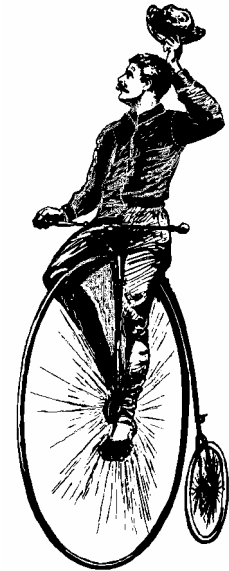


The
Knickerbikers
of
San Diego County



www.knickerbikers.com

"To travel by bicycle is a humble, nonaggressive way to get close to people. It is a way of saying we are passing through with no thought of invasion or conquest, only the simple will to share a part of the road."
- Claude Herve – *cycled around the world*

THE BULL-A-TON

FEBRUARY 2012

Vol. 38 No. 10

VENTURA VENTURE DECEMBER 2011

In December 2011, 23 Knickerbikers enjoyed spectacular weather for a mini-holiday that was all too short! Larry Cahn, Rita Cohen, Will Cronyn, Kathy and Scott Curriden, Joe Estey, Jackie Helleis, Judith King, Lois Horowitz, Helmut Kiffman, Pat Moore, Gary Lambie, Gail Markiewicz, Chris Polta, Martin Wascher, Jim Seal, Susie and Stogs Stogsdill, Julie and Keith Topliffe, Cindy Tozer, Martha Way, and Ken King stayed the "Inn on the Beach," which was situated right on the sand in South Ventura. The small retail area was decidedly "beachy" with burger bars and informal restaurants.



As the group arrived, we were pleased to note that the weather was unseasonably warm with not a cloud in sight. Ken arranged for the hotel to provide the “breakfast room” in the hotel for our happy hour, and we gathered there for some wine, food, and camaraderie. Following that, several Knickerbikers followed Judith to a fish and chips restaurant she recommended.

On Wednesday the 19th, we rode north on the Ventura River Valley Trail (a rails-to-trails conversion) toward Ojai. We knew that a portion of the trail was closed because of washout, but the lower portion, which winds its way through the relics of an oil field and refinery. The trail has more than a dozen “found art” sculptures that capture many of the uses of the work “mark.” For instance, one is “A Visible Object of Known Position--Hit the Mark.”

Once we arrived at Foster Park, (and repaired a couple of flats) we took a detour on in to Ojai. Uh oh! Five more flats! There must have been stickers (goatheads? tumbleweeds?) in that park!

We were a little late in arriving in Ojai for lunch, so the group split up between those who figured there was time to ride 30 more miles for a total of 50 miles, and those who turned around and returned via the bike path (40 miles). Yes, the longer riders did get back a few minutes before sunset!

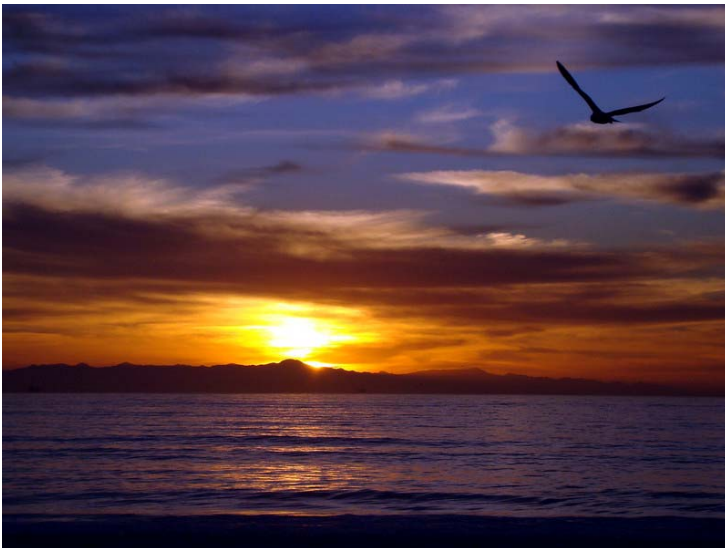
On Thursday we decided to head west toward Santa Barbara, having lunch and turning around after 20-25 miles (Carpinteria and Summerland). Once again, the group split in the 40-mile group and the 50-mile group. The longer group, led by Joe, rode on to Santa Barbara while the shorter group had lunch at a little outdoor cafe on Padaro Lane in Summerland. Once again, the weather couldn't have been more ideal. It was like summer!

Now here's the problem with three-night mini-tours: on Friday morning most folks started thinking about tackling the drive through LA, and opted to load up and leave. A few of us rode down to Oxnard for brunch, but the nice harbor-side restaurant that some of us visited earlier was closed! We did get a short 20-miler in nonetheless.

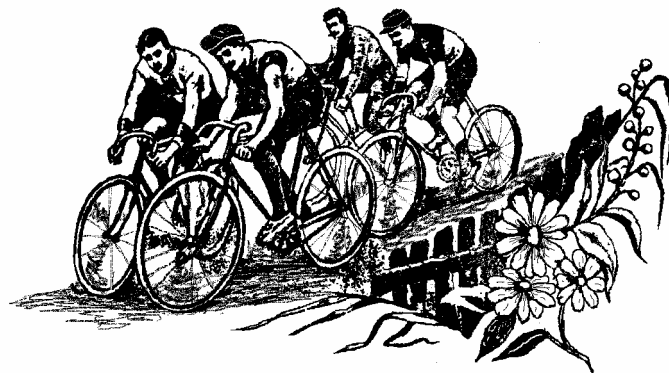
Thanks to everyone on the trip, and to our hosts at The Inn on the Beach, the trip was a success. If our only complaint is the number of flats, then we're pretty lucky! Note that there are many pictures on the Knickerbiker site (either under “past tours” or “scrapbook”) of this trip.

Now where do we go for our next tour?

Ken King



Outings:



FEBRUARY 2012						
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			

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 loaloro@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!

Bill and Jim welcome riders to join their **SATURDAY LITE RIDE** which leaves every **Saturday** at **8:45 AM** from 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 Bill and Jim 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 FEB 04 8:45 AM ±25 MILES * SPIN THOSE WHEELS!**
Old Town Trolley station parking lot
4005 Taylor Street

Today we'll join the Saturday Lite Riders. The ride leaves from the Old Town Trolley station parking lot at 9 AM. The ride is usually about 25 miles at an easy pace. First stop is usually a coffee stop in Ocean Beach. There we'll decide where to ride and enjoy lunch!

SUN FEB 05 9:00 AM 20 MILES * SUPER BOWL WORKOUT**
Mission Bay, South Shores Boat Ramp
on Seaworld Drive, just east of Seaworld

Merle. This will be a short, quick ride so everyone can get back and get cleaned up in time for the Super Bowl Party. We'll burn a few calories in anticipation of ones we'll imbibe watching the Patriots and the Giants vie for a ring and braggin' rights. We'll ride downtown and come back along the harbor, around Harbor Island, back to OB and Dog Beach, then along the San Diego River and back to the start. Drop off for lunch in OB or just get on home and get ready to party.

TUE FEB 07 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Pomegranate Russian-Georgian Restaurant
2312 El Cajon Blvd. (619 297 4007)

Rhonwyn. Once upon a time in the West ... on the corner of El Cajon Boulevard and Louisiana Street, there appeared a Russian-Georgian restaurant. The food is robust, for heroes of the table, as their motto amply testifies: "Borscht by the bucket, vodka by the inch." The service is "Allegro ma non troppo!" As for parking, it is positively Darwinian: survival of the fittest. Note: The restaurant takes cash only.

FRI FEB 10 9:00 AM 65 MILES * ESCAPE THE GAS**
through
SUN FEB 12
- Will has termites, has to leave home!!
Mission Bay Visitor Center
2688 East Mission Bay Drive
North parking lot
E. Mission Bay Drive & Clairemont Drive
Mission Bay

Will. 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, another left. Left towards Mission Bay Visitor's Center.

Friday: Coastal ride going North. Stay over at Dana Point Marina Inn, 24800 Dana Point Harbor Drive, Dana Point 92629. (\$92+tax/night for either a standard 2 queen or 1 king room) Reservations: 949 496 1203 OR return to San Diego by train (ride leader will provide escort to station) probably dark by return to San Diego so bring lights.

Saturday: 40 mile return trip ride to Newport Beach for lunch.

Sunday: Depart 8:30 AM with breakfast at Cafe del Sol, San Clemente and probable additional stop at Pannikin, Leucadia. NOTE: probably should not leave cars next to Mission Bay Visitor Center for 3 days/2 nights. Can park in Will's 'hood Friday AM.

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

SAT FEB 11 8:45 AM ±25 MILES * SPIN THOSE WHEELS!**
Old Town Trolley station parking lot
4005 Taylor Street

Today we'll join the Saturday Lite Riders. The ride leaves from the Old Town Trolley station parking lot at 9 AM. The ride is usually about 25 miles at an easy pace. First stop is usually a coffee stop in Ocean Beach. There we'll decide where to ride and enjoy lunch!

SUN FEB 12 9:00 AM 38 MILES * TOUR DE RAINBOW**
Park & Ride Escondido 92026
Gopher Canyon Road
East Side of I-15 on Gopher Canyon Rd

Judith and Jackie. When on I-15, exit Gopher Canyon to the east, go into parking lot on the right. 3000" of climbing in 38 miles. There will probably be 2 subgroups: one fast and one slower (J & J's). First a gentle descent to Highway 76 on Camino del Rey, then north through the backside of Fallbrook and back to Old 395 to Rainbow. Then it's Rice Canyon Road and Couser Canyon Road with a final descent on Old Castle Road and back to the start. We'll stop halfway through at Rainbow Oaks (country store) in Rainbow for snacks/lunch. RAIN CANCELS!!!

TUE FEB 14 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
Phil's BBQ (619 226 6333)
3750 Sports Arena Blvd. (at Hancock St)

Joi and Paul. 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.. it moves quickly and Phil's BBQ is well worth the wait!



SAT FEB 18 9:30 AM 27 MILES * NORTH COUNTY LAGOON RIDE**
Harvest Market (760 944 6898)
162 S. Rancho Sante Fe Road, Encinitas

Rhonwyn. Meet at the Harvest Market at the intersection of Encinitas Blvd and Manchester. Take I-5 to Encinitas Blvd. Go east a few miles until you reach the shopping center just after the intersection with Manchester/Rancho Santa Fe. Park in the periphery of the Harvest Market parking lot. Lunch is at St. Germain's Cafe on the coast highway in Encinitas.

SUN FEB 19 9:00 AM 35 MILES * 3 LAKES TOUR**
Vons parking lot (south east side)
5630 Lake Murray Blvd, La Mesa

Guy & Carolaine. From I-8 take the Lake Murray exit and continue for about a mile to Baltimore. Turn left on Baltimore. The Vons grocery store will be on your right.

We will ride the back streets to Grossmont College and enjoy a nice view of the Santee-Lakeside valley. Then ride to Lindo Lake. We will take the back roads to Santee Lakes. (Note we will walk/pedal through a 1/4 mile shortcut through San Vicente to connect through Post Hills Road. If it has been raining and the dirt road short cut is not suitable we will make a loop through paved roads via the 67). Near the Mission Trails Regional Park we will decide if we want to go through the park via the Father Junipero Trail and then climb Jackson or go through Big Rock Park and walk a 1/3 mile thru the dirt road connecting to Grossmont College or take Prospect and climb Fanita. Lunch will be at the Lake Murray Cafe where we will celebrate February's birthdays and Guy's 10,000th mile around Lake Murray.

TUE FEB 21 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
Apollonia Greek Bistro (858 455 1535)
Costa Verde Center
8650 Genesee Avenue

Ken & Sheryl. The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive. Let's get in a brisk walk before dinner. Meet at 6:00 PM. We'll leave at 6:05 PM for a mall crawl. We'll then join the non-walkers at Apollonia Greek Bistro at 6:45 PM.

Simple, unpretentious foods such as grains, meat and legumes are enriched by the pungent, earthy flavors of garlic, onion, eggplant and artichoke, and by the essences of the olive oil, lemons and raisins. Greek cooking, which is tied to nature and to the seasons, reflects the simple environment of sun-earth-sea. The exciting menu at Apollonia is designed to accommodate both vegetarian and omnivorous diners. Try some of the authentic dishes such as Dolmathakia and Moussaka.



SAT FEB 25 8:45 AM ±25 MILES * SPIN THOSE WHEELS!**
Old Town Trolley station parking lot
4005 Taylor Street

Today we'll join the Saturday Lite Riders. The ride leaves from the Old Town Trolley station parking lot at 9 AM. The ride is usually about 25 miles at an easy pace. First stop is usually a coffee stop in Ocean Beach. There we'll decide where to ride and enjoy lunch!

SUN FEB 26 9:00 AM ±25 MILES * WE WILL FOLLOW GAYLE**
Rancho Peñasquitos Town Center
13255 Black Mountain Road

Gayle. We were rained out in January.. we'll try again in February! We will ride about 25 miles and depending on time, may eat at the end at Smashburger. Whether you're in the mood for a signature burger like the Classic or a locally inspired recipe or if you'd rather create your own from our long list of ingredients, there's a burger to fulfill any and every appetite.

TUE FEB 28 6:30 PM 0 MILES *** KNICKERBIKER KNIGHTRIDERS**
Amarin Thai Restaurant (619 296 6056)
3843 Richmond Street (South of University Ave.)

Gail & Forrest. Knickerbikers enjoyed Amarin Thai in June 2011 and it was so very tasty! Check out the excellent reviews on Yelp.com. There are over 800 reviews (most excellent!) for Amarin Thai. We are looking forward to their tempting-named dishes like chicken volcano, Little Mermaid, Love Boat, Thai Princess and Rock & Roll Shrimp. Come on out!



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 editor@knickerbikers.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!

Coming Events:



TUE MAR 13

DEE'S GOING ON TOUR
Dog Beach, Ocean Beach

Save the date! Dee is embarking on a trans-AM tour from Pacific Beach on Tuesday, March 13, so let's accompany her as she rides to Alpine. Meet at Dog Beach early (exact time to come) and ride as far east as you want. Way to go, Dee!

late JUN
or
early JUL

A SUMMER WEEK IN MAMMOTH!

Chris. Chris is working on finding 3 or 4 condos in Mammoth Lakes, CA, in late June or early July. Her plan is to provide maps and information on biking, hiking, boating, golf, etc. Knickerbikers could follow her "suggested" plan, or "create" their own week! Show Chris your interest level by phone or e-mail.
home: 760-747-8622 cell: 760-5181404 or cpolta@sbcglobal.net

Wheely Good Recipes

Sweet and Sour Cucumber Salad



- 1/4 cup sugar
- 1/4 cup water
- 1/2 cup white vinegar
- 1/2 teaspoon salt
- 2 cucumbers or 1 hothouse cucumber
- 2 tsp dehydrated parsley flakes

Day before, mix all ingredients except cucumbers and refrigerate.
Peel & slice cucumbers (hothouse cucumbers need not be peeled)
Put in plastic bag and refrigerate.
One hour before serving, mix dressing and cucumbers together. Serves 6-8

Submitted by *Sandra*, from Traders Vic's Restaurant

Knickerbiker Klassified

For Sale: Brand new Knickerbiker jersey for sale. Men's short-sleeved size Large. \$85.00
Ken 619 894-5263 or kking002@san.rr.com

Botany on a Bike

This is a good time to plant seeds for spring herbs indoors in flats or pots placed in a sunny window. By starting them now they will be ready for transplanting into the garden in April.



California Barrel Cactus (*Ferocactus cylindraceus*) are large, round, barrel-shaped cactus with ribs (flutes) running from bottom to top. Barrel cactus start out short and wide (globular), then grow to about 5-ft tall and 16 inches in diameter. The plants are covered with relatively long, stout, flattened spines. The spines are erect and spreading, the longest are recurved, and they have some red color. Yellow flowers form a ring around the top of the stem. Barrels are generally uncommon cactus of rocky hillsides, but they can be locally common.

The SDCBC web site was redesigned in December 2011. Visit www.sdcbc.org

Robert Leone, Knickerbiker representative at SDCBC



January 22 2012
Photo by Merle



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. 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.



**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 send their name and email address to membership@knickerbikers.com**