



SPRING 2017

www.cibike.org



## It's All About the Rides

By Dan Mathews and Bill Faulkner

While the Channel Islands Bicycle Club (CIBC) is a recreational and bicycle advocacy organization, we are also all about the rides! And anybody who has visited our Facebook page and website will recognize this iconic photograph of happy club members taking a moment to wave to the photographer while cruising the bike path. It's pretty hard to corral a big group of cyclists as they contentedly cruise along, but club photographer Ron Parker was able to capture the essence of CIBC in this one celebrated photograph. Ron explained how he was able to capture this image:

*"I took this picture in August of 2014. I met the group at the ride start and took some pre-ride photos. I met the riders by the fire station. Then on to the start of the bike path where they kindly stopped for a photo while I climbed the slope. Kate suggested a wave and that was the winning shot."*

We are happy to offer our riders many opportunities for excellent photo ops, weekly excursions, special one-off rides, and two very pleasant and fun weekenders every year – the Spring Fling in April and the Lure of the Grapes in October. All of the rides can be found on the ride calendar on our website, [www.cibike.org](http://www.cibike.org). We have rides for nearly everyone including challenging mountain treks (see the Climb to Gibraltar story in this issue) to training rides and weekly fun rides. Our VP of Rides Bill Faulkner is always happy to discuss your ride suggestions so please contact him with your ideas.

The Spring Edition of Chain Chatter features RIDES! Thanks to the members who took the time to send in their stories for this newsletter. And for everyone else – your cycling adventures begin on the road and end in future Chain Chatters!



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.*

## 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 Liaison.....	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 with email addresses, unless requested otherwise. It is also posted on [cibike.org](http://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, [Publicity@cibike.org](mailto:Publicity@cibike.org), or [Margaretann2105@aol.com](mailto:Margaretann2105@aol.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 December), at the Courtyard by Marriott, 600 E. Esplanade Drive, Oxnard. The general meeting starts at 7:00. Members and guests are invited to purchase their meal at the on-site restaurant, the Bistro, at 6:30 p.m.

## Cool Breeze Century

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

The Channel Islands Bicycle Club (CIBC) is an inclusive, non-profit organization that promotes bicycling for recreation, health, travel and transportation. CIBC 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.

## A Message from our President

By Edwin A. Velarde

### Indescribable Feeling



Anything we do in life, setting goals is essential. In cycling this holds true as well. Remember the very first time you were on two wheels by yourself? The fun indescribable feeling that you will

always remember. Soon after, you wanted to go faster and farther. Each time you reach a goal, you were rewarded by that magic feeling of accomplishment.

When setting goals, we are told to focus on what we can control. You say you want to keep-up or out-ride this one club member? Then one morning it happens, only to find out later that this club rider only had 3-hours sleep. When I use to play a lot of golf, before a tournament my pro always reminded me to play the course and not to be distracted by other players' good shots or mishaps.

Focusing within your capability and gauging performance based on yourself is key he said. This holds true in cycling as well.

Recently we have started a Group Training Ride where we can focus on improving no matter what goals we set for ourselves. Thank you to the following CIBC Members whom will make this Group Training Rides fun and successful for its participants.

**Ride Leaders**, Luisa Sullivan & Tanya Zimmer. Luisa has a Masters in Exercise Physiology. She was a certified coach for the USA Cycling Federation between 2003 and 2011, owning her own cycling coaching business and led cycling clinics and tours in Italy. Tanya is an Educator, earned a degree in Early Child Development and also has Bachelor's Degree in Food and Nutrition from University of Maine. She is a regular high intensity rider and have many extreme cycling events under her belt and in her future. Read Luisa's article on training rides in this newsletter.

**Endurance Advisers** - Linda Bott, Foster Nagaoka and Greg Jones, our resident randonneurs whom between them have multiple Paris-Brest-Paris, Hokkaido-1200, countless brevets and many thousands of kilometers on the saddle pedaling in various weather conditions. Read Linda's article in this newsletter.

**Master Training Adviser** - George Chester has 45 years of coaching experience from Juniors, Elites, Masters to State and National Championships. He is a UCI Race Director and Coach for National Development Teams that have produced National, International and World Champions among many of his accomplishments in cycling.

**Come join us on Sunday mornings and relive that fun indescribable feeling on two wheels!**

*It's All About the Rides* Continued from Page 1

**Safety First:** Before embarking on your ride, be sure to review the safety checks! Helmet, lights, spare tire gear, sun cream, snacks, hydration, bike check and flight plan. See our Fall 2016 Chain Chatter ([www.cibike.org](http://www.cibike.org) -members) for an excellent article on safety and preparedness for everyone on all rides. Also, if you are new to the club, please sign up on the ride calendar.

**An Array of Rides:** For those who like to pedal fast, join the Fast and Far group on Saturdays and Sundays. For those who like to go the distance, check out the Randonneurs as described in Linda Bott's article in this issue. For those who want to sharpen their skills, join the Sunday training rides. Leader Luisa has written an excellent article on this group including its mission - read it in this issue. Meanwhile, join us on any of our scheduled weekly rides starting at Mission Park in Ventura, Moorpark, or Ojai.

## Cool Breeze Century Kick Off Planning Started, Registration Open April 1

By Bart Bleuel

The Cool Breeze Steering Committee has started planning for the August 19, 2017 ride. On the committee for CIBC are Linda Bott,, Judy Mullins, Rob Anderson, Dan and Margaret Mathews, Foster and Janeene Nagaoka, and Diane Stein. From Ventura Kiwanis are Bart Bleuel, Patty Schulz, Judy Mullins (double duty), Matt Kohagen, Mike Molloy, Rick Nyznyk, Ken Trainor and Fred Ziegler. Each club provides over 100 four-hour slots of volunteers to make this one of the best rides around. Yeah, a lot of moving parts.

We will maintain the five rides (mini, metric, century, hilly century and double) and our famous rest stops. New last year were tech t-shirts and changing the after-ride meal to sliders, which were well received and will continue for this year. Our ridership is only about one-half of what it was historically, but still raises about \$25,000 for both CIBC and Ventura Kiwanis. This is a fantastic ride, so the membership has plenty to sell when encouraging other clubs to bring teams of riders. Ever wonder where the designs for the Cool Breeze designs come from? Read all about it in this issue in an article written by Janeene.

**CIBC Calendar of Fun and Interesting Events – Join Us!**

- ) **Monthly Meetings:** Meetings are held on the third Thursday of every month at The Courtyard by Marriott, 600 E. Esplanade, Oxnard, starting at 7:00 p.m., or 6:30 if purchasing dinner. The April 20 meeting will feature Ride Oregon.
- ) **Weekly Rides:** Check the ride calendar on [cibike.org](http://cibike.org). Guests - please sign up on the calendar.
- ) **Weekly Training Rides** - check CIBC ride calendar.
- ) **April 7-9:** Annual Spring Fling, Mike Stewart Coordinator
- ) **April 8:** Bike valet volunteers needed for downtown Ventura event; contact Kate Faulkner.
- ) **April 15:** "Positively Fifth Street," bike event on experimental protected bike lane on W. Fifth between C and H Streets, between 11:00 and 3:00. Also, celebrate Earth Day.
- ) **May 17 Ride of Silence:** This national event honors fallen bicyclists including three members from our own club. More info on CIBC participation on page 12.
- ) **May 19:** National Bike to Work Day
- ) **July 15:** Annual picnic and all-club ride, this year at Foster Park.
- ) **October:** Annual weekend away - Lure of the Grapes, Dan Mathews Coordinator
- ) **November: Elections for club leadership:** if you are interested in becoming more involved with the club and would like to learn about these opportunities, speak with the people in the current positions and consider throwing your hat in the ring. Elections will be in November at the general meeting.
- ) **Holiday Party:** December 10, location tbd

## The Ride to Gibraltar

By Tim Turpin and Debbie Weniger



**Tim wrote:** On Saturday January 28th, over a dozen intrepid members of CIBC set out from Santa Claus Lane North of Carpinteria to conquer the iconic Gibraltar Road. The group consisted of Kate Faulkner, Dan Mathews, Diane Stein, Don Barrett, Fred Becker, Norman Schiele, Ray Rosentrater, Soheil Roshan-Zamir, Sonia Sandomer, Terry Dawson, Debbie Weniger, Don Barrett, Tim Turpin. Thanks to Kate for helping plan this ride.

**Blessed with spectacular weather and a “can do” spirit,** the majority of the group made it to the Summit, over 5,000 feet in elevation gain from the start of the ride. Some members opted to ride on to La Cumbre Peak, the highest peak in the mountains above Santa Barbara. All riders were rewarded with spectacular vistas of the Santa Barbara coastline, proving the adage that “the higher you climb, the better the view.”

**Debbie wrote:** The Gibraltar ride was a loop ride from Padaro lane to the Summit Ridge of Gibraltar and Back. My computer showed 43 miles with a total Ascent of 4882 ft of elevation. The route went via East Mountain road, which has mostly ocean views from the residential road along the Santa Barbara mountains. The climb starts at the junction of Gibraltar and Las Canoas. Gibraltar road averages 7-9 % grade with the last 1.5 miles as the toughest with some pitches of 17% grade. Having enough water is key to making it to the top. Everyone had a great ride, until we learned that Diane Stein had mechanical problems which caused her to lose control of her brakes. (See Diane’s story in this issue.) We had a great time.

*Continued on page 5*



The Ride to Gibraltar  
*(continued from page 4)*



**March 15  
Bike/Train  
Adventure:**

Moorpark to  
Union Station  
and return  
on Amtrak



## 2017 - My Gibraltar Year - and how it almost didn't happen!

By Diane Stein

***Gibraltar is a world class cycling climb.*** Riding this mountain has been on my radar for several years.

You can imagine how excited I was when Tim Turpin scheduled a Gibraltar club ride in January. 2017 was going to be the year!



***On January 28<sup>th</sup>, the weather was perfect*** and there was plenty of excitement for riders who were ready to roll from the start at Santa Claus Lane in Carpinteria. Gibraltar was a demanding, uninterrupted 6.5 mile climb up the mountain. We were climbing at a moderate to challenging pitch that offered us no rest or variety. It was steep and tough with grades ranging from 7.5% to 15%. The views along the way were nothing short of spectacular. Once we got to La Cumbre Peak we climbed over the gate and went to the radio tower. It is the highest point in Santa Barbara with an elevation of 3995 feet. The views from the top took your breath away.

***For the return, we were all expecting an exhilarating descent.*** This is where my day began to take a bad turn. During our first downhill my bike didn't feel right. I rode my brakes a little more than normal and decided that the poorly maintained roads were the reason for my concern. Next, we had a short little climb before we started the grueling 6.5-mile descent. Then, I knew immediately that something was wrong. My bike was not responding correctly and it felt like I was riding with open brakes. I decided I would continue on and just take it very slow. I was the last in our group but thank goodness Kate Faulkner was holding back and watching out for me. I was definitely feeling uncomfortable and getting less and less brake response. I rounded a curve and almost hit an oncoming car. Riding under these conditions became dangerous. I decided it was time to stop. Unfortunately, I was out of control, gaining speed and as I passed Kate yelled "I have no brakes". I was frightened. It was time to make a difficult decision. I knew I was probably going to crash. I decided that a controlled crash would be better than hitting a car or going down the side of a mountain. I quickly chose a place, unclipped my feet, readied for the impact and lay her down. After reviewing my Garmin stats, I found that I was traveling at 25 mph upon impact. Fortunately, neither I nor the bike was seriously damaged. I was still pretty stunned when Kate and a couple of other helpful cyclists arrived. They helped me out of the street and made sure I had no serious injuries. We determined that I was okay but would not be able to ride back to the car. Kate took off to meet up with others so that they could ride back and then drive back to pick me up. Thanks to the quick thinking of Norman Schiele, an Uber car was called. Within a very short time the driver arrived and was able to take my bike and me back to Carpinteria.

***I was anxious to find out what exactly went wrong.*** Especially since Kate was able to engage the brakes after the crash. My mechanics found that a combination of three minor factors contributed to my brake failure. My brake pads were "a little glazed but not terrible." My brake cables needed a "very minor tuning adjustment". The use of lever extenders leaves my bike with very little travel. Independently, these are all very small issues but altogether they created this very serious downhill brake problem.

***What I learned is - to trust your biking instincts,*** that proper biking maintenance is essential to your safety, always ride with a cycling partner, and having an Uber app on your telephone is a pretty great idea. My bike required minimal repair. I'm working on replacing my POC (MIPS) helmet. My abrasions have healed nicely and I am regaining the use of a broken finger. I feel extremely lucky and very fortunate. The outcome could have ended completely different. I am content that I have finally conquered the Gibraltar climb; however, the descent will be left for another day.

## All About the New CIBC Sunday Training Rides

By Luisa Sullivan



### The Mission

The mission of this new program is to organize rides that have a goal and therefore they are more structured with the purpose to achieve the goal. **The ultimate goal is to prepare and train the participants to complete successfully and comfortably a metric, full century and/or Gran Fondo ride, or for whom already had completed a century in the past, perhaps, to complete it in a faster time.** In order to achieve this goal, these training rides and plan will help to develop more endurance, skills to ride in a group to save energy and improve the average speed.

Ultimately, the dream goal is to have most of the members, who have been participating in this program, **to ride and finish together one of the century rides identified by the club**, in the proposed calendar, and ride it as a “team”, meaning riding in pace line, stopping at the same aid stations, for the same time and restart together and again, crossing the finish line all together.

### The Plan

The Plan offered by the club is to help members to achieve this objective. The plan includes the organization of Group Training Rides on Sundays and suggested workouts to perform during the week as individuals. However, if there is enough interest, the club may also organize a weekly evening group training ride. Training rides are on Sundays in order to not interfere with the popular and traditional Saturday rides.

### The Sunday Group Training Rides:

- ) The routes are built as increments in distance and intensity. Distance will progressively be incremented by ~+10 miles/Ride.
- ) These are Training Rides not Social Rides. Therefore, stops will be planned to regroup but they won't be longer than 10 minutes each. Shorter and fewer breaks are also a way to build endurance. Bring enough snacks and drinks with you.
- ) The rides have 2 options in length. The longer is for members whose goal is a full Century ride, the shorter, 2<sup>nd</sup> option, is for whom the goal is to complete a metric century ride.

The routes can be found in the club's ride calendar. The Weekly Workouts are based on Intervals. Intervals help to improve speed and power endurance, which means the ability to sustain harder efforts for longer.

### The Target Riders

The Target rides are all the members who want to achieve the goal explained in the Mission paragraph. In addition, ideally, they are also riders who can already ride at least at 12-13 mph in a group on flat terrain and able to sustain up to 10-20 min climb. However, if there are enough members interested who are not there yet but wish to get there, they can create a sub-group themselves and follow the same routes.

**Ride Leaders will split the members signed up for the ride in sub-groups based on their actual/current average speed** and each group will identify its own leader who is closer to the ability of the group.

## Another Type of Cycling - Randonneuring

By Linda Bott



I am often asked what is this thing you do, Randonneuring? This is from the Randonneurs USA website (rusa.org) "**Randonneuring** is long-distance unsupported endurance cycling. This style of riding is non-competitive in nature, and self-sufficiency is paramount. When riders participate in randonneuring events, they are part of a long tradition that goes back to the beginning of the sport of cycling in France and Italy. Friendly camaraderie, not competition, is the hallmark of randonneuring."

Most of you, when you ride, do a form of Randonneuring. Typically, you'll meet up for

a group ride or plan to ride by yourself. You'll pick a route to ride, stop for a coffee or snack break and fix a flat if you have one. The biggest difference between going for a ride and riding a Brevet (randonneuring events are called Brevet) is that the route is defined. You carry a brevet card, which is signed and stamped at each checkpoint along the way to prove that you have covered the distance successfully. Brevets are measured in kilometers as short as 200K (124.4 miles) and as long as a Grand Brevet 1200K (750 miles). The brevet is timed but the time limits are generous. There are also rides called Popular. A Popular is 100k (62.2 miles).

I have been riding brevets since 2007. When I started, there were not many local brevets. We traveled to AZ for the first few rides. I really didn't know what I was doing. I had to rely on Foster and Greg to explain the rules to me. Since those days I have ridden quite a few brevets. Now when I ride a brevet I generally ride with friends that make the miles go by a lot faster. We almost always plan to eat a good meal along the way and we rarely have to worry about time limits. Of course, there are many awards designed to keep people riding and generally reward consistency and distance. I have set many cycling goals in order to earn several of them.



### Wear Your Jersey on the First Saturday Ride of Every Month

**"Show your club pride and unity!"** Mike Gold, long-time CIBC member, suggested that everyone wear their club jersey on the first Saturday ride of every month. This would demonstrate not only club pride but also unity and friendship. He further suggested that jerseys be worn at special community events at which the club is participating. Those who would like to purchase a club jersey, please contact Dan Mathews. Available for purchase now are jerseys (\$70) and socks (\$6).



Got Jersey?  
No?  
Join the team and buy one now!



## President's Day Ride

The first annual President's Day Ride was held on February 19 featuring a round trip from Freedom Park in Camarillo to the Ronald Reagan Presidential Library. The ride, open to everyone, was led by club President Edwin Velarde, with past presidents as co-leaders: Neil Abrahamson, Kate Faulker, Bill Faulker, and Dick Bellman.



Check Our Weekly Fun Rides on the Ride Calendar!  
Guests – Please Sign Up on the Calendar.



## A Weekend Away – The Spring Fling and Lure of the Grapes - Scenic Rides, Fun Food, Good Friends

By Mike Stewart



**CIBC offers two annual fun weekend trips** for our members. – The Spring Fling in April and The Lure of the Grapes in October. As you must have already seen on the CIBC Ride Calendar, the “7<sup>th</sup> Annual Solvang Spring Fling” biking weekend is coming up on April 7, 8 and 9.

**The hills of the Santa Ynez Valley** will be green and full of springtime flowers that it should be difficult not to participate in this wonderfully fun club event. Registration is open until April 3<sup>rd</sup> on our webpage <https://cibike.wildapricot.org/Member-Events>. It is so easy to register for all major activities at on our new webpage. This is a FREE event, but it requires you to sign up early as there is a 50 members limit.

**The fun Spring Fling activities** for this weekend can be found at <http://solvangspringfling.blogspot.com/> - the Spring Fling Webpage. We bike at least three times, while gathering for lunches, dinners, wine tasting and maybe even spring flower hunting. Buellton is our main gathering area having lots of lodging in the area. In the past members, have made reservations at Flying Flags RV Resort, the Sideways Inn, Pea Soup Andersons, Quality Inn or Motel 6, all are very close to the beginning of the bike rides at entrance to Flying Flags RV Resort on Avenue of the Flags in Buellton.

**As always, you are welcome** to come up to Buellton for all three days or even two or one. Some members even drive up the morning of each ride as it is only one hour from Ventura. Whatever your choice is, come join the fun of biking and socializing in the Santa Ynez Valley with a wonderful group of great people. Hope to see you the second week of April. Mark your calendar for the October Lure of the Grapes!

### Free Bicycle Training Classes

By Leslie Ogden

Know someone with rusty cycling skills? Maybe someone ready to pull that old bike out of the garage? Or maybe you are thinking it's time to look again at your own cycling habits?

The City of Ventura is offering monthly Cycling 101 classes. They meet for 2 hours on a Tuesday and Thursday evening and for 3-4 hours on a Saturday morning. Instructors are Derek Towers (Cycling Coordinator for the City of Ventura), Jose Rodriguez, Jim Biega, Bill Faulkner, Kate Faulkner and Leslie Ogden of CIBC. All are recently trained League Certified Instructors. The course focuses on best practices maneuvering bikes in traffic and offers challenging bike handling drills to be sure (among other things) that you can stop on a dime or dodge a surprise rock in your way.

Consider signing yourself and/or your loved ones up for a course designed to make this marvelous sport safer and easier. Contact [dtowers@ci.ventrua.ca.us](mailto:dtowers@ci.ventrua.ca.us) or [leslieogden@charter.net](mailto:leslieogden@charter.net). Next class: April 4 and 6 (7-9pm) and April 8 (8am-12pm.) If you can't make the April class, sign up for one of the later classes.

## Ever Wonder Where the Cool Breeze Designs Come From?

By Janeen Nagaoka

**Howdy fellow CIBC'ers – my name is Janeene Nagaoka** and I've been a club member for about 20 years. I first started riding when my husband, Foster, decided to borrow a tandem from Richard Rodriguez and took me to the ride start one Sunday morning. We rode to Ojai and I had a blast. Within a year or so, Foster and I bought our own tandem and the rest is history!

After a couple of years, I started getting more involved with the club by lending a hand in producing the clubs' monthly newsletter. I am a professional graphic designer, so giving back to the club using my specific skill set was a natural fit. Not too much later I designed our current club logo, with some helpful inspiration from then club member Tom Ruggles. I also began creating the art for our club jerseys.



Foster and Janeene

**I've also been designing the Cool Breeze jersey art** and the marketing graphics for about the last 15 years or so. When I first started helping with the graphics, we didn't offer a jersey. The committee contemplated adding a jersey to the merchandise, but we knew it was risky. Jerseys are expensive to produce and we knew that if we didn't get enough riders to order them, we may not break even. Fortunately, our first jersey design was a huge success. We sold over 300!

Coming up with the event designs has been challenging at times. The name "Cool Breeze" certainly conjures up a visual, but how many times can you rehash a cool breeze gently blowing a rider up the coast? I decided to step out on a limb and move in a different direction.

**ENTER THE DRAGON.** It may sound like a movie title, but I'm talking about the Year of the Dragon. I don't recall where I got the idea, but I decided to highlight a dragon on the jersey one year and call out the fact that it was the Year of the Dragon. It was a huge success. In fact, all these years later, we still get people asking if we are going to do reprints of the original dragon jersey. Sometimes the ideas come easily, sometimes... not so easy. And with a crowd of 1,000+ riders, you can't please everyone. I sometimes forget that and start to take it personally when a jersey doesn't sell as well as a previous design.



A quick story I'll share has to do with a design that I did before we started doing jerseys (we just did t-shirts at the time.) Some of you may remember it - it was a couple on a tandem, surfing a wave on their bike. The girl on the back is standing on the saddle, wearing a bikini top and cute little skirt. I really had fun drawing that design. I can't remember what year that was, but the year AFTER I did that logo, I was working at the finish of the ride and a guy came up to me to ask if I was the artist who did the tandem logo from the year before. When I said "yes", he told me how much he and his wife loved the design. It was "them". "It couldn't be more fitting", he said. Then he lifted his leg up to me and pointed down to his calf. There it was... my art in the form of a tattoo! I was speechless. What's that saying about flattery?

**Creating art for cycling jerseys started to become a part time job for me.** One of the manufacturers that produced our Cool Breeze jerseys asked if I would design for them. After that I was creating about 15 jerseys a year for them. I have also designed about 20 jerseys for the MS 150 rides – the Ventura event, the San Francisco event and the Huston event. It's fun to be out riding somewhere in the middle of Texas and see 100 riders whiz past wearing your design.

This year's jersey design is already complete and is ready for riders to purchase when Cool Breeze 2017 registration opens on April 1<sup>st</sup>. It features a VW van parked at the beach with a surfboard and a bike on top and Anacapa island in the background. I think it really captures the feeling of our ride and our area.

**I have really enjoyed being on the Cool Breeze committee all these years** and am so glad we have been involved with the Channel Islands Bicycle Club. We have made life-long friendships with some fantastic, bike crazy people.

We Are Here to Have Fun – Day Rides, Weekend Rides, Charity Rides, Training Rides, Fun Rides!



*Join us on one of the many fun rides – all info may be found on the CIBC ride calendar.*

### National Ride of Silence and CIBC Participation

The Ride of Silence is an event that honors the memory of fallen bicyclists and is held every May in many cities across the U.S. and around the globe. This year the event will be on May 17. CIBC recognizes and remembers three of our own who lost their lives while on their bikes: Walt Hayes, Matt O’Neill, and Jim Dillingham. For the past years, CIBC has participated in the Oxnard Ride of Silence providing light refreshments and jersey-wearing riders. Join us for this police-escorted neighborhood ride through Oxnard. Watch for more info on the club Facebook page.



## Important News Alerts from Our Biking Community



### Projects, Meetings, Bike Class

By Derek Towers  
City Bicycle Coordinator  
City of Ventura

There are some really exciting projects currently out to bid or about to go out to bid. Projects that will be underway or finished within the next couple of months that are very exciting. The Five Points bicycle and pedestrian improvements, the Seaward green lanes project, and the City's first protected bike lane along Telephone Rd. In addition, there are some other significant projects that will be underway within the year. The Telegraph SRTS, which will remove the pushed out sections between Ashwood and Mills. The bicycle path behind the Mobile Home Park along the 126 will connect a major gap. The Westside ATP bicycle and pedestrian improvements along Ventura Av, De Anza Dr. and Cedar. Lastly, we have three Annual Street Maintenance overlay projects that will get some great striping improvements. West Main St. will get some great bicycle related improvements. Loma Vista from Main St. to Mills will get the buffered bike lanes like the buffer between Mills Rd and Day Rd. Stay tuned to see some potential significant improvements to North Bank between Montgomery and Petit.

On February 23, the first convening of the Ventura Bicycle Advisory Committee occurred. With an incredible group of citizens and city staff a lot of information was shared. This is the year that Bicycle Advocacy shall take center stage. Stay tuned to hear more about the efforts of this passionate group.

The City's Bicycle Education classes with support from many League of American Bicyclist Certified Instructors continue. They are offered monthly at the City Hall. Classes now cost \$20, but upon completion participants are given either a bike light, lock or helmet worth at least \$20. The next class is in April.

Check My Ventura Summer addition for the next series of classes with the following tentative dates:  
4/4, 4/6, 4/8, 5/9, 5/11, 5/13, 6/13, 6/15, 6/17  
7/11, 7/13, 7/15, 8/15, 8/17, 8/19

Read more about this training class in Leslie's article in this issue.

For Questions, Comments, and Ideas  
call of email Derek Towers at 805.654.7849 or  
[dtowers@cityofventura.net](mailto:dtowers@cityofventura.net)



### New Santa Ana Bike Lane

By Kate Faulkner

The County Board of Supervisors will (hopefully) approve the bid to construct bike lanes along 5 miles of Santa Ana Rd. The contract has been competed and a contractor tentatively selected (pending the Supervisor's approval).

#### Interested in learning about the Calbike Summit?

Member Terry Spragg provided this website for those who are interested in learning about the Transportation-Calbike Summit, including funding information.  
[cal.streetsblog.org/2016/05/20/transform-calbike-](http://cal.streetsblog.org/2016/05/20/transform-calbike-)

#### *You Need to Know This If You*

#### *Plan to Ride Through Camp Pendleton*

Camp Pendleton Ride-Through Changes: In March 2016, Camp Pendleton started to require advance registration for camp access. Cyclists must fill out and submit an on-line form "Camp Pendleton Bike Route Access Form."

For complete information, call 760.763.8435.

# VCCOOL Becomes BikeVentura!

By Yvonne Adan

We Heard You. We considered What You Said. We now have a new name. On March 4<sup>th</sup>, at Bell Arts Mattress Factory in Ventura, we launched a new initiative with a new mission statement. The name is BikeVentura and our mission is to foster a safe, healthy community through bike-centered education, empowerment, and advocacy in Ventura County.



This party enabled us to make this official, fundraiser and offer memberships to our supporters. Everyone at BikeVentura was so happy after the party that they are already starting to plan another one. If you missed this one, be sure and stay tuned for our next one. I think we are going to be known as the one's that know how to have fun while keeping our promise to support positive change for cyclists and pedestrians in this county.



Message from the Editor  
Margaret Mathews:

**A Rare Opportunity Is  
On the Horizon for the  
Next Chain Chatter Editor**

Dear Readers:

This is my second year as Chain Chatter editor. While it has been fun and challenging, it's probably time to give some other budding journalist the opportunity to take over the editorial reign. If any club member has the time and inclination to gather the news, format the paper, grumble at computer glitches, and proofread so many time your eyeballs may fall out - all while wearing an editor's cap, drinking cold coffee, and working under dim lights late into the night – then the job is yours!

If interested, please contact me for more details:  
[publicity@cibike.org](mailto:publicity@cibike.org).

## A Final Look

