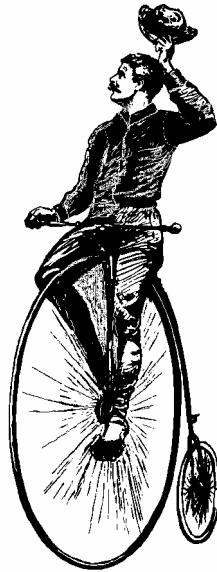


The  
Knickerbikers  
of  
San Diego County

[knickerbikers.com](http://knickerbikers.com)

"Sighing for new worlds to conquer, I'm determined that I would learn the bicycle." - Frances Willard, *How I Learned to Ride the Bicycle*



THE BULL-A-TON

MAY 2013

Vol. 40 No. 1

### **Wednesday Lite Visits the Flower Fields**

On Wednesday April 10, several intrepid Wednesday Lite riders hopped on the Coaster to Carlsbad to see the flower fields. Joan S. and John W. met us at Mission Bay but opted to not do the coaster thing. Penny and Gail R rode the train from downtown, while Joi, Ken, Merle, Susan V. and Terry rode south from Mission Bay to Old Town to board the train. Gail M. and Carol P. hopped on board in Sorrento Valley.

Disembarking in Carlsbad, we pedaled a short way to see the sights shown below. Then we headed south in perfect weather (and tailwinds!) to lunch at La Especial Norte and climb Torrey Pines hill to return home. Way to go, cyclists! Thanks for a good day.

Future Wednesdays we will revert to one of our other classic rides, so please join us!

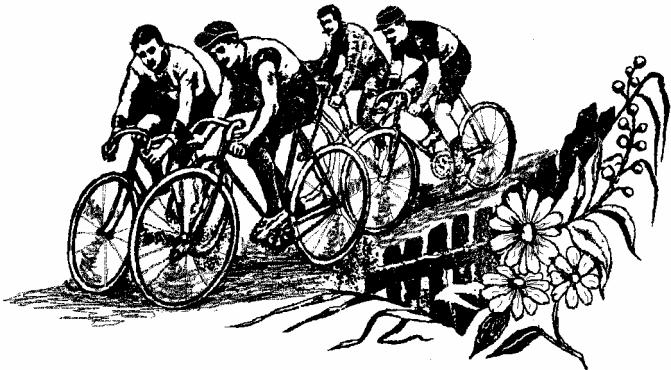


Submitted by Ken

# Outings

MAY 2013

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Want to cycle more?

If you're looking for a moderate **TUESDAY** or **THURSDAY** ride, sign up on the **TTBikers** email list.  
<http://groups.yahoo.com/search?query=ttbikers> We meet at various locations - leader's choice - at **9:30 AM**. No requirements to lead a ride unless you want to become a regular, in which case the schedulers may bug you about it. If you have any further questions, contact Lois Horowitz at loalhoro@yahoo.com

You'll find a group of Knickerbikers ready to ride every **Wednesday** at **9:00 AM** at **Mission Bay**. The meeting spot for the **WEDNESDAY LITE RIDE** is **Mission Bay Visitor's Center** in the north parking lot (East Mission Bay Drive & Clairemont Drive). The ride is usually about 25 miles at an easy pace. First stop is usually a coffee break which gives us an opportunity to decide the ride route and lunch spot!

To get to Mission Bay Visitor's Center, take I-5 to exit Clairemont Drive. Go west to Mission Bay Visitor's Center. Turn right on East Mission Bay Drive, then make an immediate left into parking lot, and another left towards Mission Bay Visitor's Center.

The **ORIGINAL WEDNESDAY RIDE** heads out every **Wednesday** at **9:00 AM**. A large group of riders meet at the **Target parking lot** (1288 Camino del Rio North, corner of Mission Center Road and Camino de la Reina) in **Mission Valley** for a **9:15 AM** departure. The rides are "brisk" and cover about 30 miles. Yes, there will be a lunch stop along the way. All riders are welcome!

Riders are welcome riders to join the **SATURDAY LITE RIDE** which meets every **Saturday** at **9:00 AM** at the **Old Town Trolley station parking lot**. The Old Town Trolley is located at 4005 Taylor Street. The ride is usually about 25 miles at an easy pace. First stop is usually a coffee spot where the riders decide where to ride and enjoy lunch!

## KNICKERBIKERS of SAN DIEGO COUNTY

### EXCURSION RATING KEY

- \*\*\*\* SIGHTSEERS - Leisurely riding. Destination and scenic oriented. Frequent stops. No extreme grades. 8 - 12 mph
- \*\*\* TOURISTS – Moderate to brisk pace. Scenic roads including hills. Stops every hour. No one gets dropped. 12 mph
- \*\* SPORTS RIDERS - Vigorous, peppy pace. Possible steep grades. Good workout. Stops every hour or two. 15 -17 mph
- \* MASTER RIDERS (Animals) – Anything goes. Possible pace lines. Slower riders dropped. Ready for competition. ? mph

### PROMPT DEPARTURES

Rides depart **15** minutes past scheduled assembly time. Please be ready and waiting for departure.  
 Greet your ride leader!

**SAT MAY 04**      **9:00 AM**      **30 MILES**      \*\*\*      **G&C SINGING HILLS LOOP**  
 Vons parking lot (South east corner)  
 5630 Lake Murray Blvd.  
 Corner of Lake Murray & Baltimore

Guy & Caroldine. From I-8 take the Lake Murray exit and continue for a couple of miles to Baltimore. Turn left on Baltimore; Vons will be on your right. Hopefully the flowers will be in full bloom on this Singing Hills loop. From the starting point we will connect to Chase Avenue. We'll then take Hillsdale and Vista Grande to Dehesa. The return will be via Willow Glen with a stop at the Rancho San Diego Starbucks before reconnecting to the starting point via a secret route behind Mt. Helix. Lunch is to be announced at the ride start.

**SAT MAY 04**      **6:30 AM**      **50 MILES**      \*\*\*      **NO WAY AM I LEADING THE  
ROSARITO-ENSENADA RIDE  
- I'M JUST A WIMPY PARTICANT**

Will. 6:30 AM departure (by bus) from Balboa Park for Rosarito. Depart from Ensenada 5 or 6 PM, your choice.

Details: distance, 50 miles. Elevation gain: somewhat over 2000 ft. Most challenging hill: "El Tigre" at about mile 23, a 4 mile climb of 800 ft or about 2x Torrey Pines. Much of the ride is scenic coastal and rural. Route is closed to cars. Last September's youngest was 6 years old, and the oldest was 82.

Outback Adventure bus provides continental breakfast and outstanding all-you-can-eat-and-drink fest in Ensenada. Buses are excellent highway cruisers with on-board restroom (but rather cramped).

Cost: ride registration \$48 (including online registration fee)+ \$6 mail delivery of packet  
 See <http://www.rosaritoensenada.org/> or Outback bus: \$84 See <http://www.escapefortheweekend.com/>

**SAT MAY 04**      **6:00 PM**      **0 MILES**      \*\*\*\*      **KNICKERBIKER KNIGHTRIDERS**  
 Potluck  
 \* details in email \*

Please bring a prepared dish to share as well as the beverage of your choice. As we will be both inside and outside, you might want to bring a jacket. Please, please RSVP!

**SUN MAY 05**      **9:00 AM**      **26.3 MILES**      \*\*\*      **EL CAJON TO ALPINE**  
 Bank of America parking lot  
 845 N 2nd Street, El Cajon (2<sup>nd</sup> Street & Peach Avenue)

Paul and Joi. Joi and Paul will lead this Knickerbiker Klassic - El Cajon to Alpine, with a stop at Summers Past for a break on the way up. We will try to have Mexican food for lunch to celebrate Cinco de Mayo.



March 2 2013  
 Coastal Jaunt

Submitted by Merle

<b>TUE MAY 07</b>	<b>5:45 PM</b>	<b>WALK</b>	<b>**** KNICKERBIKER KNIGHTRIDERS</b>
	<b>6:30 PM</b>	<b>DINNER</b>	Studio Diner (858 715 6400)
			4701 Ruffin Road

Rita. Do the time warp down Ruffin Road and feast your eyes on the neon-lighted Studio Diner. It's an authentic trip back to the '40s — in the middle of the Kearny Mesa Business District. Wrapped in chrome, the diner is a welcome roadside stop. And, fittingly, it's set on the lot of a working movie and TV studio, Stu Segall Productions. (Remember "Silk Stalkings" and "Renegade"?)

Let's get in a brisk walk before dinner. Meet at 5:45 PM, leave at 5:50 PM for a neighborhood walk.



Decorated with "behind-the-scenes" movie-making equipment and serving comfort food with an upscale vibe, Studio Diner is fun for the senses. Try the Grip Burger, a half-pound cheeseburger you might have a hard time finishing. (Low-carb dieters will appreciate being able to order their burgers "protein style," substituting buns for leaves of lettuce.) Featured from the east coast are the Lobster Roll and whole belly Ipswich Clams served as an appetizer.

<b>SAT MAY 11</b>	<b>9:00 AM</b>	<b>30 MILES</b>	<b>** UP WE GO!</b>
			26439 Highway 76, Lake Henshaw
			Santa Ysabel

Paul. Meet with Paul and your fellow riders at Lake Henshaw. Paul will lead us up Palomar Mountain to enjoy lunch at Mother's Kitchen. If you want to cycle the area, but not ride up Palomar Mountain, you can do a loop from Santa Ysabel to Julian and back.

<b>SUN MAY 12</b>	<b>10:00 AM</b>	<b>28 MILES</b>	<b>*** MOTHER'S DAY RIDE</b>
			Target parking lot
			1288 Camino del Rio North
			corner of Mission Center Road and Camino de la Reina)
			<b>Mission Valley</b>

Susan. Take I-8 to Mission Valley. Exit Mission Center Road north. Turn right onto Camino de la Reina. Turn right into Target.

We'll ride out Mission Valley like the Padres of old. We'll pass the Mission where the local Indians were taught Christianity and other good things. We'll ride Father Junipero Serra trail commemorating the Jesuit slaver. We'll ride on to Santee and stop at Lakes Market to pick up a sandwich. With lunch in the bag we'll ride to Santee Lakes to celebrate Mother's Day. There will be champagne for all the mothers and for all those who made them mothers.

**SUN MAY 12**

**AMGEN Tour of California**  
"America's Greatest Race"

AMGEN Tour of California, - This year the city Escondido will host the first leg of the 2013 AMGEN Tour of California on Sunday, May 12. The first leg of the 102 mile race will begin in Escondido with cyclists racing through Ramona, climbing up the backside of Mt. Palomar and returning to downtown Escondido via Valley Center.

As the host city, Escondido will need between 400-500 volunteers on race day. If you are interested in volunteering to assist with this years race, contact Michelle Geller at 760.839-4587 or at [mgeller@escondido.org](mailto:mgeller@escondido.org). Additional information regarding Escondido's role in this years AMGEN Tour of California can be found on the cities web site at [www.escondido.org/amgen-tour.aspx](http://www.escondido.org/amgen-tour.aspx)

<b>TUE MAY 14</b>	<b>5:45 PM</b>	<b>WALK</b>	<b>****</b>	<b>KNICKERBIKER KNIGHTRIDERS</b>
	<b>6:30 PM</b>	<b>DINNER</b>		Tweety Thai Cuisine (858 483 3266) 1768 Garnet Avenue Pacific Plaza (between Jewell St & Kendall St)

Priscilla. Tweety Thai is in the same mall and just around the corner from Great News Cooking School. Let's get in a brisk walk before dinner. Meet at 5:45 PM, leave at 5:50 PM for a neighborhood walk. We'll then join the non-walkers at Tweety Thai Cuisine at 6:30 PM. Tweety Thai Cuisine is a full-service, sit down restaurant with flawless customer service and extremely attentive wait staff. And the food is delicious.



**FRI MAY 17**

### NATIONAL BIKE TO WORK DAY

Join thousands of San Diegans and cycle to work on **Friday, May 17**. Biking to work is a great way to save money, get fit, and be environmentally friendly.

Register for Bike to Work Day, and log your bike trips in [TripTracker](#), to be automatically entered to win one of many great prizes, including the grand prize — a new bicycle! In addition, every time you bike to work and log your trips in May, you will be entered into weekly prize drawings throughout Bike to Work Month.

Stop by one of more than 80 pit stops conveniently located throughout the county on Bike to Work Day to pick up your FREE t-shirt, snacks, and plenty of encouragement. Visit the [Bike to Work webpage](#) for pit stop location updates and to find a pit stop on your commute route.

The fun isn't just on Bike to Work Day...other activities run all month long. Check out our [online events calendar](#) to stay up-to-date on the latest Bike to Work Month activities.

For information about Bike to Work, visit [511sd.com/iCommute](#) or call 511 and say "iCommute." Get ready to roll!

<b>SAT MAY 18</b>	<b>9:00 AM</b>	<b>32 MILES</b>	<b>***</b>	<b>MESA GRANDE</b>
				Collier County Park 626 E Street, Ramona

Merle. Take Highway 78 to Ramona. In Ramona this is known as Main Street. Turn right onto 7th Street. Turn left onto E Street. Pull into parking lot on right.

After a short ride on Ramona streets we'll be on a dirt road all the way to Mesa Grande. Bring your mountain bike or hybrid. You may not be too happy riding a road bike. We'll go through some back country, past an Indian Reservation on to Mesa Grande. We'll rest on the steps of the long closed Mesa Grande Store. We'll be readying our selves for the 2,000 ft. drop back to Ramona. A description of the ride with photos and a track that can be viewed in Google Earth can be found at <http://mvogel.com/KnickerPics/110528/index.html>.

<b>SUN MAY 19</b>	<b>9:30 AM</b>	<b>25+ MILES</b>	<b>***</b>	<b>4S RANCH LOOP</b>
				Chicken Pie Diner Target Shopping Center 14727 Pomerado Road, Poway

Stogs & Susie. We will tootle around 4S Ranch, attacking a few hills along the way, but it will be fun! Lunch will be mid-ride.

**TUE MAY 21      6:30 PM      0 MILES      \*\*\*\*      KNICKERBIKER KNIGHTRIDERS**  
Joe's Crab Shack (619 574 8617)  
7610 Hazard Center Drive, Mission Valley

Rhonwyn. Once upon a time there was a cool little seafood restaurant on Richmond Avenue in Houston. Its beach-side shack appeal attracted tons of people right from the get-go. They heard Joe's was a place where they kick back, strap on a bib and could enjoy awesome crabs, seafood and jam to rockin' tunes on the many picnic tables. Word spread about Joe's cool joint and soon, folks were dancin' on the tables and chairs – with their servers! Joe's Crab Shack now has over 120 locations in 28 states across the good ol' US of A. It is one of the largest, most-successful seafood restaurant chains in America.

**SAT MAY 25      9:30 AM      30 MILES      \*\*\*      KITCHEN CREEK/MT. LAGUNA LOOP**  
Major's Diner (619 473 9969)  
28870 Old Highway 80, Pine Valley

Merle. Take I-8 east to the Pine Valley Exit. Turn left at the bottom of the ramp. Turn right at the stop sign. Just past Major's Cafe turn left into a big parking lot. Park in the back of the lot. Consider coming early enough to have breakfast at Major's.

We'll ride Olde Highway 80 from Pine Valley to Kitchen Creek. We'll take a left there and climb Mt Laguna to the Sunrise Highway. Once on the Sunrise Highway we'll coast down the Sunrise Highway, enjoying the views all the way back to the start.

An account of the last time we did a similar ride can be found at <http://mvogel.com/KnickerPics/110522/index.html>. Unfortunately La Posta Cafe is closed so we will start and finish at Major's in Pine Valley. The change will make the downhill even longer :-)

**SUN MAY 26      10:00 AM      20 MILES      \*\*\*      33<sup>RD</sup> ANNUAL ETHNIC FOOD FAIR IN BALBOA PARK**  
Mission Bay Visitor Center  
2688 East Mission Bay Drive  
North parking lot  
E. Mission Bay Drive & Clairemont Drive  
Mission Bay

Ken. To get to Mission Bay Visitor Center, take I-5 to exit Clairemont Drive. West to Mission Bay Visitor Center, right on East Mission Bay Drive, immediate left into parking lot.

We will explore some lightly traveled streets of San Diego, finding an easy way to Balboa for the Ethnic Food Fair at the International Cottages. Select your food from dozens of countries!  
See <http://www.sdhpr.org/events-food.html> for more information

**MON MAY 27      10:00 AM      ±25 MILES      \*\*\*      MEMORIAL DAY MONDAY**  
Costa Verde Shopping Center  
La Jolla Strip Club parking lot  
4282 Esplanade Court, University City  
La Jolla Village Drive and Genesee

Belle Jour (619 787 7427). The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive. Memorial Day weekend is just fine in San Diego! Those who show up will decide the route and the lunch spot! An enjoyable day for sure!



Merle and Susan. Let's get in a brisk walk before dinner. Meet at 5:45 PM, leave at 5:50 PM for a neighborhood walk. We'll then join the non-walkers at World Curry at 6:30 PM. World Curry is located in the heart of Pacific Beach on Garnet Avenue between Gresham and Haines Streets. Come sample their curries! The chefs have traveled the world to offer the most authentic recipes. Their curries are made with fresh, high quality ingredients and crafted with exotic spices. For a detailed menu see the World Curry website: <http://www.worldcurry.com>

**SAT JUN 01**      **9:30 AM**      **35 MILES**      **\*\*\***      **RON'S HINT OF SUMMER**  
Old Town Trolley station parking lot  
4005 Taylor Street

Karen. Karen is avoiding going up Torrey Pines grade... don't tell Ron! We will skirt Mission Bay, go up Rose Canyon to Vons and then head over to Cycle Quest to pick up any riders there... 10:30-ish? Then we can jetsam to the 101 and head up the rest of the way to Carlsbad. We can break and relax at the Waffle Box. We will catch the 1:55 Coaster back. \$5.50 a seat home or go cheap and pedal back.

Need ride details or additional information?  
Call Ken: 858 450 0373 or Sharon: 619 787 7427

You can sign up to lead a ride or schedule an event for the Knickerbikers in several ways:

- call or txt Sharon 619 787 7427
  - email editor@knickerbikers.com
  - [www.knickerbikers.com](http://www.knickerbikers.com)

Click on tab mark "Outings" and then click on -> Sign up to lead a ride! Once you are there you can also see the calendar and available dates.



Knickerbikers, did you know that bicycle tires & tubes can be recycled? Don't throw them in the trash. There is a blue can in the store in the Performance Bike shop in Kearny Mesa and Sorrento Valley just for old tires and tubes and chains. Check your local bike shop or other stores to find out if they recycle. The sign in Performance Bike indicates that the recyclable items will be used for playground equipment and many other things. Pass it on!

Submitted by *Dave*



# Coming Events



SAT JUN 15

through

SAT JUN 22

RAMM

Larry Gitman (Shadow Tour, LLC 858 456 0560 [lgitman@mail.sdsu.edu](mailto:lgitman@mail.sdsu.edu)). This year Larry has put together a 4-person mixed (three males, one female) average age 60 RAAM Team, Team GoAIEd, with the intent of breaking that category's record of 8 days 4 hours. The crew will consist of a total of 10 members whose primary responsibility is to drive (2 vans and a C-class motorhome), navigate, and generally support the four riders. This is a 24/7 race that we plan to complete in 7 days 0 hours and shatter the existing record. Our crew thus far includes an experienced crew chief, a medical doctor, a bike mechanic, and a past RAAM crew member. So we are looking for 6 more crew members.

This will be Larry's third Team RAAM race; he was a 4-person team rider in 2002 and 2007. In 2002, four of our ten crew were Knickerbikers and they were great. Lois, who worked this January's Stagecoach Century, was one of those crew members. So, Larry's request is: **Are any Knickerbikers interested in crewing for Team GoAIEd--an all expense paid, 7-day 24/7 trip leaving Oceanside, on Saturday, June 15, traveling at around 18mph, and arriving in Annapolis, MD on Saturday, June 22.** Technically, the crew and riders are the Team, and all members play important roles in the race. So, why would anyone crew for a RAAM Team? It's an adventure that will test the mettle of both riders and crew and allow the Team to see the country at 18 mph.

Any Knickerbikers interested in crewing should contact Larry. Thanks in advance for your help.

SUN JUL 07

through

SAT JUL 20

OLYMPIC DISCOVERY TOUR

Merle and Susan. Merle and Susan are leading a tour of the Olympic Discovery Trail on the Olympic Peninsula in Washington. The tour will be from 7 to 20 July, 2013. We will visit quaint Port Townsend, Forks of "Twilight" fame, La Push an Indian town on the Pacific Coast and Sekiu on the Strait of Juan de Fuca as well as Port Angeles and Sequim. We'll ride past the log cabin Merle's grandfather built when Washington was still a territory. The tour will also cross the Strait of Juan de Fuca to visit Victoria and ride rail trails there. This will be a leisurely ride with plenty of time for sight seeing. There will be time to smell the roses, the sea, as well as giant pine, fir, and cedar trees. Visit the web site at <http://mvogel.com/KnickerPics/OlympicDiscoveryTour/index.html> to learn more.



Submitted by Ron

**MON JUL 15**  
through  
**FRI AUG 09**

## ARCTIC TOUR

Will Cronyn, 619-823-0070 (NOT tour leader, just a common participant!)

Deadline for registration: May 15

Cycle Canada Bike Tour, sag-supported tour from Vancouver to Skagway to Inuvik, Northwest Territory, Canada.

Total days — 25 Riding days — 19 Rest days — 3 Ferry trips — 5 Total distance by bike 1935 km (1194 mi.)

Distance Vancouver to Dawson — 1,156 km (713 mi.) Distance Dawson to Inuvik 779 km (481 mi.)

Daily average, Vancouver to Dawson 110 km (68 mi.)

Daily average, Dawson to Inuvik — 97 km (60 mi.) Longest day — 155 km (96 mi.)

**Accommodations:** Nights camping — 18 nights Nights indoor — 6 nights 2 nights double cabin accommodation on overnight ferry. More than 2 to a room at some locations where we stay indoors. Most nights on the Dempster portion of the tour are wilderness camping.

**Meals** 20 dinners and 20 breakfasts. Most breakfasts are hot meals. Meals prepared by staff, or at restaurants.

Basic make your own lunch and snacks on riding days

**Other:** Cycling will be on paved and unpaved roads. Services in some areas can be minimal and riders will pass through remote areas with spectacular scenery. On most nights we will have hot showers and electricity. There will be some stays in no-service campgrounds and wilderness camps.

There are many reasons why you might not want to do this adventuresome tour but please don't blame mossies (affectionate Canadian name for mosquitos), bears or age.

Details: [http://www.cyclecanada.com/Tour\\_Arctic.html](http://www.cyclecanada.com/Tour_Arctic.html)

## Do you want a Knickerbiker jersey?



Ken bought some extra jerseys with the last order, and they are now available for only \$80! For some reason, Voler keeps dropping the price.

Available sizes in Men's short-sleeved jerseys are M and L. For women's jerseys, he has two L's and an XL.

If you want to buy one of these jerseys, let Ken know at [membership@knickerbikers.com](mailto:membership@knickerbikers.com)!

## Wheely Good Recipes

### Quick Herbed Spaghetti Squash



1-3 lb spaghetti squash  
1/2 cup water  
1 tablespoon olive oil  
2 tablespoons chopped fresh basil  
1/2 tsp salt  
1/4 tsp black pepper.

Pierce squash with sharp knife. Microwave at high for 3 minutes. Cut squash in half lengthwise, remove seeds Place in baking dish with 1/2 cup water. Cover w/plastic wrap, punch holes to vent and microwave for 10 minutes. Using a fork remove strands with a fork and place in bowl. Add remaining ingredients and toss.

Serves 4; Calories 76 per serving 3 grams fat.

Submitted by Sandra



The San Diego County Bicycle Coalition (SDCBC) is a 501(c)3 non-profit organization dedicated to making bicycling better in San Diego. It is done through educational programs, promoting awareness of bicyclists and bicycling issues, reviewing infrastructure improvements, and acting as a voice for bicyclists to elected officials and decision makers throughout the San Diego region. Visit [www.sdcbc.org](http://www.sdcbc.org)

## State of Bicycling in San Diego County- SDCBC Strategic Plan 1-Year Update

May is National Bicycle Month!

May 12th is not only Mother's Day, but Stage One of the Amgen Tour of California, starting and finishing in downtown Escondido! Want to help make this race a successful showcase of the fine riding we've got in this region? Volunteer at <http://www.amgentourofcalifornia.com/Tour/volunteer.html> or just go to the main web site [www.amgentourofcalifornia.com](http://www.amgentourofcalifornia.com) to check out the route and pick your watching spot.

Bike to Work Day: May 17th! Pit stops, fellow riders, and news coverage galore! Look for more details as they become available at [www.sdcbc.org](http://www.sdcbc.org) and [www.sandag.org](http://www.sandag.org) (the website of the San Diego Association of Governments).

Pedal to the Park: Dave White's annual velo-migration to Petco Park to watch a Padres game is scheduled for the 19th of May. Look for future news as we get closer to the date.

### Mark Your Calendars and Register Now for the 6<sup>th</sup> Annual Bike The Bay on August 25, 2013!

Registration is now open for Bike the Bay- a fun, scenic, bayside ride for people of all levels of riding ability. It's also the only opportunity of the year to ride over the San Diego-Coronado Bridge! Last year's event sold out so don't delay. The 2013 Bike The Bay promises to be bigger and better than ever. Details on this year's ride can be found at [www.bikethebay.net](http://www.bikethebay.net). SDCBC members get a discount on registration! Or don't bother to get a discount, ride it for free as a volunteer bike marshal!



## SDCBC Announces Nation's Largest Bike Friendly Business District Program

Together with the San Diego Business Improvement District Council, the SDCBC launched a new Bike Friendly Business District initiative to encourage more people to ride to their local business districts for their shopping and dining needs. For more information, go to <http://sdcbc.org/Bike-Local.html>



*Robert Leone,*  
Knickerbiker representative at SDCBC

Submitted by Ron



**PHILOSOPHY.** Our club, the Knickerbikers of San Diego County, was established on Friday, May 31, 1974. Forty-three charter members subscribed to the idea that a regular program of bicycle touring experiences could be offered without involving institutional encumbrances. In effect, our club was purposefully not organized. There are neither rules nor regulations, no club officers - aside from our tongue-in-cheek representative office of Knickercommander (the club servant) - and no business quorum. Everyone is still responsible for himself or herself. It was and still is a simple idea, which is to go ride our bikes! Two founding principles guide our group behavior: it's nice to be noticed, and it's fun to be a kid again.

## APPLICATION FOR MEMBERSHIP

Please make check payable to Knickerbikers and mail to 8590 Cliffridge Ave., La Jolla, CA 92037  
Or, easier still, just send it via PayPal to [treasurer@knickerbikers.com](mailto:treasurer@knickerbikers.com). It's easy!

Name(s) \_\_\_\_\_

E-mail address \_\_\_\_\_

Phone \_\_\_\_\_

1-year e-mail subscription                          \$10.00

All subscriptions include membership in the San Diego County Bicycle Coalition.



If you get emails at least once a month from the Knickerbiker club servants letting you know when the latest Bull-A-Ton is online and the location of the potlucks, etc., then you are a subscriber and you pay \$10 a year to the club. Where does the money go? \$5 pays for a personal membership in the San Diego County Bicycle Coalition (SDCBC). If you join directly, the cost is \$25. To learn what the SDCBC is doing, check out the article in this month's Bull-A-Ton. The rest of your Knickerbiker subscription goes to support Adventure Cycling Association, the League of American Bicyclists, our web site hosting, and our photo gallery subscription.

**Got some friends you'd like to see on a bike ride?  
The Knickerbikers will be pleased to send a link to the Bull-A-Ton  
if you send their name and email address to [membership@knickerbikers.com](mailto:membership@knickerbikers.com)**