

# CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

SPRING 2016



## CIBC is First Club in California to Adopt a Bike Path

In 1992, the Channel Islands Bicycle Club (CIBC) was the first group in California to adopt a stretch of a bike path as part of a new state program aimed at keeping bike paths free of litter and debris. This program is called the Adopt-A-Bike-Path with the goal of keeping the path clear of brush, dirt and debris. At the time, our club was named the Oxnard-Ventura Bicycle Club and had about 170 members. According to a Ventura Star article, maintenance of the path is officially the responsibility of Caltrans, an organization that usually has higher priority projects. Since the original inception, CIBC has maintained our commitment to keeping the path cleaned. The 1.2 mile asphalt path runs along the Ventura Freeway just north of Emma Wood State Beach.

*Continued on page 3.*



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

## 2016 Club Officers/Volunteers

President.....	Dan Mathews
Secretary.....	Sean Michnowski
Treasurer .....	Patrick McDonald
Programs .....	Terry Spragg
Public Relations .....	Margaret Mathews
Rides.....	Edwin Velarde
Grants .....	Norman Schiele
Membership .....	Soheil Roshan-Zamir
Government Liaison.....	Kate Faulkner, Leslie Ogden
Directors at Large	Bob Burrow, Mike Stewart, Fawzi Emad, Danny Mathews, Steve Gwillin
Newsletter Editor .....	Margaret Mathews
Webmaster.....	Ron Parker
Website .....	www.cibike.org

## Chain Chatter Newsletter

Our newsletter, Chain Chatter, is distributed by email to members with email addresses, unless requested otherwise, and by mail to those without email. Your letters, stories of cycling experiences (good and bad), news items, ride ideas, tech info, etc., are welcome! Email:

Margaret Mathews  
Publicity@cibike.org

## Renewal Notices

Please watch for your renewal notice, which are mailed to members annually.

## Monthly Meetings

General meetings are held on the third Wednesday of each month (except December), at Carrows at Seaward and Harbor in Ventura. Club business and guest speakers are featured.

## Cool Breeze Century

Our annual Century ride is held the third weekend in August each year. This year's event will be August 20.

### \*A Note Regarding E-Mail Addresses

We have found that email addresses published in this newsletter have been used to generate spam email. In an effort to prevent this, email addresses are presented as [recipient] AT [website] DOT com, rather than using the conventional [recipient]@[website].com format....

## A Message from our President

Dan Mathews



Spring is here and with the new season exciting new accomplishments by our club. Our membership continues to grow – 400 at last count – as does our growing list of fun rides and special events.

So far this year, we have launched our new web site and added a membership management system, awarded four grants, sponsored an All Club Ride with Ventura, Ojai and Moorpark riders for a total of about 40 cyclists, and we added rides to the calendar on the first and third Sundays.

On the special events calendar is the annual Spring Fling, April 15-17 in the Buellton/Solvang area. For those who have not attended this weekender, consider it for next year. It's a beautiful area for the several planned rides, great fellowship with our cyclists and memorable meals at unique local restaurants. If you can't wait til next year, think about participating in the Lure of the Grapes, same place but scheduled for 21-23 October. Our club also supports charity rides that support good causes within our communities. In May we will be asking for riders to support the Ride of Silence that remembers those who were killed in cycling accidents. May is also the month we will ride along with the Wounded Warriors. These rides are described on page 7.

Thanks to several of our members who attend government meetings, the club stays on top of local transportation issues, road and bike lane improvements, and is foremost in the advocacy of bicycle safety.

All of these accomplishments and events have occurred because of our dedicated CIBC volunteer team. Many hours have been dedicated to the design and construction of our new web site and membership/management system by a group of very knowledgeable and enthusiastic members. With the leadership of Jim Teshima and his work crews, the Emma Wood bike path was cleaned after each storm that piled on as much as nine inches of dirt and debris. CIBC adopted this bike path years ago and we take the responsibility seriously. Read the story starting on the front page.

Our club also has a commitment to promote safe and fun bicycling for all ages. We are fortunate to be able to give back to our communities through the benevolence of the CIBC grant program. As mentioned, we awarded four grants this year to worthy local non-profit organizations. Our grant funds are generated through our annual Cool Breeze Ride. I am asking everyone's support for this event on August 20, to ensure we are well funded for next year's grant program.

We appreciate the hard work of those who have supported our club in these many accomplishments.

## Notable CIBC Achievements

### Ojai Bike and Pedestrian Lane Improvements

CIBC members Leslie Ogden and Fawzi Emad provided written support for the city of Ojai's bike lanes and pedestrian improvement project that has been generously funded through the Active Transportation Program. Ojai's bike lanes and pedestrian improvement project was awarded \$2.333 million to add Class 2 bike lanes on Maricopa Hwy and Ojai Avenue through the City of Ojai. The California Transportation Commission approved funding for both design and construction in January 2016. The project will add pedestrian and bicycle improvements on the Ojai Ave (SR-33) and Maricopa Hwy (SR-150) corridor between El Roblar Drive and Gridley Road/Oak Glen Avenue in the City of Ojai. Improvements include adding a Class 2 bicycle lane in each direction between the entire project limits, 10 pedestrian crossing improvements, and sidewalk infill and repair. The project includes pedestrian crossing and sidewalk improvements for various locations along of Ojai Avenue. Leslie wrote: "Fun to think that the Ojai Cyclists and CIBike carry some weight in these local matters."

### CIBC Grant Awards Benefit Our Communities

CIBC supports local communities and their bike safety and recreation programs funded primarily with Cool Breeze profits. One 2015 recipient was the Oxnard Police Department for their bike safety programs for local children. Oxnard Police Chief Jeri Williams presented the club with a certificate of appreciation, accepted by Normal Shiele, Patrick McDonald, Dan Mathews.



## News Alerts

### Bicyclist campground to open in Foster Park

According to the Ventura County Star, a campground for bicyclists is scheduled to open in April. The site will offer a place to camp for up to 48 hours, barbeque setup, and bike rack, said county park manager Theresa Lubin. Cost is \$5 a night.

### Camp Pendleton Ride-Through Changes

We have learned that starting in March, Camp Pendleton will require registration before being allowed to ride through the base. It takes about seven days for approval. For more info, go to [www.pendleton.marines.mil](http://www.pendleton.marines.mil).

### Year Rounder Program Changed

Linda Bott, program coordinator, reports that the Year Rounder Program challenge for 2016 has been changed. She asked for participants to reset odometers on January 1 and send in mileages so she may tabulate monthly totals. Linda writes: "Regardless of how many miles you ride, we ask you to send in your odometer reading, we will then pull a name on a monthly basis from those who do and you will receive a small prize. If you do a ride of 62 miles or more in the month you will be added to our group of consistency riders who get a prize at the end of the year. Let's see how many miles we as a club can ride this year! Send your mileages to [bebotts@hotmail.com](mailto:bebotts@hotmail.com)."

### CIBC Is First Club in California to Adopt a Bike Path *Continued from page 1*

This year the rainstorms presented a major opportunity for our club to exercise our commitment and environmental responsibility. During the past few months, Jim and his crews worked diligently over a period of several weeks to clean the piles of hardened mud off the path. The crews brought shovels, brooms, axes, a wheel barrel and their enthusiasm to accomplish the task. While scraping the path, many riders and walkers passed by and thanked the club for their efforts..



Volunteers to help keep our part of the bike path clean are always welcome. This project is only one of the ways in which CIBC is environmentally responsible. Our club name is on the sign – if the path looks good, we look good!

*Thanks to Kate Faulkner and Dick Bellam who provided info for this article.*

# We Are CIBC



We have cycling groups in Ventura/Oxnard, Ojai and Moorpark with regularly scheduled rides from each area with additional special rides such as the All Club Ride and First Sunday of the Month Ride, Spring Fling, Wounded Warrior. Check the ride calendar on the club website.



## CIBC Members Volunteer To Become Certified Bicycle Instructors

By Kate Faulkner



Trainees Terry, Paula, Bill, Kate, Dan, Leslie, and Jose at right.



Instructor starts Terry on obstacle course.

Most Channel Islands Bicycle Club (CIBC) members have considerable experience in road cycling and are quite comfortable riding in traffic. However, there is a very large, untapped pool of people who would like to start road cycling but are unsure of their road riding skills. In order to expand the number of people cycling and to increase club membership, several club members have begun the training to become League of American Bicyclist Certified Instructors (LCI).

The first step in the training was Santa Barbara completion of “Traffic Skills 101”. This involved presentations, hands-on basic bike maintenance techniques, parking lot bike handling courses, and a group ride on roads. The Santa Barbara Bicycle Coalition (sbbike.org) graciously welcomed our Ventura County cyclists to participate in their classes. We experienced road riders learned that there are bike handling skills that we could improve and we had excellent discussions regarding best practices in road cycling.

Now that we CIBC trainees have completed Traffic Skills 101, we move ahead to reading several training handbooks from the League, followed by a written test. Following the written test, we will attend a 24 hour Seminar that will teach us how to teach the multitude of skills and knowledge necessary to be a safe and confident cyclist.

We are thankful that the City of Ventura is partnering with CIBC to host the seminar at Ventura City Hall in April. The seminar will include 7 CIBC members, 2 city of Ventura transportation staff, and

6 Santa Barbara Bicycle Coalition volunteers. We look forward to offering “Traffic Skills 101” to both new and experienced cyclists in Ventura County.

### Members Unite for Fun and Fellowship



Three groups of club members – Ventura/Oxnard, Ojai and Moorpark, rode together on the All Club Ride on March 20. Cyclists enjoyed riding through the scenic Ojai hills followed by fellowship and snacks at Foster Park.



## CIBC – Why We Ride

### Energy = Enjoyment = Enjoyment

By Edwin A. Velarde, CIBC Vice-President of Rides

It is no secret that cycling does a lot of wonders for the human body. From maintaining mobility to weight loss, health improvement, commuting, improving your personal best or enjoying the social aspect of cycling, whatever your goal/s for 2016, you will gain much more benefit from cycling than you can imagine or anticipate, while having fun.

One of the key components of cycling enjoyment is maintaining one's energy level. Yes, the beignets in Rabalais, the scones from Café Emporium or the fritelle prepared by Damiano Carrara. Whatever you stash in your jersey pocket, carbohydrates are the most popular source of energy used in cycling. *Understanding what carbs do for you and how the body reacts to it can help in managing your energy level on and off the bike.* The amount and type of carbs you need may vary depending on the intensity and/or length of your ride. It is good to note – *“The average person can process, or oxidize, only about 1 gram of carbohydrate per minute, no matter how much is consumed.” (How To Eat Light On Your Bike, Bicycling 04/10).* On group rides however, we sometimes confuse insufficient aerobic fitness (V02-Max) with glycogen shortage. It can be easy to mistake inadequate oxygen delivery to the muscles with lack of fuel availability as they may feel similar in the muscles. Failure to replenish glycogen reserves or taking in too much carbs have their negative effects. Remember that the human body is quite fascinating. It knows and has the facility to **store the carbs it does not use.** (see lipogenesis)

As prevalent carbs are, something we rarely give much thought is other source of energy. There are many scientific researches now available that reveal carbohydrates may not necessarily be the best or only source. Dietary fat is also a great source of energy. *You will find that the bad rap put on dietary fat over many decades is slowly being lifted (The Truth About Fat, Time 06/14).* Recently the USDA had modified its dietary recommendation as well. Here's something to think about – *You get more fuel in form of glucose from breaking down a gram of fat than from a gram of protein or carbohydrate.* Look into introducing more dietary fat (especially omega-3 fatty acids) in your nutrition as it has many health advantages that could result in improved cycling experience. Whatever goals you have, understanding nutrition can make cycling experience even more enjoyable. See you on the next ride.

### Moorpark Bike Riders, by Mike Stewart

Biking in East Ventura County is always a treat. There is lots of great scenery, safe bike lanes everywhere, fun places to refuel, many regroup sites and wonderful friends to cycle with. If you have never biked in the “other end” of our beautiful county, try it sometime. Every Saturday our start location is at Tierra Rejada Park in Moorpark. The park is located across from the Vons Shopping Center. You can find lots of parking and a restroom to refresh before and after your ride. We have a wide variant of rides that head into Thousand Oaks, Westlake Village, Agoura, Oak Park, Simi Valley and Moorpark. Plan on biking some hills as there are lots of them in this side of the county. Sunday brings two “away rides” leaving from Camarillo's Mission Oaks Park. The two Sunday rides head down the coast into Malibu making use of the very wide bike lanes and the bike trail along Callegas Creek. We also ride into the orchards of the beautiful Somis area. Lots of avocado orange, lemon and blueberries to smell along the route. Join us on the 3<sup>rd</sup> Wednesday for a social ride into the Wood Ranch area off Simi Valley. This ride departs from Tierra Rejada Park in Moorpark. All rides depart at 8:30 AM sharp with our destinations being a place to refuel along the route. Hope to see you on one of rides. Check the CIBC Ride Calendar for the east county. You can also contact Mike Stewart at [mdstew48@gmail.com](mailto:mdstew48@gmail.com)

## CIBC Calendar of Events and Special Rides – Opportunities for Everyone to Join In and Ride On

### CIBC Supports Community Rides and Special Cycling Events



#### CIBC Cyclists with Wounded Warriors – 2015

Members of the US Navy contacted CIBC last year to support their annual Wounded Warrior Ride. A robust team met the warriors at the Sea Bee Museum, expecting a slow-paced ride up the coast to Neptune's Net. To their surprise, these Navy cyclists were well-trained and prepared to meet the challenge of a very brisk ride south. These men were upbeat and friendly and grateful to be accompanied by our riders. We expect to support this ride again in May – all are welcome on this amazing journey. Watch for info in the president's weekly news blast.

### Cool Breeze – August 20 Join our Annual Fundraiser

The Annual Cool Breeze Ride is a partnership with the Channel Islands Bicycle Club and the Ventura Kiwanis. This event is the annual fundraiser for both groups, providing funding for grants that are awarded to non-profit organizations within our communities.

The Cool Breeze committee is hard at work organizing the routes, rest stops, logistics, and details that to make it another success. Volunteers are always welcome – be looking for announcements.

Last year's Cool Breeze proceed-funded grants included the LUX racing team, Camarillo Family YMCA, Ventura County BMX site, and the Oxnard Police community outreach.



#### EPIC Challenge Ventura County

Join the Rotary's October 16 charity ride to benefit global public health humanitarian effort, specifically to fight polio in countries where it is endemic. The event offers 100M, 100K, 50M, 25M rides through Ventura County. For more info and to register go to: [epic-challenge.org](http://epic-challenge.org).

### The Ride of Silence – Honoring the Memory of Fallen Bicyclists



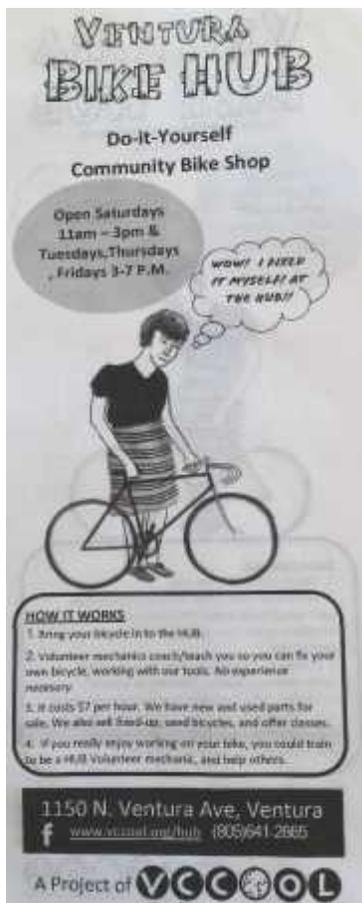
Nestor and Danny were among the CIBC cyclists who supported the 2015 Ride of Silence through an Oxnard neighborhood.

The Ride of Silence is an annual international bicycle ride that commemorates cyclists killed while riding their bikes. The first ride was organized in Texas 2003 with the movement growing every year around the nation and around the globe. The Oxnard ride was organized by the father of eight-year old Anthony Martinez Jr. who was killed in 2011 while riding his bike in the street. The white "ghost bikes" seen around roadsides indicate the locations where bicyclists were killed. These bikes are usually provided by members from the Ride of Silence group. The annual Oxnard ride brings together community members, neighbors, organizations, and is led by the Oxnard Police Department motorcycle officers. Last year club members served refreshments and also joined the neighborhood procession. Join us this year for the ride in May – watch for specific info in the weekly news alerts.

## Fillmore and Santa Paula 126 Improvements

Yvonne Adan, VCCool/The Hub Ventura Bike Union

Recently, CalTrans held community meetings to present possible plans to calm traffic on Highway 126 between Santa Paula and Fillmore. One idea is to place two large roundabouts within that seven mile stretch. The thinking is that not only would it slow down the traffic, but it would make it safer to exit and to enter 126. One of the benefits for me in going to that meeting is that I got to meet Brian Frazer, from CalTrans's design review department. We were able to talk one on one about the challenges of a cyclist riding on highways. I found him very open to the current design ideas coming from Dutch highway engineering. In the course of our conversation Highway 101 came up. He surprised me by saying that CalTrans wants to improve the stretch from Pt. Mugu to Santa Monica, but the Coastal Commission is standing in their way. I am thinking that maybe it is time to have a dialogue with the Coastal Commission to see if there are ways that they would approve to make that route safer for all the cyclists. Improving the Pacific Coast Bike Trail through Santa Barbara County and Ventura County is the backbone of Bike Tourism. If we can connect it to Los Angeles it would be a win, win for everyone.



**VENTURA BIKE HUB**  
Do-it-Yourself  
Community Bike Shop

Open Saturdays  
11am - 3pm &  
Tuesdays, Thursdays  
, Fridays 3-7 P.M.

WOW! I DID IT MYSELF AT THE HUB!

**HOW IT WORKS**

1. Bring your bike(s) in to the HUB.
2. Volunteer mechanics coach/teach you so you can fix your own bicycle, working with our tools. No experience necessary.
3. It costs \$7 per hour. We have new and used parts for sale. We also sell fixed-ax, used bicycles, and offer classes.
4. If you really enjoy working on your bike, you could train to be a HUB Volunteer mechanic, and help others.

1150 N. Ventura Ave. Ventura  
f www.venturabikeyhub 805/641-2865

A Project of **VCCOOL**

### Activate your inner journalist:

Submit articles, photos, news alerts, achievements, and fun stuff for the Chain Chatter. All you have to do is:



- submit in word format (not pdf)
- submit photos and include names, places, info
- articles/stories not to exceed 600 words
- suggestions, comments (no complaints allowed)
- ideas for feature articles
- send to [margaretann2105@aol.com](mailto:margaretann2105@aol.com) or [publicity@cibike.org](mailto:publicity@cibike.org)

### CIBC Calendar

For more info on these events, check the website and ride calendar

- |             |                             |
|-------------|-----------------------------|
| April 2     | Bike Valet, City of Ventura |
| April 3     | First Sunday Ride           |
| April 15-17 | Spring Fling                |
| May 18      | Ride of Silence             |
| Mid May     | Wounded Warrior Ride        |
|             | More info on weekly blast   |
| July 16     | Club Picnic and Ride        |
|             | Lions Park, Carpinteria     |
| 20 August   | Cool Breeze                 |
| Oct. 15-16  | Epic Challenge              |
| Oct. 21-23  | Lure of the Grapes          |
| Dec. 11     | Holiday Party               |



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