

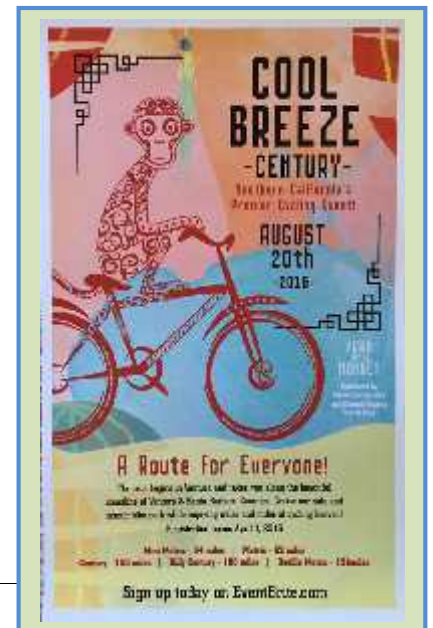


SUMMER 2016

The Cool Breeze Century – How It Comes Together And why It Is Important for Our Club



Cool Breeze Century Committee: Diane Stein (CIBC), Janeene Nagaoka (CIBC), Linda Bott (CIBC), Judy Mullins (KIWANIS and CIBC), Bart Bleuel (KIWANIS), Fred Ziegler (KIWANIS), Larry Bott (CIBC), Patty Schulz (KIWANIS), Ken Trainer (KIWANIS), Foster Nagaoka (CIBC).



The Cool Breeze Century does not happen by accident. It takes a great deal of planning, and a team of very dedicated members of CIBC and The Ventura Kiwanis Club accomplishes that planning. Many of this team has been at it for many years.

From CIBC, Diane Stein is a relative newcomer to the committee who will coordinate the volunteers from CIBC and assist with rest stop management. Janeene Nagaoka has been designing the Jerseys, T-shirts and other merchandise since the ride began some 21 years ago. Foster Nagaoka designs and manages the routes, which now number 5. He also takes care of miscellaneous duties such as securing insurance, coordinating with the City of Ventura and managing storage. Dan and Margaret Mathews have taken on the herculean job of communicating with other bike clubs and shops to have them help with publicity. They have managed the distribution of over 1,000 flyers. Rob Anderson marshals the SAG drivers. Linda Bott is the ride's treasurer and manages a team of rest stop captains, and, like Foster, handles a myriad of miscellaneous matters. Judy Mullins is a member of both clubs who helps Diane coordinate CIBC volunteers and also helps Linda with rest stops.

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
 Websitewww.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 e-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....

Message from our President

Dan Mathews

Welcome to the long and warm days of summer! This is an excellent time to participate in our many club rides and events – there is literally something for everyone. Check the ride calendar on our newly designed website – there are rides almost every day leaving from Ventura, Moorpark, and Ojai. In addition to the regular Tuesday, Thursday and Saturday rides, we have added 1st and 3rd Sunday rides from Ventura. Special events include the July 16 ride and picnic in Carpinteria, the Lure of the Grapes in October, and the Holiday Dinner in December. Many of our club members are involved in special charity rides and we encourage everyone to support these great causes.

As a club, we are interested in supporting our communities through rides, philanthropy, and volunteering at civic events. Our premier event for the year is the annual Cool Breeze Century that we operate in partnership with the Ventura Kiwanis. Be sure to read the front page article about how this event comes together. This is an important event for us as a club as the proceeds are used to fund our grant program. Grants are awarded to non-profit organizations that share our mission of promoting safe bicycling, camaraderie through cycling, and fun and healthy exercise. We encourage everyone to get on board with the Cool Breeze either as a rider or a volunteer.

Other fundraiser rides that our members are supporting are the Rotary's "Biking, Brews and BBQ" in September, and the "Epic Challenge" in October. Both excellent causes and they are listed on our ride calendar.

Our new website is getting better all the time through the diligent efforts of our website team. I encourage you to try the website's Forum as an excellent source of exchanging information. Read Soheil's article on page 5 about how to use the Forum. As president, I am grateful to our members who have volunteered their time and exceptional skills to help the club adapt to newer technologies and better forms of communication.

Have a fun and safe cycling summer season! As always, contact me with your ideas, suggestions, and comments.



We Support the Ride of Silence

In May, Club members supported the Oxnard Ride of Silence by joining neighborhood cyclists, Oxnard police officers, the HUB, and activists in an eight-mile ride and tribute to fallen cyclists. In a prepared presentation, the host, David Navarro, mentioned the names of cyclists who were killed while riding their bikes, including his own child, and members of CIBC, Matthew O'Neill and John Dillingham. Dan and Danny Mathews hosted the club table that offered bike safety material and snacks.



The Ride of Silence is a national cycling memorial event held each May. Representing CIBC at this year's event were Jose, Ken, Jose's son, Josiah, Toby from the Hub, Norm, Dan, Sarah, Danny, Steve, Don.

Cool Breeze

Continued from page 1

From Ventura Kiwanis Bart Bleuel is the committee chair and ride director. He also applies for parks, schools and Caltrans permits, coordinates the volunteers from the Kiwanis family, organizes the registration and after-ride meal facility, and communicates with the caterer.

The talented Patty Schulz spends hours managing preregistrations and coordinating with EventBrite, and communicates with the riders. She is the main troubleshooter during registration. Fred Ziegler coordinates the effort of getting the right number of port-a-potties, dumpsters, trash barrels and water to where they need to be. Ken Trainor transfers the contents of storage to the staging facility, purchases the perishables, and communicates with Ventura Rentals to ensure the material necessary to operate the rest stops is supplied and organized for each rest stop. Matt Kohagen retrieves the equipment from the rest stops and stages it for delivery back to storage.

Mike Molloy manages the organization of merchandise for the riders and controls parking on the morning of registration. Rick Nyznyk applies for other governmental permits. It takes these more than a dozen managers to support almost 200 volunteers to make this ride the best in the west.

Cool Breeze was begun by CIBC, but after the first three years the membership decided a partnership would enhance the event. At that time Carol Sirott solicited Ventura Kiwanis to reorganize the event and help it grow in partnership with CIBC. The arrangement was to share the net proceeds with each club using its share for its own causes. CIBC uses its proceeds for the betterment and safety of cycling and its grant program while the Ventura Kiwanis uses its proceeds for its various youth programs.



Over 200 volunteers are needed to make the Cool Breeze a success. To volunteer, contact Linda Bott or Diane Stein. It's a lot more fun than work!

We Are CIBC – We Do Fun Stuff! Join Us!



Got Pictures? Send them to the editor!

Our New Website Features a Forum – Try It! You’ll Like it!

By Soheil

By this time you may have had a chance to visit the new CIBC site and check out the new, exciting features. If you have not done so, you owe it to yourself to examine firsthand the benefits of new features. The new site features online member registration, member login and online payment of membership renewal dues. Other new features include CIBC Forums, Member Directory, club-specific event signup, Chain Chatter, and club clothing.

Membership renewals

Renewal is now as easy as few clicks online, where secure membership renewal dues can be made by credit/debit card or PayPal.

To pay for renewal dues

1. Login to CIBC site
2. Click on your name
3. On the pop up window, click “View profile”
4. On the next screen, about the middle of page, click the box “Renew until XXXXXXXX”
5. On the next screen, make sure Mandatory fields indicate by (*) are filled, then click the box “Update and next”
6. On the next screen, click the box “Pay online”
7. On the next screen, choose one of the two:
 - a) Login to PayPal account to make payment thru your PayPal account
 - Or
 - b) Click the box “Pay with Debit or Credit Card”
8. Proceed with the prompts given on upcoming screens to finish payment.

Club Forums

This is a big, exiting addition. It is easy to use and will really enhance club communication...that is, if we use it! Forum consists of two sections: "CIBC Rides Forum" and "CIBC Social Forum". As a club member you are automatically a member of the forums. One can view the content of Forums without login, however members need to login to post. To view (without login), simply hover mouse over "Members" in the banner. Click "CIBC Forums" in the popup window. Click on the Forum of your choice to see content.

To post in any Forum

After login, go to forum of your choice (as described). Click the box "Create topic". Type in the subject and explain your posting in the "body".

CIBC Special Events

These special events are open to all club members! Sometimes due to space limitations, it is necessary to have a cut-off registration and time. So plan ahead and sign up early. Most of our rides are advertised on the website or announced at the general membership meetings. The listed events are only a few of the opportunities to get involved – more activities are listed in the president’s news emails, and the website Forum.

) **Annual All-Club Ride and Picnic**

Saturday July 16, Lion’s Park, Carpinteria.
Sign up on-line on website, or send check.

) **Lure of the Grapes extravaganza**

October 21-23, 3 day weekend filled with rides, eats, fun. Space limited to 50, sign up early on website

) **Holiday Dinner**

December 11, watch for sign-up info

CIBC offers rides nearly every day of the week, special events, many charity rides, opportunities to participate in community events such as the Ventura Bike Valet, and so much more! Many members enjoy these volunteer activities. Get involved. There’s something for everyone!

This is your club and you have a voice! Come to the monthly meetings to find out what’s going on, visit with your pals, enjoy a good meal, get involved, have fun! Meetings are held every third Wednesday at 7:00 pm. Check Facebook page and website for exact location.

CIBC – We Are Cyclists! Join Us On One of Our Many Rides!

Our club offers a variety of rides and everyone is welcome. Some rides are regularly scheduled, others are special events. These rides are open to all club members. Some of the rides are advertised in newsletters, at monthly meetings, on the Forum, or on Facebook. Some are space limited so join early. Some may be “one-off” rides. Find out what is available and if you are interested, contact ride leaders. Pages 6 and 7 feature a few of the fun rides enjoyed by members.

Happy Camper Bike Trip to El Capitan State Beach

By Kate Faulkner and Leslie Ogden

May 13 and 14, Norman Schiele organized a bike camping trip for our club, the first in many years. The happy campers included: Norm Schiele, Tim and Sylvia Turpin, Gene Ball, Bill and Kate Faulkner, Leslie Ogden, Leon Carter, Mike and Gina Carlson.

Most of the riders had little or no experience with self-supported bike travel. The bikes didn't have to carry large amounts of weight since the ride was just one overnight in good weather conditions and with easy food availability. A couple of riders used their road bikes and added a rear rack and panniers. There were also touring and mountain bikes with panniers or a B.O.B. trailer.

We left Ventura at 8:30 and rode the 50 miles to El Capitán State Beach, arriving around 3pm. After setting up tents, the cyclists had the option of hot showers and walking along the bluff trail. On Saturday morning the group headed to the private El Capitán Canyon on the opposite side of the freeway. They have a food service facility produced very nice breakfasts in a comfortable setting. We then headed back down the coast and arrived in Ventura by mid-afternoon. In spite of our general lack of experience with self-contained riding, everybody's equipment worked fine. The weekend trip was an excellent experience. Click to see Norman's video: <https://vimeo.com/166734572> Thanks, Norm!



The City of Angels Ride

By Leslie Ogden

Sunday, May 22, we had just a really good time at the nineteenth annual City of Angels Fun Ride. This UCLA – LAPD – Volkswagen sponsored fundraising event started and ended at the UCLA campus. There were two options: a 32 and a 62 miler. We took the shorter ride which featured road closures and LAPD escorts the entire way through Westwood, Beverly Hills, West Hollywood and downtown LA. – a wonderful way to visit the city. The day ended with Sharkey's burritos and a generous raffle supporting blood services. Participants were Mike Gold, Bill McTomney, Tom Stark, Glenn and Kassy Erickson, Soheil Roshan-Zamir, Patrick McDonald, Dennis Higgins, Tim Turpin, Norm Schiele, Terry Spragg, and Ray Vargas.



100K Ride to Union Station with Surfliner Return – A Grand Tour of LA

A 100K ride from Moorpark to downtown Los Angeles was enjoyed by Edwin Velarde, Soheil Roshan-Zamir, Sonia Sandomer, Tim Turpin, Terry Dawson and Dan Mathews. It took less than six hours for these intrepid cyclists to ride from Tierra Rejada Park to Union Station. They traversed the Old Santa Susanna Road to the Valley, down the Orange Line Bike Path from Chatsworth going South then East cutting across the San Fernando Valley towards Burbank, the Media City via the Chandler Bike Path. Riders passed through Griffith Park, the Gene Autry Museum and LA Zoo followed by The Observatory where they enjoyed the breathtaking view of the City of Angels. Finally they biked past Dodger Stadium and the Walt Disney Concert Hall. After all of that cycling and sightseeing, riders arrived at Union Station where they hoisted themselves and their bikes onboard the Surfliner for a relaxing trip back to Simi Valley. This extraordinary day trip was planned by Edwin Velarde.



Vintage Bikes and Attire Required for Eroica Ride

By Steve Light

April 10 was the Eroica California, traveling the beautiful roads of Paso Robles. The ride is for vintage road bicycles built before 1987, steel frames, old school pedal toe clips, and top exit, exposed brake cables. Wool clothing is encouraged instead of day-glo spandex. Modern helmets are tolerated, but not required. Riders can choose from 40 miles, 80 miles, an 85 mile coastal route, or, a truly heroic 120 miles with over 10,000 feet of climbing.

Gene Ball and I rode, but we did different routes. Gene did 80 miles, and I did 40 miles. I rode my 1964 Legnano, and Gene rode his 1980s Colnago. The morning began with light rain falling. Do you remember the old movie *Breaking Away*? Dennis Christopher starred, and he was the guest of honor. He talked about how much he would like to join us on the ride, but looked pretty comfortable with his jacket and hot cup of coffee.

The dirt roads were actually quite fun, when you weren't falling over. The rest stops were great. Cass Winery provided water refills, great snacks, even wine for those so inclined at 8:30 in the morning. Olea Farms served wonderful French fries cooked in virgin olive oil, homemade herb catsup, refreshing tea made from olive leaves, French bread, and bruschetta. We were given a route book/passport to get stamped along the way. The prize for completing the course was a nice bottle of local olive oil.

I heard comments from riders that the scenery and road conditions compared favorably with events they had done in Europe. If you have an old bike, get it out and join us on a trip back in time. For more information and a great photo gallery, go to www.eroicacalifornia.com. For more photos email me at slight6729@aol.com and I'll send the Picasa link.

Here's Gene's take on things:

"That was one of the toughest rides I've ever done, and I really needed wider tires and lower gears. I've got a picture which was taken near the top of Kiler Canyon (17% on dirt). The guy that took it, Evan, in his early 40's, owns a vintage bike shop in Long Beach. He said he had a little difficulty holding my pace uphill and was impressed considering my age. I felt pretty good about that until I got to the dinner after the ride. A very elderly looking Italian rider joined us at the table, wearing an early vintage wool outfit and goggles. He didn't speak English. There was a Brit who spoke a little Italian at the table, who did talk with him. In describing the route he rode, he used the word *mare*, which I took to mean he did one of the long routes as they were the only ones near the ocean. That was really deflating! As I was finishing the last 10 miles or so, I was swearing I would never do that ride again, but it did provide some good memories. Who knows, by next year I might soften my opposition. I would certainly try to be better prepared, though."

Sulphur Mountain Adventure

By Kate Faulkner

Leslie, Terry, Sonia, and Kate rode the Sulphur Mountain Loop on Memorial Day. This was a first-time adventure for all three of us. Two of us had road bikes and two had touring bikes. The dirt road is best negotiated with a mountain bike. But, don't let the lack of a mountain bike stop you. We stayed upright and managed to negotiate the dirt road (which has been recently graded and is generally well packed). The views are beautiful. Best to do this ride when the weather is cool. There is no water available on Sulphur Mountain Road.



Norman's Trek Across Vietnam

In June, Norman Schiele, his daughter and a friend flew into Hanoi to launch their bikes for riding to Ho Chi Minh City. Blog blurbs: Getting ready. 6/12 My daughter Alison and her boyfriend Ben just graduated from college and I will be taking them on a bike trip across Vietnam for a graduation present. We'll be flying with our bikes to Hanoi, then riding to Ho Chi Minh City, then flying home from there. We're hoping to ride the Ho Chi Minh Highway from near Saigon to Vinh, then go by train to Hue. From there ride to DanAng. Then another train to Nha Trang, then bike to Dalat and HCMC. 6/14 My day: say goodbye to wife, spray my clothes with mosquito spray, get ride to Bellingham airport, take bus to Vancouver, ride bikes to airport, wrap bikes in plastic, get on plane.

Read the entire story on Norm's blog: <http://www.crazyguyonabike.com/doc/18035>

These Organizations Are Supporting CIBC Cool Breeze – Please Return the Favor

CIBC is thankful for the support of the many bicycle clubs, bike shops, coffee shops, restaurants and public message boards that are promoting our Cool Breeze Century. The following is a list of known establishments that have been helping promote the event by posting the Cool Breeze poster on their windows and info boards, many of whom also are distributing the small flyers. In the spirit of good sportsmanship and community, many bicycle clubs have posted the event on their ride calendars. In turn, we promote their events on our calendar and sometimes on Facebook. If you are near one of these shops, please stop in and say hello, shake their hands, and thank them for their support.

We thank the following organizations for promoting our Cool Breeze event.		
The Bicycle Shop 1693 Mission Drive Solvang, CA 93463 805.688.6263	Open Air Bicycles 2386 E. Main Street Ventura, CA 93003 805.653.1100	Ventura Visitors and Convention Bureau 101 S. California Street Ventura, CA 93001 805.648.2075
	Rocket Fizz Candy, Ventura	
Mi Amor Coffee Shop 234 E. Highway 246 Buellton, CA 805.686.1200	Performance Bicycle 1700 East Ventura Blvd Oxnard, CA 93036	Marie Shannon Confections 27 S. Chestnut St. Ventura, CA 93001 805.667.8043
Santa Barbara Wine Country Cycling Tours 1693 Mission Drive Solvang, CA 93463 805.686.9490	Trek Bicycles of Ventura TBOV 4060 E. Main Street Ventura, CA 93003 805.644.TREK	Blenders in the Grass Main Street, Ventura
	San Luis Obispo Bicycle Club	Coffee Bean and Tea, Seabridge Starbucks, Channel Islands Blvd Starbucks, Main St, Ventura
Oxnard Police Department Bulletin Boards	Conejo Valley Cyclists LA Wheelmen	Santa Cruz Bicycle Club
Rincon Cycles 5100 Carpinteria Ave Carpinteria, CA 93013 805.685.9466	MetalMtn 1974 E. Main Street Ventura, CA 93001 805.641.3968	San Fernando Valley Bicycle Club Fresno Cycling Club Bullshiffters Cycling Club, Arizona Orange County Wheelmen
Performance 1314 Wilshire Blvd. Santa Monica, CA	Ventura Bike Depot 239 West Main Street Ventura, CA 805.652.1114	Rock n Road Cyclery 27825 Santa Margarita Pkway Mission Viejo, CA 92691
		Matt's Cycling Center, Ventura
Newbury Park Bike Shop 1602 Newbury Road Newbury Park, CA 91320 805.498.7714	Cycle Dynamics 10225 Telegraph Rd Ventura, CA 93004 818.917.0417	Cyclelogical 34102 LaPlaza, Suite A Dana Point, CA 92629
		San Diego Bicycle Club
Lucky Llama, Carpinteria Reynoldo's, Carpinteria Marina Mail Stop, Oxnard	The Mob Shop 110 W. Ojai Ave Ojai, CA 93023	Helen's Cycles 2472 Lincoln Blvd, Marina del Rey, CA
Patagonia Ironworks 235 W. Santa Clara St. Ventura, CA 93001	Hazard's Cyclesports 110 Anacapa Street Santa Barbara, CA 93101 805.966.3787	Bob's Bicycles 320 S. Kellogg Ave Goleta, CA 93117 805.682.4699

CIBC – Paving the Way to Bicycling Safety and Fun in Our Communities

Ventura Star Features CIBC’s Role in Oxnard School Ceremony

On June 14th, the Elm Street School in Oxnard had their end of the year ceremony that features a bike presentation to children who achieved perfect attendance during the year. Two of the bicycles, complete with safety gear and helmets, were provided by a grant from CIBC. Representing the club at the ceremony were Bob Burrow and Margaret Mathews. Oxnard Police Detective Crystal Walker hosted the event during which she reminded the students to follow safety rules when cycling during their summer vacations. The donations were made possible by a grant to the Oxnard Police Department (OPD). OPD uses the grant to purchase bicycles, helmets, and safety materials to give away within Oxnard communities. CIBC President Dan Mathews noted that most of the grant funding is made possible with proceeds from the Annual Cool Breeze Century event. The Ventura Star covered this event in the daily newspaper.



CYCLE CALIFORNIA COAST

By Leslie Ogden

Making Santa Barbara and Ventura Counties premier national and international bicycle tourism destinations is the goal of a dynamic group of people who’ve been meeting since February 2015. Spearheaded by Ventura County Supervisor Steve Bennett and Santa Barbara County Supervisor Salud Carbajal the group will develop a website, identify routes, work to improve infrastructure and create a Bike Friendly Business Program aimed at improving the biking experience and attract travelers to our region. CIBC members Diane Stein, Kate Faulkner and Leslie Ogden have been active in Wayfinding effort of this project.

While the goal of the program is to increase national and international bicycle tourism coming to our area, local residents will also benefit by the improvements to bike infrastructure and more bike friendly facilities. An example is the new Class 1 Bike Trail along highway 101 that joins Santa Barbara and Ventura Counties and opens up an unprecedented opportunity to offer world class bicycle experience. Initially, three working groups, Marketing and PR, Infrastructure, and Wayfinding determine what their priorities are and work on those between meetings. A Grand Loop and a Coastal Route through the two counties are the initial focus of the effort.

This collaborative effort includes participation from many diverse stakeholders who are committed to the shared vision of making Santa Barbara and Ventura Counties a premier biking destination. Their professional expertise has led to innovative ideas and proposals that will benefit area residents, visitors and businesses. The group includes representatives from Channel Islands Bicycle Club as well as numerous representatives from tourism, government, business organizations, and bike shops.

Goals include increasing tourism and visibility of Santa Barbara and Ventura, fostering positive impressions of bicycling and bicycle tourists, providing greater recognition and information about the many communities, bikeways, roads, trails and events for bicycle tourists to enjoy in the Santa Barbara and Ventura region, and helping businesses learn to accommodate the specific needs of cyclists.

There are also benefits for the partners that participate in the Cycle California Coast. Promotion of the Cycle California Coast will create positive publicity for local businesses and encourage patronage by local bicycle riders as well. General office/retail stores, restaurants, lodging establishments economic/business development, tourism organizations, bicycle shops and bicycling organizations are now eligible to apply to designated “Bike Friendly”.

Activate your inner journalist:

Submit articles, photos, news alerts, achievements, interesting rides, 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 or publicity@cibike.org

Many thanks to those who sent articles for the summer edition. Due to space limitations, some of the articles will be printed in the fall edition.



And finally



CIBC Calendar

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

- July 16 Club Picnic and Ride
Lions Park, Carpinteria
 - 20 August Cool Breeze
 - 24 Sept Biking, Brews, BBQ
Fundraiser
 - Oct. 15-16 Epic Challenge
Fundraiser
 - Oct. 21-23 Lure of the Grapes
Sign up early, space limited
 - Dec. 11 Holiday Party
- Monthly club meetings – open to all – every third Wednesday, 7:00 pm, check website for location.



P.O. Box 6481
Oxnard, CA
93031-6481