

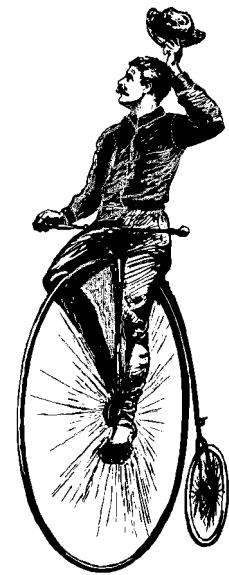
The

# Knickerbikers

of

# San Diego County

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



"Bicycles may change, but cycling is timeless." ~ Zapata Espinoza – cycling writer

## THE BULL-A-TON

## AUGUST 2010

Vol. 37 No. 3

### Hot Summer – Cool Coastal Rally Results

The weekend of July 24 had the streets of North County swarming with intrepid clue-hunters as twenty of the Knickerbikers' finest competed for bragging rights in this year's rally hosted by Steve Gebler. Brenda Gebler and John Macerer provided registration assistance and refereeing.

Among the teams were "Hot Legs", "Three Bobs and a Barb", "J2 S2 and Anne" and this year's winners, "The Crash Test Dummies". This is the second year in a row that Crash Test Dummies has won the contest. The team featured Jeff Gianformaggio (perfectly attired), Ron Powell, Paul Mitchell, and newcomers Trudi Sharpsteen and David Roth.

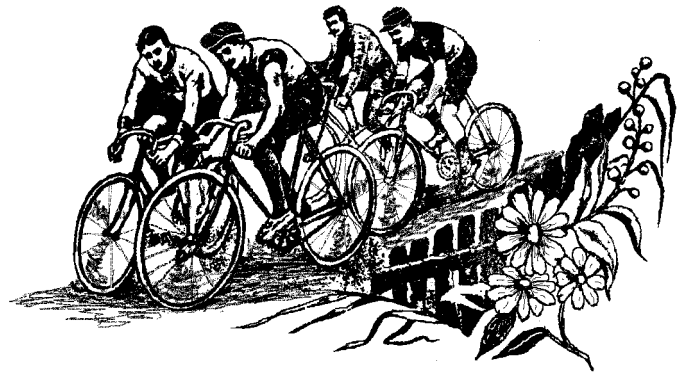
The Crash Test Dummies completed the 15-mile, six clue course in an hour and forty-five minutes.

This year's clues tested the participant's knowledge of history, music, geography, TV & Movies and some unique problem solving skills.



Steve Gebler

# Outings:



AUGUST							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					

SUN AUG 01 9:00 AM 25 MILES \*\*\* LA JOLLA HILL and FARMER'S MARKET  
Mission Bay Boat Ramp Parking Lot  
just east of Sea World

Robert Leone (858 272 4710).

1. Make sure you have some empty luggage space, because we're going shopping for produce!
2. If you don't have panniers, please contact Ken King: He has custody of the Knickerbiker stash of loaner panniers and bicycle luggage.
3. From the South Mission Bay Boat Ramp Parking Lot we'll head west along the river, cross over to Ocean Beach, head east along the San Diego River Path, and then north along Pacific Highway into Mission Bay Park.
4. There will be no Fiesta Island loop.
5. After a bathroom break at DeAnza Cove, we'll head up Soledad Mountain Road to the top of Mt. Soledad -- our only real hill of the ride!
6. From Mt. Soledad we'll head down Nautilus Street and take a right turn past La Jolla High School to reach the La Jolla Farmer's Market. Coffee will be available there. Expect a long stop for both hot beverages and produce shopping, because the ride leader needs his vegetables!
7. We'll ride quiet surface streets south from La Jolla, through Bird Rock and into Pacific Beach, with lunch (or lunch purchasing, if we're early and would rather picnic later) at the Pita Pit near the Crystal Pier. From there, we'll head east on Felspar and south on Fanuel to reach a bike path along Mission Bay (and more public restrooms). We'll take shore paths, nearby bike routes, and bike lanes to return to East Mission Bay Blvd and return to start.

## 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!

**TUE AUG 03 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
SAN DIEGO BREWING COMPANY  
10450 Friars Road (619 284 2739)**

Rhonwyn Curtis-Nicholson (858 243 4662). The original manufacturing facility known as San Diego Brewing Company opened in 1896. It was the largest manufacturing enterprise in the county. San Diego Brewing Company delivered their product to all parts of the city and county in bottles or in barrels. Their beers were said to "sparkle like nectar". The company was removed from 32nd Street by the Navy in 1942 and replaced by a base for the Pacific Fleet. Today the new San Diego Brewing Company hopes to carry on the tradition that was started so long ago. Along with an assortment of fresh beers brewed on the premises, San Diego Brewing Company offers fifty taps of beer every day, providing a brew to satisfy each and everyone. Oh, and they do serve great food too!

**SAT AUG 07 8:30 AM 28 MILES \*\*\* JOLLY ROGER BREAKFAST RIDE  
Cottonwood Creek Park, Encinitas**

Rhonwyn Curtis-Nicholson (858 243 4662). Take 5 North to Encinitas Blvd exit. Go left/west. Turn right at the intersection with Vulcan. Cottonwood Creek Park is at the northeast corner of Encinitas Blvd. and Vulcan. There are restrooms at the park.

We will bike north to the Oceanside Marina for breakfast at the Jolly Roger and then return the same way. This is a good ride for summertime because we stay along the coast.

**SUN AUG 08 9:00 AM 30 MILES \*\*\* TWO RIDES TODAY – RIDE #1  
SOUTH BAY  
Pepper Park, National City**

Judith King & Jackie Helleis (619 523 5504). I-5 South, exit 10, merge onto Bay Marina Drive. Left at W. 32nd Street, slight right to stay on W. 32nd. Left at Marina Way, Pepper Park is on the left.

Flat ride indeed. We'll meet at Pepper Park (yes, bathrooms), ride to Starbucks in Coronado (Orange Ave.) where we can take a break (there are also 2 or 3 places very close for coffee, tea, etc.) Then we'll head back and for those interested, have lunch at the Waterfront Grill at Pier 32 Marina, overlooking the marina. See y'all there!

**SUN AUG 08 9:00 AM 8 MILES \*\*\*\* TWO RIDES TODAY – RIDE #2  
HILLCREST CityFest 2010  
Mission Bay Visitor's Center  
North parking lot  
E. Mission Bay Drive & Clairemont Drive  
Mission Bay**

Jeanne Shupala (858 481 8278). We'll bike up Washington to Fifth and University Avenue to the festival - food, arts, and crafts; always a fun event. CityFest is a celebration of art, music, food and spirit in one of San Diego's premiere urban neighborhoods.

There is a discount program that is open to anybody that goes to certain businesses on a bicycle.  
The list of businesses taking part is on [sdbikecommuter.com](http://sdbikecommuter.com)

**TUE AUG 10 6:00 PM ±10 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
**7:00 PM DINNER PEDRO'S COCINA MEXICANA**  
 6155 Lake Murray Blvd. (619 668 1090)  
 between Dallas Street & El Paso Street, La Mesa

Sandra Zinn (619 464 3457). Pedro's is located near Big Lots. At 6:15 PM, we will depart for a 10 -12 mile ride to Lake Murray, around and back. Those not riding should meet us at Pedro's at 7 PM. Pedro's has a "healthy foods" section on the menu.



**SAT AUG 14 9:00 AM 25 MILES \*\*\* MIRA MESA/DEL MAR LOOP**  
 Mira Mesa Town Center  
 Mira Mesa Blvd. & Westview Parkway, next to I-15.  
 Home Depot, back parking lot near the nursery

Lois Horowitz (858 610 3444). The Mall is on the southwest side of Mira Mesa Blvd. & I-15. It's right off I-15 so that's the fastest way to get here. First things first - Lunch is at Panera Breads on the other side of the mall next to the theater. Now to the ride - we'll do a loop around to Del Mar. We'll return avoiding Highway 56 bike path, instead going through neighborhoods.

**SAT AUG 14 5:00 PM 0 MILES \*\*\*\* POTLUCK AT LIBERTY STATION AKA**  
**KBs WELCOME CALVERT/SAYER FAMILY**  
 Liberty Station (duh!)  
 Cushing Road & Roosevelt Road  
 across from LAVA Sport and Fitness

Ken King (858 450 0373). The Knickerbikers welcome Jim Sayer, his wife Wendy and daughters Samantha, Lucy and Keilan to San Diego. Jim is executive director of the Adventure Cycling Association. Jim and his family have just completed a two month self-contained trip down Adventure Cycling's Pacific Coast, from Canada to Mexico. We'll hear about their adventures!

There is ample parking in the lot at Cushing Road and Roosevelt Road. Please bring a dish to share as well as your own beverages. BBQs are available; so bring whatever you enjoy! Please bring a chair or blanket to sit on. RSVP so we can reserve enough picnic tables. Merci!

Adventure Cycling has been dubbed "America's bicycle travel experts." Adventure Cycling Association's nonprofit mission is to inspire people of all ages to travel by bicycle for fitness, fun, and self-discovery. Founded in 1974 as Bikecentennial, Adventure Cycling is the premier bicycle travel organization in North America with 44,500 members nationwide. The Knickerbikers of San Diego is major "Map Sponsor" as well one of four cycling clubs in USA that recently won a First Tier group membership promotion.



**SUN AUG 15 9:30 AM 25+ MILES \*\*\* CHICKEN PIE DINER RIDE**  
Twin Peaks Plaza, Pomerado Road  
Thomas Brothers Guide page 1190 C1

Susie Stogsdill (619 840 3173). Join us at 9:30 AM at Twin Peaks Plaza on Pomerado Road, just north of Ted Williams or south of Camino Del Norte. Ted Williams will bring you to Pomerado Road. Make a left at Pomerado and first right into the shopping center. Chicken Pot Diner is to the right in the the plaza. Park near Chicken Pie Diner the southwest corner of shopping center. Depending on the temperature, we will ride around area for 25+ miles and eat at the Chicken Pot Diner.

**TUE AUG 17 6:00 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
Balboa Park  
Spreckels Organ Pavilion

Gail Roberts (619 942 2093). We will meet behind the benches. Bring blankets, or chairs to sit on. Each person should bring their own picnic dinner and arrive before the concert which starts at 6:15 PM. The music this evening... big band music by Moonlight Serenade.

**THU AUG 19 6:00 PM 0 MILES \*\*\*\* BLUEGRASS AND DINNER AT TODAY'S**  
481 Sante Fe Drive, Encinitas (760 753 9700)

Arthur and Gail Markiewicz (760 518 3617). Come and join Arthur and Gail for dinner and bluegrass music! Arrive between 6 PM - 6:30 PM to give yourself time to order your food and get comfy. The music usually starts around 6:30 PM. It is a free, acoustic instrument jam session of usually 15 or so musicians. They are fun to watch, and great music. The food fare is pizza, salads, and pasta. Very casual and easy to get to. Just get on I-5 and head to Sante Fe Drive. Exit Sante Fe Drive and go west, the shopping center Today's is in, is immediately on your left/south side of Santa Fe Drive. Once you get into the shopping center, Today's is to your left, in the northeast corner of the parking lot. Come join Arthur and Gail for some music and eats.

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

**SAT AUG 21 9:00 AM 25 MILES \*\*\*\* LAP AROUND THE LITTLE BAY**  
Joe's Pizza, Madison Square Shopping Center  
Southwest corner of I-805 & Clairemont Mesa Blvd.

Merle Vogel (858 279 9863). From I-805 take Clairemont Mesa Blvd west. Make a U-turn at the light and turn into the shopping center. We'll start at Joe's Pizza and ride down to Mission Bay and around then back up to Joe's Pizza. We'll eat lunch at Joe's. It's a convivial place and the price is right!

**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](http://www.active.com) or visit [www.sandiegomidnightmadness.org](http://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%).

**SUN AUG 22 9:00 AM 45 MILES \*\*\* MID-EASTERN COUNTY**  
Mission Valley Shopping Center  
parking lot north of Target

Jeff Gianformaggio (619 255 2890). I-8 East to Mission Center Rd, left on I-8 overpass, right on Camino del la Reina, then take second right into the parking lot. Park near the street. Average to moderately paced ride, but 3 - 4 hills to make it interesting. We're going through San Carlos, Fletcher Hills, La Mesa, Spring Valley, Bonita, National City, and finally back to San Diego. Lunch at Pat & Oscars in Plaza Bonita Mall.

**TUE AUG 24 6:00 PM WALK \*\*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
**6:45 PM DINNER PAT & OSCAR'S RESTAURANT (619 295 6200)**  
 8590 Rio San Diego Drive

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 Pat & Oscar's at 6:45 PM to enjoy some breadsticks, salad, soup, chicken, pizza, sandwiches. Pat & Oscar's offers a lot of good and reasonable food! Enjoy!



**SAT AUG 28 9:00 AM 50 MILES \*\* PEDAL WITH PAUL**  
 Zoo parking lot - War Memorial

Paul Mitchell (cell 619 240 6659, home 619 741 7169, Paul662005@yahoo.com). This ride will include 3 hills - Clairemont Drive, Mt. Soledad and the hill to the lighthouse. Lunch will be at Point Loma Seafood.

**SUN AUG 29 9:00 AM 22 MILES \*\*\*\*\*1/2 BRUNCH RIDE**  
 Old Town Parking Lot  
 Congress St, across from Old Town Trolley Station

Roy Lawrence (Home 619 523 5522, Cell 619 254 0641). We will go east to The Souplantation at 6171 Mission Gorge Rd, which serves breakfast (cereal, eggs, waffles, etc.) plus their regular menu on Sundays until noon. Moderate pace, no steep grades.

**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/>



**TUE AUG 31 6:00 PM WALK \*\*\*\*\* KNICKERBIKER KNIGHTRIDER**  
**6:45 PM DINNER KHAN'S CAVE ASIAN TAVERN & GRILL**  
 9350 Clairemont Mesa Blvd. (858 279 9799)

Sharon & Eric Goodis (619 787 7427). Let's get in a brisk walk before dinner. Meet at 6:00 PM, leave at 6:05 PM for a fast neighborhood walk so we can make it back before happy hour ends at 7 PM.

Khan's Cave is hidden gem in Kearny Mesa that has been nominated for the Best Asian Fusion restaurant in San Diego. The spot is a casual Asian style Grill & Tavern, elegant yet with neighborhood pricing. Khan's Cave features a full bar with 20 premium beers on tap and over 30 wines by the glass, however food is their specialty; tapas, veggie egg rolls, creamy walnut shrimp, sandwiches, salads, lettuce wraps, spicy garlic gyoza, beef stir-fry... Hope you'll come out and enjoy our new find with us!



# Wheely Good Recipes

## Gracie Allen's Classic Recipe for Roast Beef



- 1 large Roast of beef
- 1 small Roast of beef

Take the two roasts and put them in the oven.  
When the little one burns, the big one is done.

Submitted by *Sandra Zinn*

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



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 fun to be a kid again..

# Coming Events:



**SUN OCT 10**  
through  
**FRI OCT 15**

**variable MILES**

**PASO ROBLES, CA**

Jeff Gianformaggio (619 255 2890). Those of you who remember the Great Western Bike Rally, it was a great area to enjoy the excellent and numerous routes offered. The biggest drawbacks [in my opinion] were the hot time of the year, and the crowds from the Rally. We had to camp to enjoy the event.....BUT NO LONGER!! Now we will spend four days, October 10 through October 15, using the route sheets that I have collected over the years. That amounts to about 20 DIFFERENT DAY RIDES of varying distances and to choose from! Upon arriving on Sunday, October 10, check-in [after 3 PM] at the HOLIDAY INN EXPRESS, 2455 Riverside Avenue (800 238 6500). Call the hotel and reserve your room. Ask for Felix, but anyone can help you.... Refer to Knickerbikers so they can try to keep us together. The rooms are \$119/night for a king size bed, \$127/night for two queen beds [plus 12% tax]. This is with AAA discount. Otherwise, the rooms are about \$20 more per night. Amenities include: FULL BREAKFAST, heated indoor pool and Jacuzzi, smoke-free premises, coin laundry, and wireless internet. And freshly made cookies for our snacking pleasure! The drive up is around 350 miles, so expect about 5 hours 30 minutes behind the wheel. Those driving up US 101 will take exit 231B [at SR-46] to enter Paso Robles. If you opt for going Interstate 5 north, you'll be turning onto SR-46, heading west to Paso Robles, and crossing under US 101 to enter the town. After all the fun is done, you'll be departing on Friday, October 15. QUESTIONS? Call Jeff!



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](mailto:pezzie@san.rr.com)
- [www.knickerbikers.com](http://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!

**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.

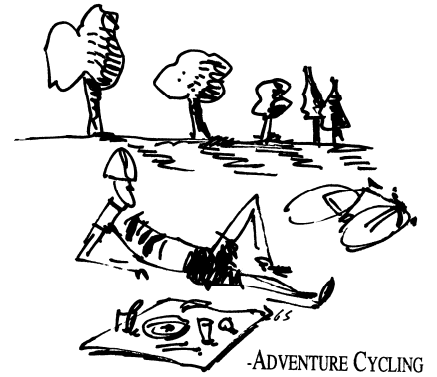
We arrive in Tucson on Sunday November 14th and ride on the 15th, 16th 17th, 18th, and 19th. We check out Saturday morning November 20th UNLESS we want to do the famous Tour de Tucson, which is the 20th. If you do, then you can make your own reservations at the Best Western or another hotel of your choice 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!

THU NOV 25  
through  
SUN NOV 28 (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.



This is a current Knickerbiker. Who do you think it is?  
Send your guess to Sharon - [pezzie@san.rr.com](mailto:pezzie@san.rr.com)  
Get it right... get a prize!  
Send your childhood photo with your bike photo too!



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.



10/08

