

The

# Knickerbikers

of

# San Diego County

[www.Knickerbikers.com](http://www.Knickerbikers.com)



"Nobody ever died from not knowing how to play flag football. Yet we spend tax money teaching kids its nuances in gym classes, while bicycle safety is still foreign to most school curriculums. That isn't right." ~ Don Guerdon, cycling journalist who uses the pen name "Captain Dondo"

## THE BULL-A-TON

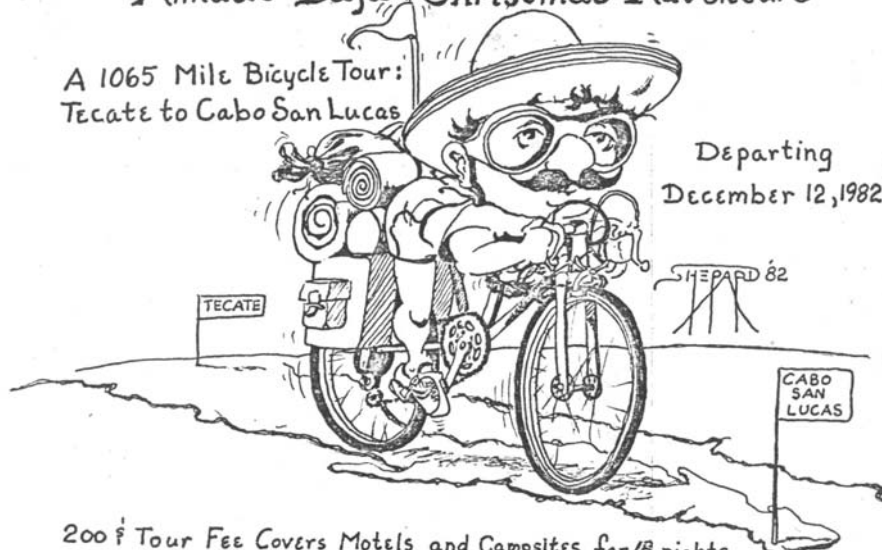
SEPTEMBER 2008

Vol. 35 No. 4

### THE Knickerbikers 8<sup>th</sup> Annual Baja Christmas Adventure

A 1065 Mile Bicycle Tour:  
Tecate to Cabo San Lucas

Departing  
December 12, 1982



200 \$ Tour Fee Covers Motels and Campsites for 18 nights

No Support Vehicle - full touring Loads

Bus or Airplane Return to U.S.A.

For Details Contact: Bob Wagner (714) 443-2532

#### Riding Schedule:

Day	Destination	miles	Day	Destination	miles
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Dec 13	Colonet	77	Dec 22	CD Constitucion	90
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Sandy Shapiro (more to follow!)

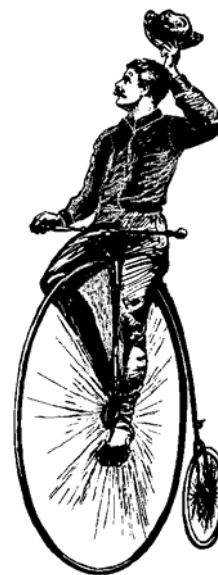
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"It is when you come back to bicycling, after long dispractice, that you realize how exquisite a physical art it is."  
~ Christopher Morley, *The Romany Stain*

## THE BULL-A-TON

## OCTOBER 2008

Vol. 35 No 5

BAJA VIII 1982

This tour, the full length of the Baja California Peninsula is exciting. However, it is demanding, both physically and mentally. It is not a "fun, play, and explore" tour. It is a bicycle ride. Mileage objectives must be met in the eleven hours of daylight. Breaking camp before dawn and riding at first light is the rule rather than the exception. At Cabo San Lucas, most feel the ride was worth the effort. The tour is as follows.

SAT DEC 11 0 MILES TECATE  
We assemble at the El Dorado Motel in Tecate. At 8:30PM there will be a pre tour meeting. We'll get acquainted, answer questions, and make final equipment checks.

SUN DEC 12 72 MILES ENSENADA  
A good shake down ride. Some pretty healthy hills to be climbed soon after leaving Tecate. Today's ride is typical of what may be expected in the days to come. Ensenada is a bustling city with many fine shops and restaurants. We will spend the night at the El Cid motel.

MON DEC 13 77 MILES COLONET  
Your tourist card must be presented and stamped at the Maneadero check station. Some hill climbing today with gut busters out of the Santo Tomas Valley. Don't kick back too long at San Vicente, there's more climbing, and the final miles don't come easy. Camping at Colonet is primitive. Colonet sometimes has ample groceries and fresh water. Sometimes it does not. Today's ride ends at kilometer 125.

TUE DEC 14 81 MILES EL ROSARIO  
A fairly demanding day with steep grades in the final few miles. A very fast down hill into El Rosario. We will camp at Rancho Juan Mouett, a short way out of town. Last year, this was the scene of multiple ass-chewings and an angry ride leader. Why? Riders out after dark. Why? Their long lunch break in San Quintin and general screwing off. Keep pushing! El Rosario has a large market - stock up for tomorrow's breakfast. Rancho Juan Mouett has good well water. You may take a bucket bath and hand wash clothing. Today's ride ends at kilometer 58.

WED DEC 15 75 MILES SANTA INES  
Today is a bitch. A test of soul. Rolling hills with a million gear changes. There is nothing for the first forty miles. Service is slow at the cafe at mile forty. If you're not long on daylight, snack and keep moving. You may expect stiff headwinds late in the afternoon. We will spend the night at Rancho Santa Ines. They have eighteen bunk beds with clean sheets and GI army blankets, a hot shower, excellent food, cold beer, good well water. The beds go to our ladies regardless of arrival time. Beds remaining to the men, in order of arrival. Santa Ines is to the left after Kilometer 172.

THU DEC 16 98 MILES ROSARITO  
Today, we climb to our highest elevation (2690 feet) then drop to areas of dry lake beds and miles of desert. Morning headwinds will slowly shift to tailwinds. (Trust me.) There are rollers at the end of the day. We will camp at the Rosarito trailer park. There is no water, no electricity. Sort of the pits. You'll be tired enough to not care. A very good cafe across the street plus rent-a-showers, normally used by Mexican truck drivers and bicyclists. Rosarito leaves a lot to be desired, but gets sort of "homey" after six or seven beers. Today's ride ends at kilometer 52.

FRI DEC 17 94 MILES VIZCAINO JUNCTION  
Today we cross the 28th parallel which divides northern and southern Baja California. This is marked by a 140 foot high steel monument in the shape of an eagle. We will reach Guerrero Negro about noon. There are groceries, fresh fruits, etc. You must be out of town by 1:30 as we still have 45 miles to go. We'll camp somewhere at kilometer 144. Maybe in the campground if Pemex Oil Co. doesn't have it. Maybe in the desert. There are two cafes. If you found Rosarito cosmic, you'll find Vizcaino orgasmic.

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To the left is page one of the very detailed route slip for The Knickerbikers 8<sup>th</sup> Annual Baja Christmas Adventure ~ 1982. Above is the route slip cover page. The cover page was published in September 2008 Bull-A-Ton.

Submitted by:

Sandy Shapiro  
(more to follow!)

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"I'm not saying everyone has to ride a bike, but it's important to provide people with the infrastructure to make that choice." ~ Premier Gordon Campbell of British Columbia, Canada, on announcing the province's "Bike BC" initiative (see details in The Vancouver Sun, September 16 2008 - [http://www.canada.com/vancouver\\_sun](http://www.canada.com/vancouver_sun))

## THE BULL-A-TON

## NOVEMBER 2008

Vol 35 No 6

**SAT DEC 18** 44 MILES SAN IGNACIO  
Want to sleep in and take it easy? Today is the day. After miles of desert we reach a date palm oasis. San Ignacio is like going back in time. It is quaint and has a certain charm. The church in the town square dates to 1786. There are plenty of groceries, fresh fruits. It is here that the vegetarians of the group usually overdose. They'll buy a kilo of dates and eat them like popcorn. They usually get over it in two or three hundred miles. We will spend the night at the El Presidente hotel, Plush, except for the things that don't work. Today's ride ends at kilometer 74. *what's the route?*

**SUN DEC 19** 84 MILES MULEGE  
Today, we complete our crossing of the peninsula and for the first time view the Sea Of Cortez. The downhill into Santa Rosalia is very steep and requires caution. Don't try to be macho, or macha as the case may be. Keep your speed under control. After Santa Rosalia, much of the afternoon will be gentle rollers near the coast, with some final grunt outside of Mulege. We will stay at the El Terrazzo Motel. There is a laundromat next door. Today's ride ends at kilometer 133.

**MON DEC 20** 85 MILES LORETO  
Everyone should be tough by now, but the day aint no gimme. We pass the beautiful Conception Bay on our way to Loreto. Crystal clear waters, sandy beaches - beautiful. In Loreto, you will see one of Baja's oldest missions, built in 1697. We will stay at the Hotel Oasis.

**TUE DEC 21** 0 MILES LORETO  
A first for the Baja tour. We will celebrate the first day of winter lounging around the Hotel Oasis. Let bodies heal a little, play with our toys, and just fool around. You can walk down the beach and see an old World War II vintage (B-24?) airplane in crashed condition. Loreto has a bank, you may telephone mommy, and there is a laundromat. You'll like the place.

**WED DEC 22** 90 MILES CIUDAD CONSTITUCION  
You're ready...right? This laying around really sucks..right? Well, we leave Loreto, and there are some mild rollers. At kilometer 87 we begin some hard core grunt. But not to worry, it gets flat as a table at kilometer 45. The final fifteen miles between Villa Insurgentes and Ciudad Constitucion are heavily traveled - use extra caution. There is a large supermarket on the left as you enter town, and the first traffic signals in 700 miles. Buy dinner and munchies for tomorrow. We will camp at the RV park south of town. Turn right at the electrical power plant near kilometer 209. The park is grassy, has a large swimming pool with cold water and showers with cold water. The place also serves as the town social hall. Two years in a row now, there has been a wedding reception on the night of our arrival. Both times, the band began to play promptly at 9:00PM. Things quieted down about 3:00AM.

**THU DEC 23** 132 MILES LA PAZ  
The day of decision. You may elect to ride the entire distance, thus giving a full two days off in La Paz. Or, you may split the distance in any manner you choose. Beyond El Cien, the half way point, there isn't much out there. Leave this morning loaded to full capacity with water. The first thirty miles are flat and go quickly. Then there are gentle rollers turning into big rollers. Possible headwinds - late afternoon. The 132 miles can be done before dark. It requires an absolute dawn start, and no nonsense riding all day. We will stay at the Hotel Los Arcos.

**FRI DEC 24** 0 MILES LA PAZ  
Christmas Eve in La Paz is special to me for a reason I can't describe. I get misty about it. Many memories of long roads traveled with friends and loved ones. Some, now gone. My eighth Christmas on the peninsula. Why? God only knows. May each of you have a special Christmas Eve.

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Dec 17	Vizcaino	94	Dec 26	Los Barriles	67
Dec 18	San Ignacio	114	Dec 27	San Jose Del Cabo	52
Dec 19	Mulege	87	Dec 28	Cabo San Lucas	18
Dec 20	Loreto	85			

To the left is page two of the very detailed route slip for The Knickerbikers 8<sup>th</sup> Annual Baja Christmas Adventure ~ 1982. Above is the route slip cover page. The cover page was published in September 2008 Bull-A-Ton.

Submitted by:  
**Sandy Shapiro**  
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"If constellations had been named in the twentieth century, I suppose we would see bicycles." ~ Carl Sagan - astrophysicist

## THE BULL-A-TON

## DECEMBER 2008

Vol. 35 No. 7

SAT DEC 25 0 MILES LA PAZ  
 A sincere merry Christmas to all of you. Our second day of loafing. Could get to be quite a habit. The city of La Paz usually isn't dormant on Christmas day. A surprising number of stores are open and the place hums right along. I'll not bore you with things to do or see. Just wander around. You'll keep bumping into fellow bikies, and I'm sure you will find the city a fascinating place. Enjoy, for tomorrow we're on the move again.

SUN DEC 26 67 MILES LOS BARRILES  
 This day seems to be an absolute favorite to those who have ridden it. Good road surface, light traffic, flat running, some hill climbing, lots of downhill toward the end. We pass through small mountain communities. There are random cafes, small stores, and fruit stands. We will camp at Martin Verdugo's RV park. Turn left at kilometer 111. A tricky dirt road, be careful. There are hot showers, good water, small stores. An easy walk to the beach. Nearby is the Hotel Palmas de Cortez. With a small dirt airfield, it caters to the fly-in sports fishermen. The hotel has a nice bar and comfortable outside patio area. We have always been welcome. Let's have a beer and look over the Cessna set.

MON DEC 27 52 MILES SAN JOSE DEL CABO  
 Something different this year. We'll not push to Cabo San Lucas today. Reason? Once you get there, there really isn't anyplace convenient to stay, and it's getting late. The good old El Arco trailer park is gone and condo's are in its place. So, today we will stay at the Hotel Cici. This hotel is interesting. Clean, but rather basic. Remember the cold shower at the RV park in Ciudad Constitucion? And you said "never again"? Well, guess what.....

TUE DEC 28 36 MILES CABO SAN LUCAS  
 A panniers off (if you wish) breakfast ride the last eighteen miles to the tip of the peninsula, Cabo San Lucas. On the main street, across from the police station is a highway mileage marker. It is the "kilometer 0" sign, the end of Mexico highway one. Touch it, lay your hands on it as many have done before you. It is symbolic and has different meaning for different people. I've seen tears and total nonchalance. To reach this rather unpretentious monument has required that you be one of the best, and places you into a relatively small exclusive fraternity. After picture taking and exploring Cabo, return to the Hotel Cici. We'll spend another night in this fine establishment, then, sweetheart, you're on your own. The Aeromexico ticket office is nearby, and soon we shall be scattered to the winds....home. And the memories? That's where it's at. You'll never forget your trip to the end of this peninsula. Perhaps some of you will return with me again. Adios.

There follows, in alphabetical order, things you must know relative to bicycling in Baja, and things expected of you. As you read further you will find areas where I lack tact or diplomacy. Many statements may convey a know-it-all, bossy attitude. However, I have mellowed over the years, reluctantly discontinuing the use of my swastika armband and swagger stick after Baja III.

**BICYCLE** Must be in primo condition. Wheels tight and true, bearings recently serviced, including bottom bracket and pedals. Good brake blocks. Shifter and brake cables new or near new. Headset tight. Carrier mounting screws lock-washed or the threads coated with loc-tite. Vibration factors on Baja roads more significant than the USA. Have at least six spare spokes.

**COMPONENT FAILURES** There is the "old" style of Blackburn rear carrier and an "old" style of Kirtland front handle-bar bag rack. These are prone to breakage. Last year, there were failures of the new Blackburn rear carrier at welds on the front brake (adjustable) mount. Examine for cracks. There have been failures of the steel Claude Butler rear carriers. Use components of latest design. Remember, if an item fails, there is no stopping at the next bike shop for replacement.

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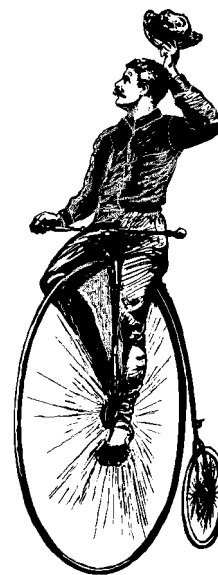
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"Cycling is the sport of usefulness." ~ Fred DeLong – cycling writer



## THE BULL-A-TON

## JANUARY 2009

Vol. 35 No. 8

**CONDUCT** I hate to talk about conduct, but if I don't, then I regret it. Here is the way it is. Each thing mentioned has been a problem at one time or another on previous Baja tours. (1) First, I'm concerned with group image. We should deal with the Mexican people politely and as equals. No haggling about prices and treating them as "natives". (2) In the USA most eating establishments require that you enter wearing a shirt. I expect the same of you in Baja. (3) Drinking. Please don't drink hard stuff and ride. Don't laugh, I've had this problem. After riding, occasional inebriation is acceptable and good for the soul. Noisy - throwing up-inebriation should be confined to the remote desert campsites. In the towns, be mellow. (4) Most towns have a central plaza in which the community takes pride. You are welcome to sit on a bench and relax. However, if you begin to prepare a meal or start a major overhaul on your bike, the local constable may ask you to move on. (5) Do not invite strangers to camp with the group. (6) Pick up your trash.

**DAILY MILEAGE OBJECTIVES** We have eleven hours of daylight. Some days will have long shadows before we reach camp. It will be necessary to get up at predawn and ride at first light. This discipline must be observed the entire tour with the exception of the short run to San Ignacio from Vizcaino. Each kilometer from Tecate to Cabo San Lucas has an individual marker. Thus, you may calculate kilometers ridden, kilometers remaining, and remaining daylight. If you are at kilometer 10, and the days ride ends at kilometer 58, and it's after 4:00 PM, you're in deep feces. We'll have a personal discussion when you reach camp after dark. In truth, a rider not in by dark, really a matter of concern to everyone. We worry.

**DRIVERS** The Mexican motorists have always been very courteous and it is rare that they will jeopardize a cyclist. Normally, they will give you the lane when passing and will "hang back" and wait to pass safely in curved or vado areas. The buses are a little different, they're movin' on. Give them all the room you can. Worry most about the gringos, particularly the Californians.

**EQUIPMENT** Evaluate with care each item you are taking with you and ask yourself if you really need it. In years past, some people had so much unused spare gear, they were boxing it up and sending it to Tijuana by bus.

**FOOD** Eat at the small roadside cafes at your own discretion. The food looks and tastes good. However, none of these places would rate an "A" card from the health department. In your home town, you wouldn't be caught dead in a place like it. A best bet is to get along as much as possible on canned foods purchased daily on an "as need" basis. Tuna, vegetables, refried beans, peanut butter, and so on. Bananas and oranges are usually available. Most mornings, there is no place (or time) to obtain a breakfast. Thus, the night before, buy something to get you off the line in the morning.

**ILLNESS** Will occur to some of us without fail, it does every year. Sometimes a lot, sometimes a little. There will be intestinal disturbances, maybe the flu, or bad colds. What do you do? You ride as far as you are able, then hitch a ride to the day's destination. There never has been a problem in getting a ride. See OBJECTIVES.

**MIRRORS** I've always used the type of rearview mirror that mounts on my eyeglasses. I ask that you use some type of mirror. Many claim to be able to hear traffic coming and discern the type of vehicle. This is total bullshit. With the vados, knowing what is coming from behind can help eliminate tight situations for both motorist and cyclist. There is no room for a northbound vehicle, a southbound vehicle, and you, in the same place at the same time. Know what's coming.

**MONEY** Pesos are a must. In small towns you will have difficulty with notes of large denominations. For openers, I suggest at least \$150.00 in pesos. You may obtain more in the larger cities further south.

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