club members next year. If anyone has any comments or suggestions for the event please contact Bob Burrow at programs.cibike@gmail.com. Planning efforts will commence shortly for the 2018 event in order to make it even more enjoyable.



BikeVentura, Your Local Bike Coalition

By Yvonne Adan, BikeVentura Director

2017 has been a year of transformation for BikeVentura and the Ventura Bike HUB (Helping Urban Bicyclists).

Our mission is to foster a safe, healthy community through bike-centered education, empowerment, and advocacy in Ventura County. We've been jam packed with events since we relaunched. Just a few highlights include:

- Celebration rides in honor of the first protected bike lane in Ventura (Kimball and Telephone) and Seaward's new Green Lanes - you can't miss them!
- Packed the month of May with "Bike to Work Week" events
- Partnered with Ghost Ryders to host Anthony Martinez Jr. Memorial Ride Of Silence Oxnard
- Partnered with Cibike to present Ventura City Council the League of American Bicyclists Bronze award-- let's get to Silver!
- Launch of Fillmore Bike HUB and the HUB Club Youth Program (more below!)
- Installed Bike Repair Stations at McConnell's Ice Cream, Sandbox Coffee, and GPIW Patagonia Retail Store

The Fillmore Bike HUB

Did you know that over ¼ of the youth in Ventura County Juvenile Hall are from Fillmore? Our goal is to decrease this ratio through providing healthy, safe outlets for our youth. In June, we hosted the first event focused on the creation of our latest project-- the Fillmore Bike HUB. Fillmore Bike HUB Project Manager, Jaime Ambriz, hosted a Pump Track Clean up at 2Rivers Bike Park in Fillmore on June 17! With over 15 attendees, we can tell the Fillmore community is hungry for a cycling presence. The Fillmore Bike HUB has the same roots as the Ventura Bike HUB-- as a mobile HUB first!



Fillmore Bike Hub

Starting a HUB is no easy feat-- we're in need of parts, bikes, funds, and a permanent home. Do you know of a vacant building primed to be a Bike HUB? Are you able to financially support us? Donate today and help us grow in Fillmore!



HUB Kids

HUB Club Youth Program

Wednesday nights at the Ventura Bike HUB are focused on the youth in our community. Project Manager, Alex Penalosa, hosts youth in the shop from 3-6pm. Alex leads the group through a bicycle mechanic curriculum, circle time sharing with friends, safe riding skills, and the opportunity to fix and earn your own bike! These weekly meet-ups also focus on non-bicycle interpersonal skills including goal planning, anti-discrimination, and pre-vocational training. We average 4-5 youth each Wednesday. Additionally, Jaime brings 2 or 3 youth from Fillmore! Creating and executing a youth program is no easy feat. *Do you have a pre-loved bike? Donate it to the HUB and support the HUB Club Youth Program.*

BikeVentura Advocacy

We are exploring ways to grow culture and invite volunteer and citizen led projects to help build our community. Advocating for Safer Streets in Ventura is one of our core tenets; however, we need your help kick-start this initiative. Are you interested in being our government liaison and managing a monthly forum hosted at the HUB? Contact us!

Ghost Bikes

We remember our fallen friends with placement of white ghost bikes to mark the area where riders have tragically died as a result of traffic collisions.



Cibike has been a long-time partner of VCCOL's BikeVentura through its generous grants and shared advocacy goals. Thank you for your continued support!
Yvonne



City of Ventura Bicycle News

By Derek Towers, City Bicycle Coordinator

The **City of Ventura Bicycle Advisory Committee** met for their 3rd meeting this year. The Committee members represent local bike clubs, green businesses, bicycle professionals, advocacy organizations and citizens, as well as most types of riders from recumbent to mountain. The Committee was re-formed, in part, in response to the City being awarded The League of American Bicyclist's, "Bicycle Friendly Community" bronze designation. This was one suggestion, among many, for steps to a Silver designation.

It is the relationships made within the bicycle community by all involved parties that are the foundation for good bicycle advocacy. The Ventura Bicycle Advisory Committee is another spoke in the wheel that makes the various opportunities supported by Channel Islands Bike Club, BikeVentura, the City and others; such as Bike Valets, Bicycle Education Classes, Bicycle Infrastructure Improvements, Bicycle Friendly Businesses and Community Outreach. Building on the momentum from efforts such as these will shape the cultural change needed to eventually normalize, then prioritize, bicycling as transportation in our City, County and Region.

WE HAVE YELLOW PEDAL POWER!!!!

Wear your jersey on every first Saturday ride!

Thanks to Mike Gold for suggesting that club members wear their club jerseys on the first Saturday ride of every month. Don't have a jersey? No worries!

Jerseys, matching socks, and a few club jackets are available for purchase.

We even have Cibike water bottles! Contact Dan Mathews to buy your Yellow Pedal Power.



Check the Cibike ride calendar and join us for good exercise and friendly biking buddies!

Physical Fitness Strategies To Help Cyclists Age Gracefully

by Billy Dean

Editor's note: Billy is Cibike member and a Moorpark rider.

Long, slow rides are a comfortable way to age gracefully because it takes less effort to keep our present fitness than it would take to reach our potential fitness. But we have psychological and physical reasons to reduce the distance and frequency of our long, slow rides:

-) We want to close the gap between our present and potential fitness.
-) Short, fast riding has more effect on fitness than long, slow distance.
-) Fewer long, slow rides give us more time to recover for our next short, fast ride.

Improve Fitness with Intervals

Intervals are the most effective way to improve cardiovascular fitness. Pushing our heart rate into the high aerobic and anaerobic levels on a regular basis improves our hearts, lungs and muscles, and our ability to handle the muscular discomfort of riding fast.

-) Limit repetitions -- training effect comes mostly from the first interval.
-) Add intervals after establishing a base of long, slow distance.
-) Maintain a weekly combination of distance and intensity.
-) Keep your glycogen levels up during and after your rides.
-) Let your body tell you when it's ready to train hard again.
-) Stay in touch with your training and performance goals.

Turn Grinds into Grins

Intervals on the same day and the same route week after week can cause boredom and burnout. So some cyclists prefer fartleqs, a Swedish word for speed play. Fartleqs are brief periods of more intense riding, and they can turn grinds into grins:

-) **Pole Sprints...** sprint from one telephone pole to the next at your maximum aerobic speed--the edge of your anaerobic threshold. Then spin easily for 4 poles. Repeat 3 times.
-) **Hill Repeats...** as you get near the hill, select a lower gear than you normally would. Sit and spin fast two thirds up hill, then shift up, stand and pedal over the top.
-) **Breakaways...** last rider charges past group. When s/he's 200 yards ahead, everyone works to catch up. Two minutes later, next rider springs from the rear. Repeat 3 or 4 times.
-) **Chases...** two riders stop, allowing the others to continue in a paceline. Then the two work together to chase down the group. Repeat with pairs of riders.
-) **Surges...** stand and accelerate for 30 seconds, then sit and spin 10 rpm faster. Hold this cadence for five seconds, then return to normal pace. Repeat 3 or 4 times every hour.
-) **Pickups...** get out of the saddle and accelerate away from stop signs, over short hills, out of turns or around a car parked in your bike lane--check your mirror!

Check the Cibike Ride Calendar and Join Us for Friendly Exercise



Evidence Wins in the Bike vs Car Fight

Editor's Note:

This article was reprinted with permission from the author Richard L. Duquette of the Law Offices of Richard L Duquette. The article was featured in Issue 3144 of BICYCLIST magazine. You can visit the Richard L. Duquette Law Firm blog to read more about bicycling and the law, and you can also hear more on his podcast, 911law.com Podcast.

When a cyclist goes down at the hands of a careless motorist, precise evidence collection will often win the case. It goes without saying that the health of the injured cyclist is a priority. Documenting the case is a close second. This will make it easier to settle for a fair value, insurance companies respond to reliable evidence that prove fault.

Witness Proof or Testimony

Locate all witnesses who may have seen the incident and gather their contact information. Locate all witnesses and get duplicate contact information for them, i.e. cell, e-mail, address. Take their driver's license and auto license plate numbers. Riding partners and bystanders can document speed, distance, attentiveness, and location of impact. Don't rely solely on the police to collect and report everything; they are often very busy at the crash site. "Lifestyle change" witnesses prove your "pain and suffering" damages. They will document the "before and after" effects of the crash. Obtain driver admissions of fault, like "I didn't see you", "I was in a rush to get to work", "I was running an errand for XYZ company". These will help counter insurance company arguments of contributory fault by the cyclist. Get the careless driver to take responsibility, and also provide their current insurance company policy number and limits of coverage.

Physical Evidence from the Scene

Save your damaged helmet, computer, bicycle, and brightly colored clothes and blinking light. I want to know you were visible and riding a safe speed – so photograph the gears you were in, close up photos of the speedometer, and RPM displays on your bike computer. This will help calculate your speed. Also, take photos of the conditions of your tires, brake pads, handlebars and cracks/scuffs to your bike. Importantly, take photos of your scrapes, bruises, and hospital bed scenes to convey the trauma you have needlessly suffered.

Proof of Injury/Loss

Seek out immediate medical care, and consistently follow your doctor's directions. Missed visits give the insurance companies room to argue against your credibility. Ideally, obtaining a CD of your diagnostic studies (MRI, Cat Scan, x-rays) will help me prove your injuries, as would your old and new medical records, bills and list of health care providers. This medical evidence will insure you get fairly compensated.

Keep track of all your medical bills and treatment paperwork that are the result of the collision.

This evidence of lost earnings and business opportunities takes the shape of 1099's, tax records, contracts, records of sales, past sales track records, pay stubs or checks, and proof of lost benefits. Modernly, clients are bringing this information in the form of computerized graphs, charts and the like to prove their losses. This evidence shows your losses where reasonably certain, and not speculative.

Your auto, health, and work insurance policy limits and books will dictate how we can recover in the event the defendant is un or under insured. Often your auto and health care policies will come into play – although there may be reimbursement rights attached to using your policy should the careless defendant's be insufficient.

This information is a thumbnail sketch of what an experienced bicycle trial attorney looks for in the form of evidence to prove your case – either for settlement or trial purposes. Insurance companies respond in kind to valid evidence and proof. So do Juries. Go on the offensive in your case, collect the evidence and win!

We Are Channel Islands Bicycle Club – Join Us for Worthy Causes and Good Fun



Cibike members supported the Wounded Warrior ride from Pt Mugu to Neptune's Net, 2015.



All of our rides are on the Cibike Website Rides Calendar – www.Cibike.org.
Guests – please sign in at the ride calendar.