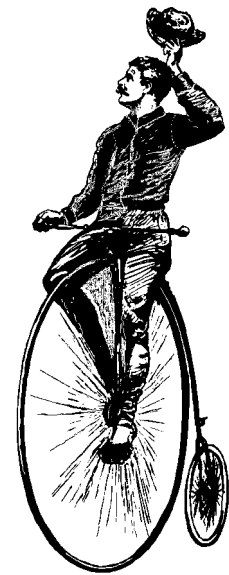


The Knickerbikers of San Diego County

www.Knickerbikers.com



"The bicycle is the steed that never tires, and is mettlesome in the fullest sense of the word. It is full of tricks and capers, and so to hold his head steady and make him prance to suit you is no small accomplishment."

~ Frances Willard – *How I Learned to Ride the Bicycle* (19th century feminist)

THE BULL-A-TON

SEPTEMBER 2009

Vol. 36 No. 4

Cat Jetty/Beach

We all know about Dog Beach in OB, but what about Cat Jetty. On a hot weekend in August some of us had the opportunity to ride out to Cat Jetty and talk to one of the men involved with feeding the feral cats at Hospitality Point. He explained that there were a few retirees who ensure that the cats are fed and clean up the jetty. He had his "red wagon" in tow and had gathered fishing hooks, a lure and other trash from the jetty.

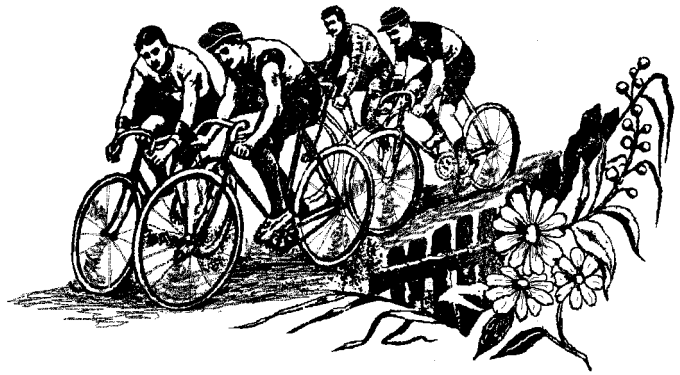
He also explained that this jetty was a drop zone for many abandoned cats. These tame cats are taken to the volunteers homes and cleaned up. In some cases this involves vet visits, paid for by these volunteers. He told us about an adult cat he rescued whose eyes were practically glued shut. After vet treatment and some TLC the cat is healthy and ready for a loving owner.

We all thanked him for his environmental and humanitarian efforts. I am sure the cats thank these folks too!



Gayle Ziaskas

Outings:



SEPTEMBER							2009
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				

TUE SEP 01 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
 VELODROME (NON)RIDE
 TUESDAY NIGHT AT THE RACES!
 VELODROME PARKING LOT

Merle Vogel (858 279 9863). To get to the Velodrome, take I-5, exit Pershing Drive, take Pershing Drive through Florida Street intersection and continue uphill (golf course is on right side). Turn on to first driveway on left. Drive through paved lot and continue on to dirt road and dirt parking lot. The Velodrome is to the south of the dirt parking lot. Pick up a sandwich at home or somewhere and come to the Velodrome to watch the bicycle racing. It's FREE. Read about it at: <http://www.sdvelodrome.com/Home/racing>



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!

FRI SEP 04
SAT SEP 05

0 MILES

BICYCLE FILM FESTIVAL
See website for locations



The 9th Annual Bicycle Film Festival, presented by 42BELOW, rolls through San Diego for the first time this September! Join us for two days of films, parties, Goldsprints and fun. On Friday, September 4, please join us for Goldsprints at The Kensington Club, hosted by Adams Avenue Bicycles, to kick off the BFF in San Diego. Saturday, September 5, the screenings take place at The Museum of Photographic Arts. Film highlights include *Where Are You Go*, where directors Benny Zenga and Brian Vernor spend four months on the Tour d'Afrique riding from Cairo to Capetown, documenting their experiences and interactions with the people they meet along the way; the BMX documentary *I Love My Bicycle: The Story of FBM Bikes* directed by Joe Stakun; and *Anima D'Acciaio*, where "Ciocc" shares his wisdom and life story while hand building a revolutionary new frame for urban fixed cycling, directed by Daniel Leeb. Following the films, we head to the Whistle Stop Bar for the closing event.

Enjoy **FREE Valet Bike Parking** provided by the **San Diego Bicycle Coalition** at all Bicycle Film Festival events. There has never been a stolen valet-parked bicycle in the BFF's nine-year history.

The BFF brings together many creative communities, including fashion, music and art as well as various bicycling communities – including fixed gear, BMX, and road cycling - over a shared passion for bike riding. For a full list of events, screenings and locations, to purchase tickets or a festival pass, please visit the website. www.bicyclefilmfestival.com Trailer: <http://www.youtube.com/watch?v=QS19BJuXoEk>

If you receive your Bull-A-Ton electronically, there should be a program attached to this email.

SAT SEP 05

8:30 AM

35 MILES

FLYING LEATHERNECK MUSEUM RIDE
OLD TOWN TROLLEY STATION, OLD TOWN

Robert Leone (858 272 4710). We'll meet in the Old Town Transit Center Parking Lot at the intersection of Taylor Street and Coast Highway. After a warm-up ride slightly into Mission Valley, we'll head west and north into Mission Bay Park for pit stops. From there, we'll head up the Rose Canyon Bike Path to Miramar Road and a regroup at Starbucks. From there, we're off to the Flying Leatherneck Museum (free, donation requested, <http://www.flyingleathernecks.org>) for at least 45 minutes or until 11:45 AM, whichever is longer. From there, we'll take quiet Miramar area backroads almost all the way to lunch, a restaurant-dominated minimal where a number of cuisines are on offer. Afterwards, we're heading back along Eastgate Mall and Regents Road back down to the water and the Old Town Trolley Station. Biggest uphill are along La Jolla Colony, Palmilla and Nobel Drive. Everything else is pretty much flat or downhill.

SUN SEP 06

9:00 AM

25 MILES

KEN'S KLASSIC KNICKERBIKER KORONADO
KRUISE AND KLUB JERSEY RIDE!
Harbor Blvd. between Grape and Hawthorn,
The Embarcadero

Ken King (619 894 5263). To get to the start of the ride, take I-5 to Hawthorne Street to Harbor Drive. Park along the road or by the County Administration Building. Even though many of us just did the "Bike the Bay" ride that mirrored this route, this ride shows off some of the best views San Diego has to offer. The ride on the ferry from Coronado back to the start of the ride is a highlight! Lunch can be either in Little Italy or on Coronado, depending on when we arrive in Coronado and what the group wants to do. Note that the annual "Stickball West Coast Invitational" compete today in Little Italy today, and Ken wants to check that out after the ride.

MON SEP 07 9:00 AM ±25 MILES *** LABOR DAY RIDE
COSTA VERDE SHOPPING CENTER
La Jolla Village Drive and Genesee
Trophy's Parking Lot, University City

Belle Jour (619 787 7427). It's Labor Day and not your usual Monday, so let's tour our fine town! Where we will ride and where we will dine will be decided by those who show up to ride!

Labor Day, which always is observed on the first Monday of September has been a federal holiday since 1894, but was observed in some places before that day as a result of a campaign by an early organization of workers called the Knights of Labor. Its purpose is to honor the nation's working people.

TUE SEP 08 6:00 PM 4 MILES **** KNICKERBIKER KNIGHTRIDERS
LA JOLLA HIKE AND DINNER
Mata Park
corner of Avenida de la Playa & El Paseo Grande
La Jolla Shores

Ken King (619 894 5263). From northbound I-5, exit La Jolla Parkway, right on La Jolla Shores Drive, left on Avenida de la Playa. From southbound I-5, exit La Jolla Village Drive west, left on Torrey Pines Road, right on Avenida de la Playa.

Let's have a short hike before dinner, ambling uphill for 20 minutes, then returning to the Shores commercial district for dinner at one of two places, depending on the group's mood. One is the outstanding Osteria Romantica (entrees \$21-30 but pasta and salads cheaper) or the Cheese Shop. Both are good, so we will wait for a group decision. We will collect at the sidewalk between the two (they are 15 yards apart) at 7:00 PM to meet the non-walkers and decide.



SAT SEP 12 8:45 AM ±25 MILES *** SAN DIEGO SITES AND SIGHTS
OLD TOWN TROLLEY STATION, OLD TOWN

Belle Jour (619 787 7427). Don't buy a ticket for the coaster, because we will be coasting through Old Town and the surrounding area.. on our bikes. Those who show up will decide the route and the lunch spot. Guaranteed to please!

SUN SEP 13 8:00 AM 45 MILES *** COASTAL RIDE
GLEN PARK
2149 Orinda Drive, Encinitas

Jeff Gianformaggio (619 255 2890). To get to Glen Park, head along I-5 to Manchester Drive. Go west about 1 mile. Manchester becomes San Elijo Avenue. Glen Park is at the corner of San Elijo Avenue and Orinda Drive. Jeff will lead us along coastal back streets. Lunch will be in Carlsbad.



You can sign up to lead a ride for the Knickerbikers in several ways:

- call 619 787 7427
- email pezzie@san.rr.com
- www.knickerbikers.com
Click on tab marked "Outings" and then click on -> Sign up to lead a ride!
Once you are there you can also see the calendar and available dates.

That's all it takes to get *your* ride into an upcoming Knickerbiker Bull-A-Ton!

TUE SEP 15 6:30 PM 0 MILES **** KNICKERBIKER NIGHTRIGHTERS
MIAMI GRILLE RESTAURANT (858 552 0608)
4353 La Jolla Village Drive, UTC
at Genesee Avenue next to Macy's

Bob Cameron (858 456 3862). What better way to celebrate the fall leaves of September than with some festive Cuban dining? Just imagine a long list of delightfully different dishes of beef, chicken, seafood and salads all prepared in the unique Cuban manner. To round out the menu, there are American style cheeseburgers, Korean style short ribs and culminating with an array of vegetarian salads, tapas and sandwiches.

THU SEP 17 7:00 PM 0 MILES **** KNICKERBIKER GAME NIGHT
GOODIS HIDEOUT
6102 Travers Way, University City

Sharon & Eric Goodis (619 787 7427). Time to exercise your mind – again! This month, we'll be playing board games, so bring along your favorite game – and the rules! Sharon and Eric will provide light munchies. Please, please **RSVP!**

SAT SEP 19 8:00 AM 70 MILES *** MERLE'S BIRTHDAY RIDE – THE BIG 70
MISSION BAY VISITOR'S CENTER
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Susan Vogel (858 279 9863). Susan's birthday gift to Merle on his 70th birthday is a seventy mile ride. That is his style of gift. The only thing that would make it better for him is to have a lot of his fellow Knickerbikers ride along. We will meet at the north parking lot by the Mission Bay Visitor Center and ride to Oceanside Harbor. We'll have lunch at the harbor. If you don't want to ride the whole ride just do part of it and wish Merle Happy Birthday.

SUN SEP 20 8:30 AM 25 MILES *** TOURING THE TOWN
MISSION BAY, SOUTH SHORES BOAT RAMP
located along Seaworld Drive, just east of Seaworld

Jeff Gianformaggio (619 255 2890). Take I-5 to Seaworld Drive. Park in the designated spaces in the parking lot of the Mission Bay South Shores Boat Ramp. Jeff will take us around Mission Bay, to Sunset Cliffs, and to Harbor Island. Lunch will be at Liberty Station.

TUE SEP 22 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
JOE'S CRAB SHACK (619 574 8617)
7610 Hazard Center Drive #703

Rhonwyn Curtis-Nicholson (858 243 4662). 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 SEP 26 7:30 AM 50 MILES *** ROSARITO-ENSENADA FUN BIKE RIDE
ROSARITO! See below for bus details

Will Cronyn* (contact, NOT leader!) (619 823 0070) Ride start is in Rosarito but buses depart from Balboa Park, Inspiration Point parking lot, near the old Naval Hospital on the south end of the park. This area is NE of the I-5 and 163 interchange. See <http://outback-adventures.com/>.

Ride start time is bus departure time - must be early!! Ride start in Rosarito is 10 AM.

Most of the ride is either very pretty rural Mexico or overlooking the ocean. Sign up for the ride at <http://www.rosaritoensenada.org/english/eventinfo.html>. Note: you must bring either a passport or driver's license & birth certificate (Will's choice). BTW, no worries about getting shot unless you are either a member of one of the drug gangs, or an independent drug dealer! FYI: This is Wills' 6th- in-a row R-E.

SAT SEP 26 9:00 AM 20 MILES ***1/2 PARK, 'PARK, 'YARD and PARK RIDE
SPRECKELS ORGAN PAVILLION PARKING LOT
Pan American Plaza area in Balboa Park

Robert Leone (858 272 4710). From Balboa Park we're headed to North Park and Adams Avenue, where we'll have a coffee stop at Lestat's, the recently expanded 24 hour dive coffeehouse. From there, it's down through South Park and off Golden Hill to the Brickyard for lunch. Our biggest uphill will be the recently repaved, quite smooth grade up Washington Street back to Mission Hills and Balboa Park. We'll be sharing the road with other road users and obeying lots of traffic signals, so even though this ride is actually flatter than the usual coast run, it might take longer than you'd expect for 20 miles. And Lestat's new chairs are comfy....

If you desire more miles, join Robert for an after-ride ride to he doesn't know where yet, but he'll try to make it interesting.

SAT SEP 26 6:00 PM 0 MILES **** END OF SUMMER POTLUCK TONIGHT!
PRISCILLA'S PLACE
7335 Olivetas Ave., La Jolla

Priscilla Moxley (858 459 4187). An Alaskan tour, a cross-country trip, mighty mountains, a Russian adventure, local rides - these are some of the adventures some of the Knickerbikers experienced recently.

Come on out tonight to catch up with your fellow riders. If you've got stories, be prepared to tell - if you've got photos, be sure to bring them! Singles please bring one hot or one cold dish; couples bring one of each. Please bring your food table ready and don't forget the serving utensils! Bring your own beverage; coffee and tea will be provided, as will plates and eating utensils. There will be outdoor seating, so please dress accordingly. Please **R.S.V.P.** to give Priscilla an idea as to how many Knickerbikers to expect. Thank you!

SUN SEP 27 9:30 AM 27 MILES *** LA JOLLA and THE FARMER'S MARKET
ROBB FIELD, OCEAN BEACH

Rhonwyn Curtis-Nicholson (858 243 4662). To get to Robb Field, head west on I-8 to the end, left on Sunset Cliffs Blvd. Stay right on Sunset Cliffs as Nimitz turns left, right on West Point Loma Blvd. Turn right on Bacon St. to the parking lot by restrooms. Rhonwyn will lead us over to Mission Bay, up Mount Soledad, and then down into La Jolla to visit the Sunday Farmer's Market for shopping and an early lunch. There are many unique food vendors at the Market serving fresh and delicious specialties. Bring panniers if you want to take some goodies home.

KNICKERBIKER KNIGHTRIDERS
 RED ROBIN (858 450 0343)
 University Town Center
 4373 La Jolla Village Drive, University City

Sharon Goodis (619 787 7427). Over 30 years ago, the University Towne Center was unveiled as an outdoor, uniquely modern shopping center to serve this community. In the three decades that followed, the shopping center continually evolved in order to best meet the needs and aspiration of local neighborhoods and shoppers. The revitalization of the center will uphold the legacy of UTC's historic past and its signature outdoor, relaxed ambience - while offering a refined new design and host of modern conveniences. Westfield's goal for the New UTC is simple: Build the greenest shopping center possible. By using environmentally-friendly designs and green building principals, the New UTC will be a smart growth project and a model of sustainability.

SAT OCT 03 9:00 AM 25 MILES *** TOUR-DE-FAT
 MISSION BAY VISITOR'S CENTER
 North parking lot
 E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Merle Vogel (858 279 9863). The meeting spot is in the parking lot just north of the Mission Bay Visitor's Center, off I-5, going west at Clairemont Drive, then north 200 yards. We'll do a meandering ride up to Balboa Park and check out the Tour-de-Fat put on by Fat Tire Brewing. You can read more about it at <http://www.newbelgium.com/tour-de-fat>. Click on San Diego 10/3 @ Balboa Park to see more about the San Diego iteration of this tour. There is also an opportunity to register on that page if you want to. There is an opportunity to trade a car for a new bicycle too. It should be fun but if it is not we can ride around the Balboa Park area to get some miles in before heading back to our starting point.

Can't ride, but want to help? New Belgium Brewing is coming to town October 3rd and it's going to be a blast! You're not going to want to miss this festival of all things bicycle. Volunteers are needed - mostly to help with pouring the beer that will be on tap, but also with other tasks to make the event a success. Contact Kathy Keehan at execdir@sdcbc.org or call (858 487 6063) to sign up!

SUN OCT 04 9:00 AM ±25 MILES *** SECOND ANNUAL RIDE TO THE
 MIRAMAR AIRSHOW – VIA THE COAST!
 COSTA VERDE SHOPPING CENTER
 La Jolla Village Drive and Genesee
 Trophy's Parking Lot, University City

Gayle Ziaskas and Barbara Dorris (619 920 3198). From Costa Verde in the parking lot at Trophy's, we will ride through the UCSD campus via Regents and Voight to North Torrey Pines Road. We will go to Carmel Valley Road and take the bike path to Black Mountain Road. After lunch in Mira Mesa, we are going to the Air Show. Entry is free and there will be Bicycle Pavilion Parking (BPP). For the Second Year in a row, our own Robert Leone will be the parking captain for the event on Saturday.. maybe today too! Be sure to say "Hello" if you see Robert! Stay at the air show as long as you want. Back via Miramar to Eastgate Mall, Regents and back to Costa Verde.



Wheely Good Recipes

Easy & Healthy Tomato Recipe

Baked Tomatoes with Basil and Parmesan



- 3 medium tomatoes cut in half
- 1/4 cup minced fresh basil
- 1/2 cup dry bread crumbs
- 1/2 cup shredded Parmesan or Asiago Cheese
- 2 garlic cloves finely minced
- Pinch each of salt & pepper
- 3 Tbs Olive Oil (EVO)

Preheat oven to 350
 Please sliced tomatoes in non stick baking dish cut side up
 Combine ingredients in small bowl
 Sprinkle each tomato slice with a small amount of ingredients
 Bake 30 minutes until crusty.

Serves 6. 132 calories per serving, 4 g protein, 9 g carbs, 9 g fat, 2 g saturated fat, 161 mg sodium, 1 g fiber

From the South Beach Diet Book
 Submitted by Sandra Zinn

Knickerbiker Klassified

54 cm Trek 520 Touring Bike for sale. Good condition, but with a few bumps and nicks from years on the road. Recently overhauled by a bicycle shop in Ft Lauderdale, Good tires and saddle, rear rack and cyclocomputer included. \$200.00

Bob Freeman
 619 618 8177

Got some friends you'd like to see on a bike ride? The Knickerbikers will be pleased to send a complimentary Bull-A-Ton if you provide the pertinent info' below:

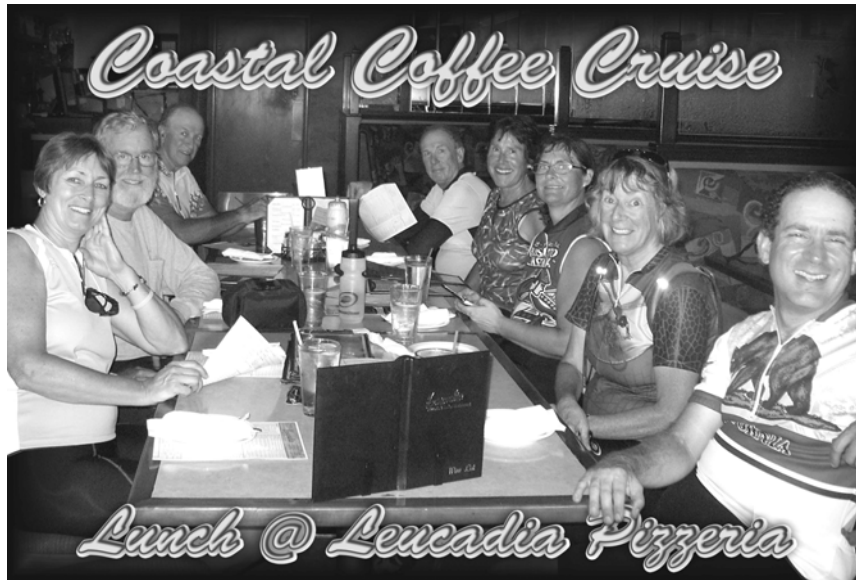
<p>➔ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>	<p>➔ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>
<p>➔ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>	<p>➔ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>

Please send this form to: Knickerbikers of San Diego County
 8590 Cliffridge Avenue
 La Jolla, CA 92037

THU NOV 26
through
SUN NOV 29 (NOON)

KNICKERBIKER THANKSGIVING PARTY
ANNUAL BORREGO CAMPOUT
TAMARISK GROVE CAMPGROUND
ANZA BORREGO PARK

Marge Cooper (619 473 9621). We will be at our usual camping place "Tamarisk Grove" in the beautiful Anza Borrego Desert. The event starts at 2:00 PM, on Thanksgiving Day (Thursday) or whenever you can get out there. The campground has flush toilets and showers. We will have three nights of camping, three days of biking or hiking or just loafing. The meals will start Friday morning and will be provided through noon on Sunday. We usually have a Thanksgiving potluck on Thursday evening. The deadline to sign up is November 13, 2009. The cost for meals, snacks and campsite is \$55.00 per person. Please call Marge, if you have any questions. Mail checks to Marge Cooper, P.O. Box 145, Pine Valley, CA 91962.



Take My Bike, Please

WASHINGTON, D.C. -- The U.S. government's popular "cash for clunkers" auto rebate program is just the beginning, Transportation Secretary **Ray LaHood** announced recently.

Next up: Dollars for 'Dozers, in which the hard-hit construction industry can trade in its aging bulldozers and get money to buy new earth-moving equipment. That will be followed by Moolah for Mowers, under which struggling suburbanites can swap their decrepit riding mowers for funds to purchase new Lawn-Boys.

More importantly, RBR has learned that the federal government soon will unveil Bucks for Bikes, in which cyclists can exchange their steel-framed, toe clip-equipped, friction-shifting bicycles for cash to buy a new bike or cycling accessory.

"This will revitalize America's crucial bike business," said Treasury Secretary **Timothy Geithner**, "not to mention other key economic sectors such as the Ridiculously Light Wheel Producers and the Carbon Fiber Doodads Manufacturers, which employ up to many dozens of hard-working, tax-paying, mortgage-defaulting Americans."

Bucks for Bikes attracted vital bipartisan support when former President **George W. Bush** announced he will participate by trading in MTB-1, the Trek mountain bike emblazoned with the presidential seal, which he rode during his 2 terms in the Oval Office.

"Originally I planned to sell MTB-1 on eBay," Bush told Fox News. "But then I thought, 'What if some evildoer bought it and used it in a plot to do evil?'"

Bucks for Bikes is not without critics, however. CNN commentator **Lou Dobbs** demanded that the program exclude "foreign-born" bikes made in China, Italy and other "un-American" locations.

Despite such opposition, Congress is expected to approve funding for Bucks for Bikes -- right after it solves the health care crisis.

**Did you ever wonder if you were truly a cyclist at heart?
You know you are a bicycle rider when...**

Your bikes are worth more than your car.

75% of the tools you own are for bikes.

When you dream of winning the lottery you think, "How many cool bikes can that money buy?"

You can tell your significant other with a straight face that it's too hot to mow the lawn, and then take off for a century ride.

Someone in a car asks for directions and you give them a route that includes motor vehicle barriers, bypasses all freeways, and is very scenic.

You buy a car based on whether or not a bike will fit in the trunk or back.

You pull up hard on the steering wheel trying to jump your car over a pothole.

You know the distance of every point of interest within 20 miles of your house, as well as the location of every pothole along the way.

You pull your car into the driveway and subconsciously twist your heel to clip out of the accelerator.

You see glass on the road and point it out to the car behind you.

You can't find the brake levers on the steering wheel.

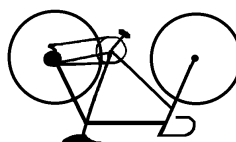
You try to stand up in your car to go over bumps and railroad tracks.

You signal for a right turn and hit your passenger.

You realize many of these apply to you.



Alan Calvert



Knickerbikers of San Diego County

8590 Cliffridge Avenue
La Jolla, CA 92037

APPLICATION FOR MEMBERSHIP

Please make check payable to Knickerbikers and mail to 8590 Cliffridge Ave., La Jolla, CA 92037

Name(s) _____

Street _____

City _____

State _____ Zip _____

E-mail address _____

Phone _____

Check: 1-year print subscription \$20.00

1-year e-mail subscription \$10.00

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



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.