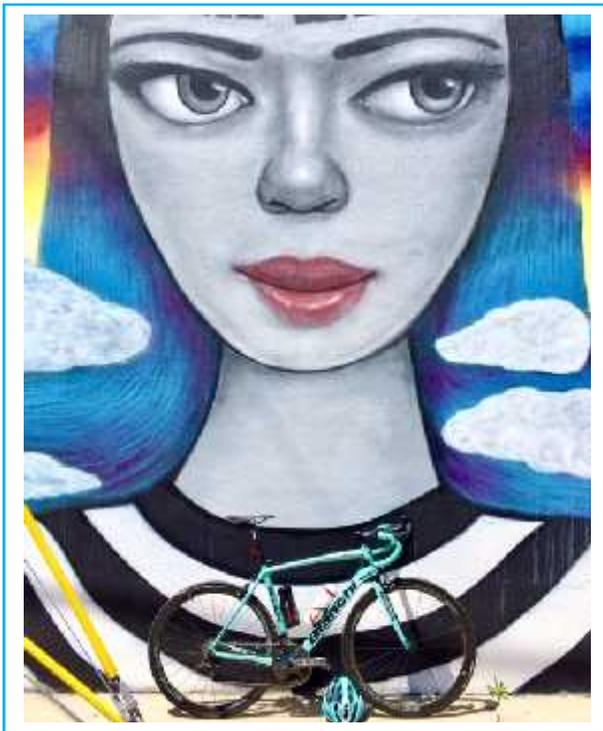


# CHANNEL ISLANDS BICYCLE CLUB CHAIN CHATTER

SUMMER 2017

[www.cibike.org](http://www.cibike.org)



## Our Bikes – This Is How We Do It!

Mark Twain wrote: “Learn to ride a bicycle. You will not regret it if you live.” In this edition of Chain Chatter, we will look at some of the bicycles that perhaps Mark Twain might have been thinking about when he penned his sage quote. We have taken his advice and learned to ride and, furthermore, to love our bicycles no matter the age, style, or condition. We are CIBC - this is how we do it – for many reasons and no regrets.

We certainly have not regretted our decision to become cyclists. But what Mr. Twain may not have known at the time, was that today we benefit from a cornucopia of bikes, safety gear, electronics, attire, bells and whistles. So many choices, in fact, that there should be nothing for anyone to regret.

In this issue of Chain Chatter, we will look at some of our members’ unique, unusual and custom bikes and their related stories. Fortunately for us, we can read some good stories about different kinds of bikes, some near disasters, some innovative creations and one totally absurd bicycle record. Don’t worry – you will have no regrets about reading the articles - they all have happy endings.

### *Summer Picnic and Rides*

For a really fun Saturday ride, sign up for the Club’s July 15 picnic and rides.

Meet at Foster Park, three ride times – 8:30, 9:00, 9:30 and 12:30 for a BBQ lunch served under the shade trees.

Sign up at [CIBike.org/Activities](http://CIBike.org/Activities). More info on page 9.



*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 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. There will be no meeting in August as we will all be supporting the August 19 Cool Breeze Century.

### **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.*

## **Guest President’s Column**

**By Dan Mathews, Past President**

It is my pleasure to have written this column while Edwin has been busy planning his diabetes awareness tour. His story may be found on page 9.

This edition of Chain Chatter features one of our favorite things – bikes. They come in all shapes and sizes from the coolest racing roadsters to the old school vintage models and are used for work, transportation, or like many of us – just for fun. Many thanks to our biking friends who took the time to share their stories: Steve Light, George Chester, Susan Ashley, Terry Spragg, Frank Zynch, Rick Shimmel, Toby Smith, and Michael from Michael's Bike Shop. Everyone has a story to tell and these are pretty good ones!

This edition of Chain Chatter covers some of the good stuff going on right now in our communities including the new bike lanes, signage and other advancements. Read about our achievements on the Community News pages.

There's plenty of fun activities starting with the July 15 Summer Picnic and Rides to take place at Foster Park this year. This is an all-club ride offering the perfect time to meet up with your cycling friends from Moorpark, Ojai, Oxnard and beyond. Choose one of three rides then return to Foster Park for a delicious BBQ lunch. Read about it on page 9.

On August 19, we hope all hands will be on deck to volunteer or support the Cool Breeze Century. The proceeds from this event fund our grant program that makes awards to other non-profits that share our mission of safe and fun bicycling. Please do what you can to support this exciting event since this is our club’s primary fundraising activity. Finally, there is the very special Lure of the Grapes weekender on October 21-23. This popular getaway will feature a new ride or two plus some of the old favorites. In addition, there will be casual dinners, relaxing around the fire pit, and just enjoying the company of your bicycle buddies. Watch the website for updates and registration info.

One of my own missions is to make this club inclusive and welcoming. Please continue to welcome new members and introduce them to others. Invite them to join your rest stop gatherings.

Also, I encourage everyone to try our three ride locations – Ventura, Moorpark, and Ojai. Let me know if you would like an introduction to one of the other groups.

I extend my thanks to all of our members for making our Club one of the best cycling organizations in Southern California.



## Bikes – This Is How We Do It!



### Passion for His Bianchi Led to La Passione Celeste

By Rick Shimmel,  
Fast and Far Group

*Editor's note: Rick is part of the Fast and Far group that takes off at 8:00 a.m. Saturdays. I was admiring Rick's bike and its' signature color, Celeste Gloss. The conversation led to this article.*

I love my Bianchi Infinito CV. I fashioned the "la Passione Celeste" cocktail to mimic the bike's signature color. It may have just been an excuse to have a post-

ride drink but I've always been drawn to the signature Bianchi shade and wanted to see how close I could come in liquid form. It tastes tropical and refreshing, too! (Recipe below.) Love my Bianchi (kudos to Trevor Dunn) and la Passione Celeste!

#### Recipe:

1 part each: light rum, dark rum, Malibu coconut rum, blue curaçao, coconut milk, and simple syrup. Shake over ice. Garnish with pineapple.



### The Oxnard Police Department Bike Patrol

By Detective Crystal Walker

The Oxnard Police Department Bike Patrol Unit was created about 25 years ago. Currently there are approximately 90 officers certified for bike patrol, including all Neighborhood Policing Officers, all Special Enforcement Unit Officers, and all Student Resource Officers. Bike patrol affords officers the ability to access hard to reach areas such as apartment courtyards, walkways, and parking lots. Additionally, it allows officers to be more accessible to the public.

Over the years, the Department has used a variety of bicycles for patrols including Gary Fisher, Specialized, and Trek. For the past three years, the Department's has been purchasing the Trek Police Edition mountain bike, which is pictured on the front page of Chain Chatter. After purchase, each police bicycle is outfitted with 1. Emergency lighting equipment (front and back red/blue/ and white lights) 2. Siren and 3. Saddle bag. The aftermarket additions meet the vehicle code requirements for an emergency vehicle.

The Department has four state certified bike instructors that teach bike certification and re-qualification courses. The certification course consists of approximately 20 hours of instruction focusing on bike handling skills including slow speed cone patterns, endurance rides, off road riding, along with basic bike safety inspections.

### One man's trash

### is another man's treasure

By Michael of Michael's Bicycles,  
Newbury Park

An older customer came in and said that he and his wife were moving and had a couple old bikes in his garage I was welcome to, otherwise Goodwill would be the beneficiary. I drove over to his house and when he opened his garage, my heart skipped a beat. I felt like that guy on Pickers and I just stumbled upon the Holy Grail of Schwinn Cruisers, a 1955 Schwinn Black Phantom made in Chicago, Illinois! It was in nearly mint condition, even the light still worked! These bikes are extremely rare. In 1995, Schwinn made a reproduction of this model in China that sold for \$3000. 5000 units were made and they all sold out immediately. This one is an original, valued around \$5000 if you can even find one in this kind of condition, like I said, the Holy Grail of Schwinn Bicycles. We will keep it here on display for anyone who wants to check out this fine example of Americana!



*Bikes: This Is How We Do It (Continued)*

## Let's Make Biking Great Again!

By Susan Ashley

### ***Think disabled, bearded fat guy when you see a trike?***

Keep thinking that as Stan passes you on the downhill, leaves a wind gust behind him on the flats at 28 mph or smiles as he waits for you at the top of the hill. Stan's German made Human Powered Vehicle (HPV) solves virtually every cyclist's complaint. No more sore saddle, numb hands, stiff neck or aching trapezius. With five levels of assist, one can work as hard or as little as one likes, but don't mistake the E-assist for a motor. This aluminum machine, gives one heck of a work-out. Full-suspension gives a super smooth ride and the Porsche rack and pinion steering mimics a go-cart. At 68 pounds you no longer have to worry about shaving weight off your bike. Filling your panniers with a jacket, beanie, lunchbox, and your wife's swag is no longer an issue.



### ***When the husband gets a new toy, then of course the wife has to get something new too.***

Seeking to end the abusive relationship I was having with my bike, I began a search for a new love. Knowing the bike seat is not a friend of any woman, I decided I was going to have to go recumbent. Yet the need for speed remained. How could I throw away the padded shorts, stop the numb hands and no longer have to ice my neck after each ride without becoming one of the stereotyped nerds that is the domain of recumbent riders?



### ***Enter the Cruz Bike Silvio S30.***

### ***Physician, Jim Parker, turned the A-Frame bike literally on its end; adding a lounge chair with a headrest.***

The beauty of this bike is it uses all the same components as a standard bike. It is comfortable beyond imagination and feels like riding a roller-coaster on the downhills. Just try keeping up with me on the flats and pray for a hill. Despite the many rave reviews that the Silvio climbs as well as any A-frame, due to its front wheel drive, I have yet to master speed on the hills. The 26 pound weight in no ways slows the speed.



The under-seat bike bag can be jammed packed with clothes, repair kit, and lunch, without the neurosis of worrying that your Cliff Bar will cause you to slow down.

*Bikes: This Is How We Do It (continued)*

## A Lady and Her Bike That Set a Land Speed Record

By George Chester

Here is both a unique bike and quite a special lady, Denise Mueller from San Diego. What exactly is special, well the lady is very fit and pretty, but take a look at her bike's double 60 tooth front chain rings, front suspension forks, suspension seat post and the drag bike geometry. This unique combination set the Women's Land Speed Record of 147mph in 2016. Her coach and mentor, John Howard was also a holder of this unique and dangerous record back when he went 152mph in 1985.

The above-mentioned combination of two 60t chainrings allowed her to pedal at a cadence of 102rpm at 147mph. Oh, and those aren't any type of wheels and tires you will find at your local bike shop. Think, front wheels and tires off a 200+ mph fuel dragster. But that is not the whole story. It takes a team to accomplish these records and that is more than Denise and her coach John could do.

To get up to, and sustain speeds in excess of 100mph, takes one of the fastest SUV's ever made. A modified Land Rover SVR, with a tail fairing that will first tow her up to 90mph and then cut free at which time she MUST stay inside the rear fairing from start until a hopefully safe finish. This is the reason for the long, low slung geometry of the bike, along with steering stabilizers and suspension, and that is to keep the bike from losing control thru frame flex, small bumps and depressions which could launch the bike out of control. If Denise were to lose control and wander outside the draft at close to 150mph she would most likely be blown off the bike in a spectacular and life threatening crash. These are very unique, purpose built bikes, and the very special people who ride them, Denise, John, no one is faster on a bike!



### Everybody Knows Toby and His Bike!

Toby Smith from Bike Ventura and friend to everyone, showed off his bike at the Ride of Silence last May. When asked to describe his bike, he wrote: It is built by all pieces from a junk pile. The idea was to make it look like a 70's land speed record bike. It's a Murray beach cruiser frame meant for 26" wheels. Spent two hours grinding inside of headset to make it work with specialized allez road fork. It has a carver surf rack that carries surfboards, groceries, kid's bikes, and tables and chairs for events. and rides. Fun bike to scoot around.

### A Functional Traveling Companion - My Fold-Up Bike

By Terry Spragg

My most functional traveling companion is my brand new Ti Lynskey. I do a lot of traveling on the train and my goal was to find a sturdy bike that could easily travel with me - have bike, will travel. This bike is optimized for touring and commuting.

After researching various bike styles, I discovered the Titanium Lynskey. It can be folded into a suitcase for safe keeping. S and S couplings allow my new Touring bike to be folded into a suitcase the size of your bike tires and is protected with a hard case.

The S and S couplings are made of Titanium and installed into the down and top tubes. By unscrewing the couplers from the tubes and cables, the bike can be folded into a suitcase the size of a bike wheel. Hopefully, never again will TSA agents damage your bike all the while saving airline baggage fees of up to 600 dollars round trip. My Ti Lynskey touring bike was a good buy. The latest sale is even better for this handcrafted frame made of Titanium. Meanwhile, I am making traveling plans for my Lynskey. One day, my new bike and I will find our way to a bike tour of the wine country about Adelaide, Australia, when time permits.

*Bikes: This Is How We Do It (Continued)*

## Alley Find Raleigh Resurrection

By Steve Light

***One thing I hate to see is a neglected, unloved bike*** tossed on the trash heap. Back in June 2016, my brother-in-law, Craig was riding down a back alley near our house and found a guy tossing several bikes in the trash. He came back with his car and verified that the guy was indeed trashing the old bikes. In the pile, he found an old steel road frame that was pretty lightweight and had beautiful lugs joining the tubes together. After some research, we determined that it was a 1973 Raleigh Super Course frame. The special Italian Capella lugs were only used for two years of production.

***I decided to attempt my first restoration project.*** The first problem was the aluminum seat post bonded to the steel frame through years of galvanic corrosion. To loosen it, I pulled the bottom bracket and crank and filled the seat tube with penetrating oil, and let it soak for several days. On the third day it started to loosen, and I was able to get it out. As I began stripping the ugly pea green spray paint, I found chromed rear drop outs, which were in amazing shape. The frame was straight but I did see cracks at the junction of the seat tube and back stays, on both sides. I finished stripping the paint, and had the damaged frame re-brazed at a local welding shop.

***Before committing to paint, I decided to do a "rat rod" build up*** and see how it was to ride. The fit was perfect for me, and I really enjoyed the smooth responsive ride that only old school steel can provide. Last year I rode my mostly original 1964 Legnano on the Eroica California ride, and was let down by the old school gearing. I ended up walking several hills. The plan was to build the Raleigh as a more hill friendly Eroica bike. I kept the "as found" Sugino AT triple crank, and added new mountain bike chain rings. Moorpark Riders friend Dave Bobert provided a nice set of Campy wheels, to which I added a modern Shimano 34 tooth six speed freewheel, along with suitable Suntour derailleurs and bar end shifters. The parts were found mostly on Ebay, a few at local swap meets and at *Atomic Cycles* in Van Nuys, a great source for low cost vintage parts. The drive train is mostly period correct, just not original to the bike. Since all I had was a bare frame, I decided to have a little fun with it, and to put intended function over mechanical originality.

***On a Pasadena vintage group ride,*** I met Evan Whitener, owner *The Bicycle Stand* in Long Beach. Evan was recommended as a frame restoration expert. The frame needed more than paint. I decided to add water bottle cage mounts, and replace the brazed-on cable guides the previous owner had removed. I chose a modern Toyota Spruce Mica paint color, a little darker than the original Raleigh green, more like a British Racing Green, with little gold flakes for highlight. Reproduction decals are available at *Velocal* for most old frames, so I did lots of research and found the ones that were appropriate. After several weeks, the frame was returned painted, decaled and clear coated. I carefully re-assembled it, and really enjoy riding my resurrection project.

***When next year's Eroica rolls around, the bike is ready, I only hope that I am too.***

### BEFORE



### AFTER



Bikes: *This Is How We Do It (Continued)*

## A Near Orbea Orca Carbon Disaster Was Thwarted by a Shop Called Joe

By Frank Zych

*I was riding with my buddies on 192 near Carpinteria High School on the "S" curve* when my front wheel slipped out. I was on the ground faster than you can blink. The painted white line was slick even though it wasn't wet. I went to the emergency room but just had scrapes and bruises - seems I left some skin on the pavement. I didn't get hurt very badly because I sort of blended into the pavement, my leg hit first then my hip, followed by my arm and then my shoulder. My helmet never touched the ground. We were leaving for Boston the next day and then on to a Vermont fall colors bike trip. I got right back on a bike in Vermont and ended up having a great trip, bruises on all. But that's a different story.



*Once we got home I needed to think about the bike damage and what to do.*

Other than minor scrapes to the shifter and a sheared pedal, the only other damage was to the frame. I started doing some research and found several carbon repair options. Joe's Carbon Solutions in Watsonville was very helpful, gave me a quote for the repair with a 2 - 3 week turnaround, guaranteed the repair for life and made me feel confident the frame would be safe to ride when completed. The others I tried were very vague about the cost and time to complete the repair. Since the repair was less than half the cost of a new frame and my bronze Orbea Orca is very unique, I decided to have it repaired. They not only repaired the frame, but matched the paint perfectly and clear coated the entire frame. It came back looking like brand new.

*As cyclists, we all know the risks when we go out on our bikes.* But still we ride for the exercise, the social aspects, the freedom and it makes you feel like a kid again. A word of caution going forward - - be careful around the white lines, change out worn tires and keep the rubber side down!

### Show your club spirit! 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 CIBC water bottles! Contact Dan Mathews to buy your Yellow Power.



## October 20-22 Lure of the Grapes - Fun Weekender Featuring Scenic Rides, Good Food, Good Friends



For a relaxing and fun weekend please join us in the Santa Ynez Valley for the Annual Lure of the Grapes on October 20-22. You won't have to travel far to join your biking buddies for scenic rides, relaxing rest stops in bucolic villages, casual dining, and perhaps even wine tasting!

**CIBC offers two annual fun weekend trips** for members – The Spring Fling in April and The Lure of the Grapes in October. And if you think all there is to do is cycling – although that is the most fantastic main feature – check out the other happenings that make these weekenders memorable. Go to <http://lureofthegrapes.blogspot.com/> on the CIBC Activities page. (Thanks to Mike Stewart for keeping us posted with his blogs.) There are at least three bike gatherings for lunches, dinners, wine tasting pastry sampling, 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.

**The hills of the Santa Ynez Valley** will be resplendent with colors and glorious hillside scenery including lavender fields, horse farms, vineyards, wide open spaces. It is easy to register but if you need help, contact the Event Director, Dan Mathews. This is a FREE event, but it requires you to sign up early as there is a 50 member limit. Registration opens in August - sign up on-line at <https://cibike.wildapricot.org/Member-Events>



Cupcake and wine tasting!



Stop and enjoy the animals and vineyards.



Casual and fun dining.

**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 about 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 on October 20, 21, 22.

## Edwin Velarde's Diabetes Awareness Bicycle Tour

*Editor's note: In lieu of writing The President's Message for this edition of Chain Chatter, Edwin provided the following article that was published in "The Uplifted." Edwin was traveling from May 30 through June 8 on his diabetes awareness bicycle tour.*



Diabetes has silently reached epidemic proportions, creeping its way into our lives and stealing precious moments with our loved ones. Edwin Velarde was born in Manila, Philippines, a city with 16% diabetes rate, and watched helplessly as aunts, uncles, parents, grandparents suffered horrible complications of heart attack, amputation, renal failure. Velarde received his own shocking diabetes diagnosis at age 29 – but this was more serious than he ever imagined. Velarde's Type 1 diabetes forced him to change his lifestyle immediately.

Cycling, a low-carbohydrate lifestyle and Velarde's wife, Cristina, have been gifts as he developed a focused regimen that maintains his 6.2 A1C while reducing his insulin needs by 85%. Velarde believes people should fight every day to prevent type 2 diabetes and its complications, not wait to see a doctor until their vision begins to fail or their feet tingle.

From May 30-June 8, 2017, Velarde will pedal his bike from Chicago to Atlanta, through America's Diabetes Belt in an 800-mile epic challenge. His fight against diabetes is strong and his purpose simple: for people to listen to his story, live a lifestyle that prevents diabetes, and make contribution to the American Diabetes Association that supports local programs. Velarde's uplifting spirit and crucial items are represented in this portrait: his bike, his insulin kit, and his healthy diet. These items will help his Epic Journey Through America's Diabetes Belt. Let's all give it up for Velarde as he pedals his way through Illinois, Indiana, Kentucky, Tennessee and Georgia! #theuplifted

## Calendar of Events

### July 15: Summer Picnic and Rides at Foster Park – Make this your Saturday ride!



Ride your bike or drive your car to Foster Park for the annual club ride and bbq picnic. Arrive at 8:30 and gear up for one of three rides through the beautiful Ojai valleys. Start times are 8:30, 9:00 and 9:30. Details are on the ride calendar. Return to Foster Park by 12:30 for a relaxing BBQ lunch under the cool shade trees. Enjoy a delicious catered bbq featuring tri-tip, chicken, potato salad, ranch beans, garlic bread, and beverages. Please sign up on the club website. Members \$12. Guests \$16. Kids 12 and under \$5. There is a \$4 parking fee. Thanks to Bob Burrow and his team for organizing the picnic. Keep up to date by reading Mike Stewart's picnic blog that can be found on our website.

### July 20 -General club meeting – all are welcome!

Meetings held at the Courtyard by Marriott on Oxnard. Meetings start at 7:00 p.m.

You may purchase dinner at the in-house Bistro restaurant at 6:30.

### August 19 - Cool Breeze Century - All hands on deck for the club's only fundraiser.

Proceeds are used for our grant program. Read more on pages 10 and 11. No meeting this month.

**October 20-22 – Annual Lure of the Grapes - Fun weekender with rides, eats, relaxing. Read more on page 8.**

### November 16 – General Club Meeting and Officer Elections

### 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 perhaps some good-natured line dancing. Watch for more info. Event Director is Patrick Mullin.

## Making the Cool Breeze Happen – A Seven Month-Long Process and Over 100 Volunteers

By Judy Mullins, Bart Bleuel, and Diane Stein

The Cool Breeze Century Bike Ride officially is held every year on the third Saturday of August but the logistics of the event begins seven months prior to that August date. This year, our big event is on Saturday, August 19.

Early in February the Cool Breeze Committee begins monthly meetings to plan for the upcoming bike ride. The Committee is comprised of members from Ventura Kiwanis Club and the Channel Islands Bike Club. Bart Bleuel, drags out the “binder”, calls the meeting to order and the committee members begin to identify and discuss the previous years ride, what worked and what didn’t, changes, changes, what’s new this year.

Each committee member assumes a role with specific responsibilities that over the years has been finely tuned to allow the logistics to be shared fairly equally. The Cool Breeze is the premier cycling event in California thank to the committee member’s dedication and commitment to this event. So how does this event come together?



- Bart Bleuel:** Chair person; permit guru and wrangler for the Kiwanis Membership volunteers. Rick Nyznk as his sidekick. We spend countless hours and roughly \$4,000 chasing 13 permits and their requirements. Among the worst, of course, are the two CalTrans permits – one for Santa Barbara County and one for Ventura County.”
- Patty Shultz:** Manages registration and answers the tough questions: do I get a refund if it rains?
- Janeene Nakaoka:** Graphic designer of all the artwork for posters, jerseys and shirts. She really uses her crystal ball in July to calculate how many jerseys to order!
- Foster Nakaoka:** Planner of the routes, signs, insurance and problem solver extraordinaire.
- Linda Bott:** Rest Stop Captains has Linda to thank for all the TLC they receive to manage the riders that show up at five rest stops: San Antonio School, Ride Start, Rincon Park (Bates Road), Manning Park and Stow Park. A few years ago, Linda arranged for Boy Scouts to volunteer to work the Cool Breeze, the captains ask each year, “do I get boy scouts?” “Yes!”
- Diane Stein:** Recruits volunteers to work rest stops, usually in shifts of 4 to 8 hours. Diane describes her volunteer role on page 11.
- Rob Anderson:** Plans the routes for the 20 SAG drivers required to drive the course assisting cyclists to get back on their bikes to finish the ride.
- Ken Trainer:** Man with the truck to buy the food. Ken uses a complex Excel Spread sheet to calculate the ratio of food to registered riders.
- Fred Zeigler:** Hands down the most important job: How many portable potties are needed? How many trash cans? How much water?
- Judy Mullins:** Schedules bike mechanics for the 5 rest stops and 4 mechanics to ride the bike trails.
- Dan Mathews** Marshals his troops to distribute Cool Breeze posters and flyers throughout Southern California and beyond.



Bart wrote about the volunteers and permits: “Want to know what makes a great ride? It’s the volunteers. CIBC and Ventura Kiwanis supply over 1,000 man-hours to make it all work. With some cross-over, generally CIBC supplies the volunteers for rest stops, routes and SAG and Kiwanis takes care of the rest.”

*Thanks to the volunteers, the Cool Breeze rest stops are famous for the abundance of food and the relaxed, friendly atmosphere.*

*Cool Breeze (continued)*

*Diane Stein provided the following information regarding the volunteers:*  
Here is how I broke down the volunteers needed for the Cool Breeze. The actual number maybe slightly less because a few of us hold several volunteer positions. It is difficult to determine exactly how many volunteers are CIBC members, Kiwanians or neither. So here is what we need for the Cool Breeze event - nearly 200 volunteers:

Cool Breeze Committee: 14  
Course Markers: 16  
Boy Scouts: 11  
Rest Stops: 50  
Registration: 75  
Command Central: 2  
Staff Ride: 5    Mechanics: 4    SAG: 2

We typically start recruiting our volunteers in July but volunteers can sign up now. Download the volunteer form from the Clbike website or register on the Online Volunteer Signup. Both, the form and the Online sign up can be accessed by logging onto the Clbike home page and scrolling to the Cool Breeze link. From the Cool Breeze page scroll to the Volunteers Needed paragraph. Download the form or follow the Online signup link and complete the questionnaire. Volunteers can expect to receive assignments and instructions by email the first week in August.



It takes months of planning to organize 5 rest stops that feature food, water, restrooms, bike racks, mechanic stations, friendly and helpful volunteers, and other facets of logistics.



PR coordinator Dan Mathews said over 1,000 posters and flyers were printed for distribution. Among the distribution team, shown here at Patagonia were Terry Spragg and Ray Vargas who delivered hundreds of posters and mini-flyers throughout the city of Ventura. Janette Ramsey volunteered to distribute posters in Bakersfield. Bob Burrow did the same in Camarillo. Organizations and shops that have graciously displayed the posters are listed in the table on page 12.

### *Only the Cool Breeze Offers Popsicle Power*

**Fun Fact:** People want to know how many popsicles are purchased for the highly popular Bates Road Popsicle Stop. The answer is that it depends on the number of registrants but typically about 1,000 popsicles are purchased much to the delight of our cyclists.



Popsicles are famously featured fare at the Bates Road rest stop.

### *Editor's note:*

The Cool Breeze Century is more than an adventurous ride across the spectacular Ventura and Santa Barbara coastline and countryside. Proceeds from this event fund Clbike and Kiwanis grant programs. Clbike awards grants to other non-profits that share our mission of fun and safe bicycling. If you cannot participate in this August 19 event, please consider buying a registration for a friend, a relative, a soldier, or someone who would appreciate such a gift. Your generosity would be supporting our Club and helping our communities. Everyone wins and that's what our Club is all about.

Cool Breeze (continued)

**Thank You for Supporting  
the 2017 Cool Breeze Century**

These bike shops, coffee shops, stores and organizations are graciously displaying our Cool Breeze posters and handouts.

Let us return the favor by visiting these establishments, shaking their hand, and thanking them. In addition, we owe our gratitude to those club members who have graciously volunteered to help distribute Cool Breeze flyers: Terry Spragg, Ray Vargas, Janette Ramsey, Bob Burrow, Dan and Margaret Mathews, and those who have grabbed a stack of mini-flyers to stash in their bike bags to hand out while on their bike rides.

Performance Bicycles, Oxnard	Marie Shannon Confections, Ventura
Michael's Bicycles, Newbury Park	Busy Bee Café, Ventura
Simi Cycling Center, Simi Valley	Cycle Dynamics, Ventura
Open Aire Bicycles, Ventura	Starbucks, Buellton, Channel Islands,
Visitor's Center, Solvang	Ventura Main Street,
Rincon Cycles, Carpinteria	Trek Bicycles, Ventura
Lucky Llama, Carpinteria	Marina Mail Stop, Channel Islands
Newbury Park Bicycles	Sandbox Coffeeshouse, Ventura
Patagonia, Ventura	Bike Depot, Ventura
Cheap Sports, Ventura	Harvest Café, Ventura
Pete's Restaurant, Ventura	Ventura Visitor Center
Ventura Avenue Adult Center	Oxnard Police Department
BikeVentura	Cajun Kitchen, Ventura
Tatiana's Café, Ventura	Starbucks – Pierpont/Harbor
Kay's Coffee Shop, Ventura	MOB Bicycle Shop, Ojai
Bicycles of Ojai	Starbucks, Channel Islands, Oxnard
Tourist Visitor Center, Santa Barbara	Open Air Bicycles, Santa Barbara
Santa Barbara Bicycle Coalition	Holiday Inn Express, Solvang
Good Time Donuts Pierpont/Harbor	Oxnard Public Library
Dr. J's Bicycle Shop, Solvang	Matt's Cycling Center, Ventura
Flying Flags RV Park, Buellton	Iron & Resin, Ventura
Solvang Visitor Center	Inside Track – Pierpont/Harbor
Croque Hotel, Solvang	Django's Café, Ventura
Finish Line, Bakersfield	Action Sports, Bakersfield
Sunsets Bike Shop, Bakersfield	Thompson Fitness
Riverbend Bikes, Bakersfield	Handlebar Coffee, Santa Barbara
Santa Barbara Bica Bike Exchange	Bullshiffters Bike Club, Arizona
Camarillo Library	Bills Bikes, Camarillo
Metal Mountain Bikes, Ventura	Conejo Valley Cyclists

*Please let me know if I missed someone!! The Editor*



Perfect attendance students at Elm Street School in Oxnard received bikes and helmets through a CIBC grant to the Oxnard Police Department's Neighborhood Service program. Margaret Mathews and Bob Burrow represented CIBC at the awards program (2016).

**Looking Back at the Response  
from One of Our 2016 Grant Recipients:  
Looking Forward to the Cool Breeze Century  
that Makes These Grants Possible**

The following email was received in February 2016 from the Community Affairs Manager at the Oxnard Police Department after being notified of their grant award from the Channel Islands Bicycle Club. This organization is only one of several CIBC grant recipients for 2016. This email is being included in the Chain Chatter as a reminder to our readers that the club's generous grant program is made possible by the proceeds from the annual Cool Breeze Century.

**From:** Miguel Lopez <miguel.lopez@oxnardpd.org>  
**Date:** February 18, 2016 at 3:00:52 PM PST  
**To:** "Walker, Crystal" <crystal.walker@oxnardpd.org>  
**Cc:** Norman Schiele Patrick McDonald, Dan Mathews "  
**Subject:** Re: Bike Safety events

Fantastic, and thank you Mr. Shiele and everyone! We have very much appreciated your support, to help inform, educate, and empower residents as partners in public safety. Your most thoughtful and generous continued support are allowing us to connect with not only youth - but people of all ages - on important bicycle and pedestrian safety. We will make sure to continue to keep you abreast of how your monies are being used to better serve the people in our community. In fact, I am sharing and have attached a post that we shared on our Department Facebook yesterday - where we mentioned and thanked the CIBC for your continued support! This was shared with 15,153 people who follow us on Facebook and further shared by 11 folks who follow, reaching their extended networks. We hope to continue to highlight all the great work we continue to do with your support. Thanks!



It's always gratifying to present bikes and safety gear to kids who normally would not have these items. These gifts were made possible through a CIBC grant.

## Community and Advocacy News

### Working On Your Behalf: Government Advocacy News

By Leslie Ogden, CIBike Government Liaison

#### County Supervisors Vote to Improve Bicycle Conditions in County

Once again, CIBike rallied to the defense of cycling in Ventura County. And it worked! Twenty-some CIBike members came to support two important improvements for cycling in our area.

1. We got a unanimous vote in favor of Cycle Cal Coast, a joint Santa Barbara - Ventura effort to improving cycling infrastructure both for tourists and for locals.
2. We got a commitment from Public Works to pave shoulders wherever possible. Plus we got a surprise third:
3. We got an agreement from the board to do their best to fund ALL the prioritized bike improvement projects. This vote was unanimous and is a clear commitment by the Board of Supervisors to make Ventura County bike friendly and significantly improve the availability of paved bike lanes connecting our cities.

#### Ventura Receives Bronze Bicycle Friendly Community Award

The Channel Islands Bicycle Club and BikeVentura served important roles in an award received by the City of Ventura. The League of American Bicyclists has recognized the City of Ventura with a Bronze Bicycle Friendly Community (BFC<sup>SM</sup>) award. With the May 11, 2017 announcement, Ventura joins 416 communities across all 50 states, that are transforming their neighborhoods. Channel Islands Bicycle Club and BikeVentura, assisted with the application and have supported the many improvements for cyclists in Ventura that resulted in this recognition.

“We are very proud of the many recent infrastructure projects in Ventura, such as the clearly marked bike lanes and green bike boxes at intersections, that help cyclists and motorists ‘share the road’ in Ventura,” said Leslie Ogden, Government Liaison of the Channel Islands Bicycle Club. “We encourage new riders to sign up for a Street Skills class through the City of Ventura and learn the techniques for safe road cycling.”



Making a statement – Jersey-wearing club members demonstrate unity at the Ventura County Administration Center whenever there are bicycle and transportation safety issues to be discussed.

#### 2017 Transportation Equity Summit

By Terry Spragg

In April, I attended the 2017 Transportation Equity Summit held in Sacramento. The summit included advocates, experts, state leaders, students, and community groups from across California. The focus was on connecting state transportation funding to concrete goals that both fight climate change and promote social equity.

The agenda included a legislative reception at which proponents of cycling interests received an annual award from Cal Bikes. There are multiple workshops at which cycling interests are discussed and action plans are developed. One day is dedicated as lobbying day. Participants visited the State Capitol and actually lobbied state legislators of our concerns. It was a very productive and interesting experience.

I recommend members of bike clubs from all over the state to become more interested in this advocacy program as it affects all of us as we travel by bikes, buses, trains, cars.

<http://www.calbike.org/transportation-equity-summit-2017#>



#### Wayfinding Plan Implemented

The Ventura County Transportation Commission (VCTC) approved the Bicycle Wayfinding Plan at its April 7<sup>th</sup> meeting. VCTC accepted the Santa Monica Mountains Bicycle Tourism Roundtable suggestion to include gradient information on signage as one of the Plan’s recommendations.

Community News (continued)

### New Bicycle Repair Stands Being Installed at Ventura County Fire Stations

Self-serve bicycle fix-it stations are being installed at fire stations of some cities in Ventura County and several other government sites including the Ventura County Government Center. This program is a joint venture between the Ventura County Fire Department and the Giant Bicycle Company of Newbury Park. The stands contain an air pump, tools and bike mounts so the traveling cyclist can make quick repairs while on the road. A cyclist may find the nearest repair station using a smart phone. The launch of this venture was in May 2017 in an effort to make the county more bike friendly and improve safety conditions. Lance Orozco of KCLU wrote: Ventura County paid for a total of 16 of the bike repair stations, which cost a little over \$1200 each. The idea is catching on, with units also being installed by the cities of Oxnard and Thousand Oaks.



Mike Gold with the new bike repair stand at the Rincon Fire House.

#### Biking News and Free Class Info from the City of Ventura

By Derek Towers  
City Bicycle Coordinator

We just finished another very successful Bike to Work Week with five Pit stops across the city including one stop supported by Bill and Kate from CIBC. BikeVentura put on a bicycle scavenger hunt that finished out the week.

Biggest news is that the City of Ventura is now recognized by the League of American Bicyclists as a Bicycle Friendly Community, Bronze designation. See Leslie’s article on page 13 for more info.

Loma Vista from Main St. to Mills Rd and W. Main St. from Ventura Ave. to the Main St. Bridge will be getting repaved in the coming months with significant striping improvements. By the end of May, Seaward Ave. from San Marcos through Harbor Bl. will be getting green lanes the whole way, including through the intersections.

Bike classes at the city continue monthly with the following dates. Classes are a three part series that occur 7-9pm on Tuesday and Thursday night. This includes a hands on section for fix a flat. The last class occurs on Saturday morning in the parking lot. Class dates [July 11](#), 13, 15, and [August 15](#), 17, 19. Trained and certified instructors will include CIBC members.



Full size poster on page 17.

For more info on Ventura County transportation and bike happenings go to:  
<https://apm.activecommunities.com/venturaparksandrec>  
<https://www.goventura.org/rideshare>  
<http://www.bikeleague.org/content/promotional-materials-0>



Mike checks out the bike tools attached to the repair stand.



Tim and Sean stop to inspect the new bike repair stand at Rincon.

## CIBC Took a Lead Role in the Many Activities of National Bike Month



May is National Bike Month and is recognized by communities throughout the United States. During Bike to Work Week, May 15-19, club members participated in various community events to support bicycle awareness programs including a cyclist's bike to work pit stop and representation at a Ride of Silence. Members celebrated new bike lanes, bicycle friendly city awards, installation of bike fix-it stations around the county, and gathered at county supervisor meetings in a show of support for future bicycle safety measures - and had fun doing it. Also during that time, the Club celebrated safety victories, attended advocacy rallies, and were engaged in many ways to support National Bike Month.



**On Bike to Work day, May 18,** Bill and Kate Faulkner operated a bicycle pit stop in downtown Ventura that offered commuting cyclists snacks, water, and handy bike items such as sunglasses, bike lights and min tire patch kits. The site was set and ready for visitors by 6:00 a.m., Channel Islands Bicycle Club banner proudly displayed as one of the sponsors.

**The Ride of Silence is a national day of recognition** for bicyclists that have been killed in traffic collisions while on their bikes. Three CIBC members were among those remembered during the May 17 ride in Oxnard – Jim Dillingham, Walt Hayes, and Matt O'Neill. Dan and Margaret Mathews represented the club with a decorated table filled with water bottles, snacks, and bicycle safety brochures provided by the Oxnard Police Department. Dan and Toby Smith from The Hub are shown diligently working their respective info tables at the Oxnard event.



### Club Support and Advocacy = Green Bike Lanes and More in Ventura County



New green bike lanes, bike boxes, paved shoulders, and bicycle friendly city awards don't just show up. It takes dedicated advocacy, patience, and support from CIBC leaders and members to convince city and county officials of the importance of these projects. As CIBC Government Liaisons, Kate Faulkner and Leslie Ogden pave the way in identifying the most important safety requirements for bicyclists and representing our club as advocates for making these advancements. When the call comes out for club members to show support through attendance at city and county administration meetings, consider doing so knowing that everyone will benefit from safety changes, not just cyclists but also pedestrians and drivers.

## At Your Service - CIBC Offers Bike Valet and Other Assistancess



CIBC volunteers are always welcome to help man the Club's bike valet services at downtown Ventura festivals. Cyclists' may enjoy strolling through the downtown festival without worry about their bikes which are safely corralled in the valet lot. The bike valet is just one of the many services that CIBC provides for various community events in Ventura County. Interested in helping out at one of these fun events? Calls for volunteers are communicated on the Club's website and on the CIBC Facebook page. These are good opportunities to meet and work with other club members while providing a valuable service to the community.

The following article was reprinted from the June 7, 2015 edition of the VCR Reporter, by Chris O'Neal.

### Ventura's new cycling lanes, safety award

That streak of green Ventura residents are seeing along Seaward Avenue is nothing to be envious about, but rather proud, as the city has implemented the first in a series of safety lanes for cyclists. On Sunday, June 4, BikeVentura celebrated the lanes with an inaugural ride while also observing the city's recognition by the League of American Bicyclists.

The city began installing the green bike lanes in April, beginning with Main Street and Mills Road, and have recently completed addition of the lanes to Seaward Avenue and Sanjon Road. In an April release, the city cited the National Association of City Transportation Officials' Design Guide, which states that "colored pavement within a bicycle lane increases the visibility of the facility, identifies potential areas of conflict, and reinforces priority to bicyclists in conflict areas."

In addition to the lane, so-called "bike boxes" have also been implemented. Bike boxes are designated areas at signals where cyclists can safely gather before proceeding and to safely make left turns.



**All level riders (age 16+, and 13-15 with parent or guardian) are encouraged to come learn bicycle street skills from the League of American Bicyclists in a 3-part series of free, fun and informative classes.**

Hosted at City Hall

Sign up by calling the City of Ventura, Bicycle Coordinator, League Cycling Instructor Derek Towers, 805-654-7849 or dtowers@cityofventura.net

**VENTURA**  
www.cityofventura.net

#### PART 1 - Get Your Bike Ready to Ride!

Learn all the important aspects of basic and responsible bike maintenance: fixing flats, ABC quick check, bike fit and some safety considerations.

Hosted at Ventura City Hall, 501 Pal St., Aracapa Conference Room (no fee is necessary)

#### PART 2 - Become a Confident Rider!

Understand your rights & responsibilities as a driver operating a bicycle safely and legally on public roadways. Most importantly, develop the ability to identify unsafe traffic situations and make decisions that can prevent crashes and collisions.

Hosted at Ventura City Hall, 501 Pal St., Aracapa Conference Room (no fee is necessary)

#### PART 3 - Bike Handling Skills & Group Ride

On Saturday morning, the group meets at the parking lot behind Ventura City Hall to practice handling skills on the blacktop for a couple hours. Learn to use the City's green bike lanes and bike boxes as you enjoy a group ride around Ventura with your League Cycling Instructor.

Meet in the parking lot behind Ventura City Hall, at the 505 Pal Street back entrance. (Only participants who attended the Part 2 "Become a Confident Rider" class may join the group ride.) **REQUIRE:** A bike in working condition and a helmet are required.

Visit [www.cityofventura.net/bicycling-and-walking](http://www.cityofventura.net/bicycling-and-walking) for more information and dates.

Bicycle safety education is supported by the City of Ventura.



### Mike Gold's Book Suggestion

You may have the book "Bike Cult" by David Perry. But if not, it is a soft covered treasure trove of all things bicycle related from 1995 and before. The ISBN number is 1-56858-027-4. Everything that you ever wanted to know, but were afraid to ask, (about bikes, and related history and politics of bikes) is contained therein.

Advice, By anonymous mm  
Someone - I don't know who -  
Said I have some advice for you.  
If it's fun and excitement you like  
Then grab your helmet, get on a bike.  
If you don't want to walk or to drive  
Or take the bus to safely arrive,  
Then you just might think bikes are fun  
And friend, you aren't the only one!

### Editor's Message

This newsletter was made possible by the kindness and support of many club members who took the time to research and write articles and dig into their archives for interesting photos. Not just any article or photo, but fun stuff, at least I like think so. No one can do this stuff alone. Thanks to my non-bicycle friend Judy who helped with the template. Huge thanks to my patient husband Dan who caught my computer as it was flying out the window and fixed it, proofed, edited, and made suggestions for newsletter improvements.



Please send me your stories, letters, complaints, accolades, suggestions, photos for the next newsletter, due out in September. Meanwhile, see you at the July 15 summer picnic and rides and the October 20-21-22 Lure of the Grapes.

## We Are Channel Islands Bicycle Club – Join Us for Good Exercise, Good Fun, Good Friends



Join Us! All of our rides are on the CIBC Website Rides Calendar – [www.Cibike.org](http://www.Cibike.org).  
Guests – please sign in at the ride calendar.