

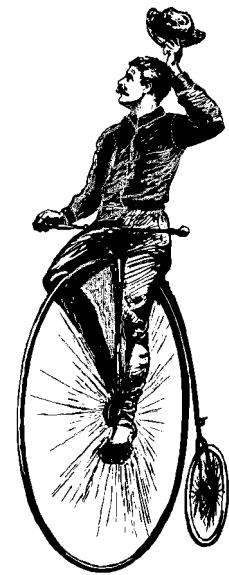
The

Knickerbikers

of

San Diego County

www.Knickerbikers.com



"Movement. On a cross-country ride, it's your lifeblood." ~ Frosty Woolridge - cyclist

THE BULL-A-TON

MAY 2010

Vol. 36 No 12

SEA LEVEL CENTURY - March 14, 2010

On a chilly (46°) Sunday morning, a group of determined cyclists met in Carmel Valley to do the Knickerbikers' 5th Annual Sea Level Century. The ride takes us north along the coast from Carmel Valley through Camp Pendleton and San Clemente and ends up in Dana Point Harbor for the half-way mark and lunch. We then return to Carmel Valley via the coast for the 2nd half of the ride. We had several new riders to the Knickerbikers and for some this was also their first century ride. Congratulations to: Cathy Boone, Sandy Iwata, Lynn Molina, Christine Dancy and Lawrence Cahn for completing their first century ride! The seasoned centurions that also completed the ride are: Nona Rowat, Merle Vogel, Robert Leone, Will Cronin, Ron Powell, Doug Paulson and Paul Mitchell. Both Will and Robert rode from their homes and their mileage was well over the 100 mile mark! Other riders that started with us were Susan Vogel, Pete Rowat, Molly Frisbie and Fern Kissel.

We had over 20 riders meet us at the Oceanside Harbor, some of which were: Bruce Miller, Jeff Gianformagio, Gene Neal, John Hodik, Paul Stuverud, Don Anderson, Jim Noto, John Orendorf, Bob Thurston, Dave Franklin, Bill Mitrovitch, Joe Estey, Joi Brewer, John Walker and Diane Kemp and another 5 riders, Ken King, Gail Markiewitz, Gayle Ziaskis, Sharon Goodis, Eric Goodis and Rita Cohen, met the riders at the Las Pulgas gate. There are probably more riders than listed here, but Fern did her best trying to get all of the names!

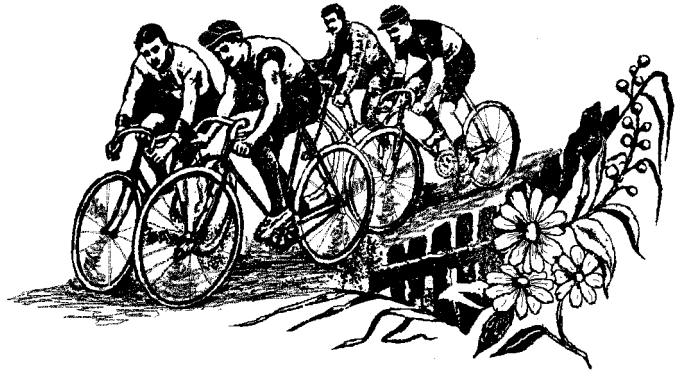
Many thanks to Anne Sturz and Anne Sorenson who were there to provide SAG and mental support to Cathy, Sandy, Lynn & Christine. There are reports that they were also kind enough to supply some of the other riders with water and food. Thanx also to Steve Gebler for driving along the route to check on riders.

We had a beautiful, sunny day for the ride along the coast. The plan was to eat somewhere at Dana Point Harbor, but there were several events going on that day and the harbor was overrun with people, cars, pets and bikes. Soooo, being the true Knickerbikers that we are, the search was on for a place to eat. Some rode to various restaurants in San Clemente and some continued north into Dana Point to get re-fueled before continuing the ride back south. The riders had a beautiful tailwind for their ride back down the coast – a perfect way to end a wonderful day of friendship and camaraderie. There's always something special about the Sea Level Century – whether you do 100 miles, 50 miles or 25 miles – and each year it seems to just get better!!!

Thank you to ALL of you for making the 5th Annual Sea Level Century another special day of riding!!!!

Fern Kissel

Outings:



MAY							2010
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						

SAT MAY 01 9:00 AM 40 MILES *** COASTAL BACKSTREETS
 Glen Park
 2149 Orinda Drive, Encinitas

Jeff Gianformaggio (619 255 2890). To meet your ride leader and riders, take I-5 to Manchester Avenue. Go west to junction with San Elijo Avenue for a few blocks, turn right on Orinda Drive (tennis courts will be on your right), and park in Glen Park or on neighboring streets. Jeff will lead us along coastal backstreets. Lunch will be in Carlsbad.

In 1881, Jabez Pitcher settled in Encinitas and is considered to be the father of the town. Pitcher came to San Diego and filed a claim for 160 acres on a mesa near the railroad tracks where the Encinitas Civic Center is now located. In 1870, a few miles north of the railroad tracks, English spiritualists named their settlement Leucadia after one of the Greek Isles. The name means "Isle of Paradise" or "Place of Shelter." The five-acre tracts were named after Greek gods and mythical figures.

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!

SUN MAY 02 9:30 AM 25 MILES **** CINCO DE MAYO RIDE
 Mission Bay Visitor Center
 North parking lot
 E. Mission Bay Drive & Clairemont Drive
 Mission Bay

Judy Peacock and Al Mireles (619 562 7677). 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. To get to Mission Bay Visitor's Center, take I- 5 to exit Clairemont Drive. West to Mission Bay Visitor's Center, right on East Mission Bay Drive, immediate left into parking lot, another left. We will ride out to Point Loma by way of Ocean Beach, back downtown through Balboa Park and then down to the Mexican market for lunch (22nd & Imperial)..**NOTE: the bakery at the market is closed for now, so we will be visiting a bakery before we actually go to the Farmers' Market.

TUE MAY 04 6:00 PM WALK **** KNICKERBIKER KNIGHTRIDERS
 6:45 PM DINNER PHIL'S BBQ (619 226 6333)
 3750 Sports Arena Blvd. (at Hancock St)

Joi Brewer (619 990 9219). Let's get in a brisk walk before dinner. Meet at 6:00 PM, leave at 6:05 PM for a neighborhood walk. We'll then join the non-walkers at Phil's BBQ at 6:45 PM.

Don't let the line scare you away.. the line moves quickly and Phil's BBQ is well worth the wait!



SAT MAY 08 9:30 AM ±28 MILES ** PRODUCE/TRINKET STAND & ART GALLERY RIDE
 Alpine shopping center, Tavern Road & Alpine Blvd.

Dave Campilongo (619 857 9898). To get to Alpine Shopping Center take I-8 to Alpine/Tavern Road exit, after right turn from freeway off ramp, shopping center is on the left. If you can't make a left turn into the shopping center, go to stop light at Alpine Blvd, turn left, and then turn left into shopping center. Heading east on Tavern Road, see downtown Alpine after departing to gain some thought for food, (lunch to be determined by this conversation). Using the Viejas Grade road route to pass north of Chiquito Park for an almost car free ride into Descanso. We will be able to see the freeway but not smell it! (Note: Viejas grade road is a graded dirt road for 3-4 miles & has been done by this rider on 27x1 road tires back in the last century, as well as 700x25 road tires on 3-21-2010, bigger treaded tires do ride better though. If you are not sure of riding a dirt road, or (just kidding here) are a serious roadie who will not allow your tires to leave the tarmac for fear of sullyng your cycle with soil, there is a paved alternate route). In Descanso, there will be a mandatory stop at Pam's Place (produce/ trinket stand) for ride leader and everyone else to stock up on teriyaki turkey jerky, dried apricots and anything else to please the palette (chocolate covered blueberries maybe?) Next stop, downtown Guatay, The Tryyn (coming from the wood) Wooden Spoon Gallery, wooden spoons pizza and brie knives, ladles and blown glass & paintings etc. You will be surprised... Prices starting around \$6.50 and up, great for gifts. All items custom made onsite from lacewood, olive, cocobolo, purpleheart, curly koa... There are a few other sights to see as well old chain saws, boat motors, tools (besides the 2 guys and 1 woman sitting in the chairs on the east side of the little store just east of the gallery!) Make sure you have plenty of water (I carry 2 large water bottles). For those that want to ride further, there is a great downhill from Guatay Summit on old Highway 80 down into Pine Valley & beyond...?

SUN MAY 09 9:00 AM 26 MILES *** MOTHER'S DAY RIDE
Target parking Lot
1288 Camino Del Rio North (at Mission Center Rd)

Susan Vogel (858 279 9863). Take I-8 to Mission Center Road. Target parking lot is just to the east of the Mission Center Road, to the west of Target. Bring a lunch or buy one at a deli on Carlton Hills Blvd. near Santee Lakes. We will picnic in Santee Lakes Park. Happy Mother's Day!

TUE MAY 11 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
6:45 PM DINNER MARIO'S DE LA MESA RESTAURANT
8425 La Mesa Boulevard, La Mesa (619 461 9390)

Mike Goldman (619 995 9313). Let's get in a brisk walk before dinner. Meet at 6:00 PM, leave at 6:05 PM for a neighborhood walk. It's a good neighborhood for a walk with interesting old homes and nearby shops. We'll then join the non-walkers at Mario's at 6:45 PM.

Mario's is a home converted to a restaurant in the "village" in La Mesa; it has a unique charm. Mario's has a patio as well as indoor seating. Prices are around \$7 - \$15 for ample and delicious servings of excellent Latin and Mexican cuisine.

SAT MAY 15 8:00 AM 45 MILES ** ESCONDIDO EXCURSION
Kit Carson Park
Escondido

Jeff Gianformaggio (619 255 2890). To get to Kit Carson Park, take I-15, exit Via Rancho Pkwy to the right, becomes Bear Valley Pkwy. Follow around to turn left on Las Palmas. Go past the elementary school, turn left into the park. Meet near the bathrooms. Jeff will lead us around Escondido, San Pasqual, and parts of Rancho Bernardo.

SUN MAY 16 9:00 AM 30 MILES ** UP WE GO!
26439 Highway 76, Lake Henshaw
Santa Ysabel

Paul Mitchell (cell 619 240 6659, home 619 741 7169, Paul662005@yahoo.com). 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.

TUE MAY 18 5:45 PM 10 miles ***** KNICKERBIKER KNIGHTRIDERS
7:00 PM DINNER SANTEE LAKES
MICHAEL'S GRILL (619 258 2110)
9621 Mission Gorge Road, Santee

Judy Peacock (619 562 7677). Go east on Mission Gorge Rd. into Santee. Turn right on Olive Lane and then left into Vons parking lot. After meeting up near the restaurant, we'll do a quick ride through Santee and over to Santee Lakes. We'll then return to Michael's by 7 PM ready to enjoy our dinner and meet the non-riders. Tuesday nights at Michael's is "all-you-can eat" BBQ chicken...plus other goodies to try..

THU MAY 20 **9:30 AM** 25 MILES *** RAMONA RAMBLE
Collier Park, north parking lot
Ramona

Jeanne Shupala (858 481 8278). Take 67 into Ramona, make a right on 7th street. Collier Park is at 7th Street and E street. (pp. 1152, H 7, Thomas Guide). Jeanne will lead us through the beautiful countryside; away from heavy traffic. She will show you an outstanding view of San Vicente Dam.

FRI MAY 21 **BIKE TO WORK DAY 2010**

Bike to work (or anywhere!) Register at <http://www.icommutesd.com/Bike.aspx> to receive your coupon for an official Bike to Work Day (BTWD) t-shirt and for the opportunity to win great prizes!

SAT MAY 22 **8:30 AM** 61 MILES **1/2 SEASIDE SLOPEY METRIC HUNDRED
Mission Bay
South Shores Boat Ramp
located along Seaworld Drive, just east of Seaworld

Robert Leone (858 272 4710). Take I-5 to Seaworld Drive. Park in the designated spaces in the parking lot of the Mission Bay South Shores Boat Ramp. Early (8:30 AM) start due to distance. Robert will lead us up the coast. We'll regroup at Starbucks in Carlsbad, but keep the snacks light, because we shall lunch at Kealani's (or a nearby eatery - such as the pizza place) in Encinitas on the way back. This is a long ride, but it will feature a lot of regroups. We're leaving no one behind.

SUN MAY 23 9:00 AM 35 MILES *** ONE MOUNT & TWO LAKES TOUR
Vons parking lot, southeast corner
5630 Lake Murray Blvd.
Corner of Lake Murray & Baltimore, La Mesa

Guy & Carolaine Laronche (619 466 0359). From I-8 take Lake Murray exit and continue for about a mile to Baltimore. The Vons store will be on your left. We will climb Mt Helix and then go to Santee Lakes, Mission Trails Regional Park and Lake Murray. Lunch will be at the Lake Murray Cafe.



SEA LEVEL CENTURY - March 14, 2010

Wheely Good Recipes

Baked Sweet Potato Cups



Melt 2 tbs butter in skillet
 Add 1/2 cup each of chopped onion and bell pepper
 Add 1 tsp curry powder (or more if you like)
 Cook 5 minutes until tender. Remove from heat and place in bowl.

Add to the bowl
 1 cup mashed sweet potatoes and 1/4 cup plain yogurt.

Brush 9 wonton wrapper with melted butter and press into muffin cups.
 Spoon mixture into muffin cups. Bake for 12 minutes at 400° or until cups are crisp
 Wonderful appetizer or side. Makes 9 regular size or 18 minis.

Submitted by *Sandra Zinn*
 Judy Ewing / Easy Cooking Class SDCC

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:

→ Name _____
 Address _____
 City _____ Zip _____

→ Name _____
 Address _____
 City _____ Zip _____

→ Name _____
 Address _____
 City _____ Zip _____

→ Name _____
 Address _____
 City _____ Zip _____

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



fun to be a kid again..

Since there seems to be some interest in another Knickerbiker club jersey order (even though we have almost 50 cyclists wearing it now!). If we can reach the minimum order (15) in the next month we can have them that much sooner, so order now! The total cost is \$91 and a \$45 deposit gets your name on the list. Send the money to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037. The check won't be cashed until the order is placed.

By the way, a question came up recently about how long you have to be a member to wear one. Huh? There are no requirements; you don't even have to subscribe to the Bull-A-Ton to wear one. Remember that we have no rules and only two guiding principles: it's nice to be noticed; and it's

Coming Events:



SUN JUN 06
through
SAT JUN 12

~ 545 MILES

AIDS/LifeCycle
San Francisco to Los Angeles

Ever thought of riding your bike down California? Well then, we've got a ride for you: AIDS/LifeCycle!

It's a 7-day, 545 mile bike ride from San Francisco to Los Angeles that raises money and awareness for the HIV and AIDS services of the L.A. Gay & Lesbian Center and the San Francisco AIDS Foundation. This marks the ninth year for AIDS/LifeCycle and the seventeenth for the event overall, and during the week of June 6-12, 2010, thousands of Cyclists and volunteer Roadies will come together to do something incredible. Something that will change lives. Something that YOU can be a part of! You only need to register; we'll help you train and fundraise. What are you waiting for?

Register today at <http://www.aidslifecycle.org/register/> or learn about the ride at <http://www.aidslifecycle.org/>

SUN JUL 04 10:00 AM 25 MILES *** FOURTH OF JULY RIDE AND POTLUCK!
KING ABODE, 8590 Cliffridge Ave., La Jolla.

Ken and Sheryl King (858 450 0373). Declare your independence at the fourteenth annual Fourth of July bike ride and potluck at the home of Sheryl and Ken! Arrive at 10:00 AM, bearing salads, dessert, beer or wine. Ken and Sheryl will supply barbecued burgers, veggie burgers, hot dogs, and soft drinks. After the ride, we eat! If you aren't riding, come at 1:00 PM and enjoy the potluck. Please call, so Ken and Sheryl will have some idea of how many to expect!



Wild biker babe at Cook's Corner

Hot Summer – Cool Coastal Bike Rally

What is it?

Join your cycling friends for a clue-based rally that will take you to different scenic destination points throughout coastal north San Diego County. Use your clue and puzzle solving skills and knowledge of San Diego to navigate a fun course throughout coastal north San Diego County. Get your buddies together to form a “bicycling brain trust” to see who can solve the clues and navigate the course in the best time.

When is it?

Saturday, July 24th. Sign up from 8:30 to 9:15 A.M.. The contest begins at 9:30 A.M. sharp!

Where is it?

It starts at Glen Park in Encinitas. 2149 Orinda Drive, Encinitas, CA. I-5 to Manchester Dr. West about 1 mile. Manchester becomes San Elijo Ave. Corner of San Elijo & Orinda.

How does it work?

Come to the park, grab a couple of buddies and form a team. Don't have a teammate? No problem! Stop by and we'll find you one! Each team captain will be assigned a clue that will describe a destination in and around coastal North County. The first clue will direct you to the first destination. Each subsequent destination will lead you to the next, and so on. The first three teams that finish the contest in the best time will win a prize! You'll also get bragging rights about how smart and fast you were until next year! Come in first or last, you'll still have a great time!

What should I bring?

Pack a picnic cooler lunch and something to drink for the post-rally party. To assist you in the rally, you will want to have one or more of the following:

- A good map (AAA North County San Diego will work great but others will do)
- A knowledge of general trivia (clues will be Jeopardy-style questions)
- A SMART teammate!
- A sense of adventure
- A compass or a GPS if you get lost easily
- A cell phone (if you get lost)
- About \$3. Some clues may require you to buy a little something.

How far do I need to ride?

The routing of the course will be well under 30 miles on a largely flat course.

Who's Invited

Any cyclist that is capable of riding 25-30 miles and that has at least a half a brain still in operation.

What's it cost?

Participation is free. It will cost you nada, zilch, zero.

Can't ride but want to help? We need some volunteers for setup and directing a few lost souls. Contact Steve if you can lend a hand.

For more information

Contact Steve Gebler at (760) 519-8163 or rally@stevegebler.com. Visit www.stevegebler.com/cycling/rally for more information.

SAT AUG 21

MIDNIGHT MADNESS RIDES AGAIN!

This year's fun night of cycling and crazy costumes will be on Saturday, August 21, 2010. Riders can join the madness for \$30 pre-registration or \$35 night of the event. Register online at www.active.com or visit www.sandiegomidnightmadness.org for more information.

NEW THIS YEAR: One of a kind Midnight Madness Jerseys will be available! Jerseys can be purchased when registering for the ride on active.com; \$66 + Active fee (6.75%).

On June 19, 2010, Hostelling International will be teaming up with Bike the Bay to host a short group bike ride followed by a sign-up party. The party will be at The Wine Pub on Shelter Island. Riders will be able to sign up for both rides, get New Belgium beer specials, and enter for a chance to win prizes. We hope to see you there! Please check the website for more information.

SUN AUG 29

25 MILES

BIKE THE BAY

This event is for riders of all levels of riding ability, and features individuals, families, corporate teams and the serious and not so serious bike rider who experience a scenic bayside ride and also enjoy a rare opportunity to ride over the San Diego-Coronado Bay Bridge. The 25-mile route passes through the cities of San Diego, Coronado, Imperial Beach, Chula Vista and National City and finishes at Embarcadero Mariana Park South with a festive celebration with food, entertainment and a Karl Strauss beer garden. <http://www.bikethebay.net/>

OCT 2010

PASO ROBLES, CA

Jeff Gianformaggio (619 255 2890). Paso Robles is about 260 miles from San Diego. Day to drive up, day to drive back. Four riding days, four overnights. We'll stay at a motel and do day rides of varying distances. All levels of riding to chose from. Jeff will have all the routes used for the Great Western Bike Rally. Those of you who have ridden up here know there are many (20+) rides through hills, wineries.. great cycling, in general. More details to come.....

SUN NOV 14
through
SAT NOV 20

~200 MILES

REPRISE THE TUCSON TURNABOUT
Tucson, Arizona

Since so many people enjoyed the Tucson trip last year, let's do it again! Recall that we stay in one location and take day trips all week. No packing and unpacking, no need to ride if you don't feel like it, and no sag wagon to worry about. Are we getting too lazy? Yes, but it's our vacation, right? The hotel is the Best Western Royal Inn and Suites, which has a full hot complementary breakfast, and has been recently upgraded and refurbished. It's centrally located and convenient to several pubs and restaurants since the University of Arizona is nearby.

We arrive in Tucson on Sunday November 14th and ride on the 15th, 16th 17th, 18th, and 19th. We check out Saturday morning November 20th UNLESS we want to do the famous [Tour de Tucson](#), which is the 20th. If you do, then you can make your own reservations at the Best Western or another hotel of your choice and register for the ride. The price isn't determined yet, but is expected to be \$350, and includes six nights (two per room), a farewell dinner, and snacks for happy hour.

Since Ken doesn't want to turn anyone away, he's reserved rooms for 40 people again. If you are interested, and send your \$100 deposit per person to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037, but hurry!

Knickerbiker Klassified

A unique opportunity for Knickerbikers who have enjoyed Fourth of July parties at the Laurence-White compound. Now it can be yours! For a year or so, anyway. As of June 1, it will be available for a one-year lease. It has three bedrooms, two baths, about 1,500 sq. ft. Close to the Balboa Park golf course, fabulous view. It rents for \$2,050. Interested? Call Bob at 347 721 3359. Or write to RobertPBik@aol.com.

U.S. Bicycle Route System: Build it. Bike it. Be a part of it!

Donate \$10 today to support the creation of a national network of bicycle routes: the U.S. Bicycle Route System (USBRS), a visionary project that will be similar to the national and international systems blossoming across the globe, such as Euro Vélo. The routes will connect cyclists across the U.S. with cities, transportation hubs, scenic and historic destinations through existing (and new) infrastructure; routes will be numbered and officially recognized by state and federal government agencies. Your donation is tax deductible.

Learn more about the U.S. Bicycle Route System and donate \$10 today on its [Change.org](http://www.adventurecycling.org/usbrsdonate) page (no login required): <http://www.adventurecycling.org/usbrsdonate>

You can also donate to the campaign through Facebook's Causes application: <http://www.causes.com/causes/419721>

Want to help spread the word about this campaign? Learn how: <http://www.adventurecycling.org/beapartofit>



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

- call Sharon Goodis - 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 or event into an upcoming Knickerbiker Bull-A-Ton!





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

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.

