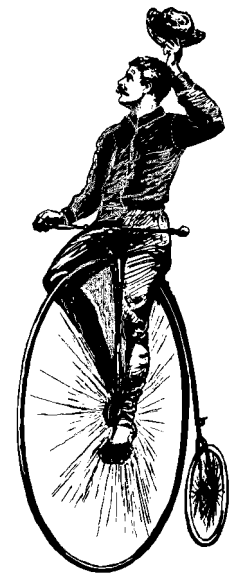


The
Knickerbikers
of
San Diego County



www.knickerbikers.com

"Cars are alright on occasion, but they are not moments of grace, as bicycles are."

Colman McCarthy – journalist and cyclist

THE BULL-A-TON

MARCH 2011

Vol. 37 No 11

Fixed Gear Bikes

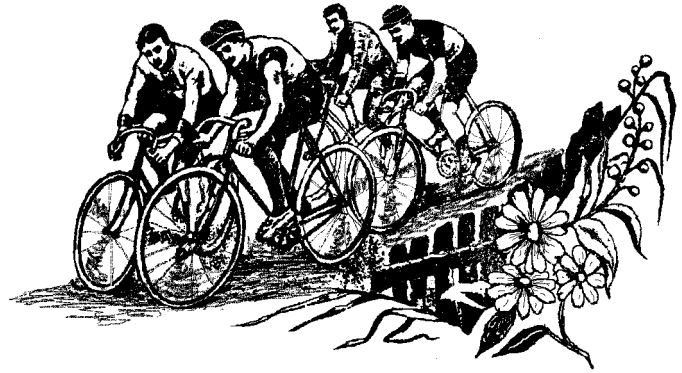
Several Knickerbikers ride fixed gear bikes... Fixed gear bikes are simple bikes with only one gear and no freewheel mechanism, which means that the pedals are constantly in motion whenever the bike is moving. That means the rider cannot coast on flat or downhill sections unlike a single speed bike, which does allow coasting via a single cog attached to a freewheel hub.

Why ride a fixed gear bike?

- *Simplicity.* No slipping gears and a slick chain movement allows easy movement through traffic.
- *Speed and efficiency.* With few components, fixed gear bikes are light and the constant cadence means no annoying stops and starts. They are also virtually maintenance free.
- *Fitness.* Riders have to pedal harder on inclines and keep pedaling downhill so legs are constantly in motion and lazy coasting is impossible.
- *Fun.* Riders love the almost mystical connection between bike and road offered by a fixed gear. To control speed, they simply pedal faster or slower and take in all of their surroundings when not having to concentrate on gear shifting. This offers a freedom unlike riding any other bike.

from Helen Smeaton, Suite101.com

Outings:



MARCH						
2011						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Want to cycle more?

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.

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!

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

TUE MAR 01 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Pho Point Loma & Grill (619 226 6502)
2788 Midway Drive (at Rosecrans St)

Gail. Pho Point Loma & Grill is privately owned and was the first Vietnamese Restaurant in Point Loma. Pho Point Loma & Grill's good yet inexpensive home-style cuisine offers choices for vegans, soup lovers and meat lovers. Check it out: <http://www.phopointlomagrill.com/>

SAT MAR 05 9:00 AM 25 MILES * T-SHIRT & K SANDWICH RIDE**
Mission Bay Visitor's Center
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Robert. 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.

What do nuclear power plant decontaminations, organized bike events, blood banks and bail bonding agencies have in common? All use imprinted t-shirts to commemorate, celebrate, or advertise. Leave the "tweed ride" to the updrugging Uptown cyclists! We Knickerbikers are going to ditch the jerseys and dress down to weekend casual (t shirts! you may just carry one to slip on at the stops) as we enjoy a great weekend day's riding. We'll warm up with a flat jaunt to Ocean Beach for coffee, then switch gears for a leisurely climb up Linda Vista Road. Lunch will be at K Sandwich (<http://www.ksandwiches.com>). From there we'll roll east on Aero Drive before enjoying a wild downhill into Mission Valley and a return to start using the San Diego River Path. Note: Please don't wear a sexually explicit, obscene, profane, or just plain rude t-shirt. Even if we're the usual adult Knickerbiker crew, K Sandwich is an all-ages venue.

SUN MAR 06 9:00 AM 35 MILES * 3 LAKES RIDE**
Vons parking lot (South east side)
5630 Lake Murray Blvd. La Mesa.
(corner of Lake Murray & Baltimore)

Guy and Carolaine. From I-8, take the Lake Murray exit and continue for about 2 miles to Baltimore. Turn left on Baltimore. Vons will be on your right. We will go first around Grossmont College to have a nice view of the Santee-Lakeside valley. Then go down to Lindo Lake before pedaling through the backsides of Lakeside and Santee to reach the Santee Lakes. After that we will make a decision; if we want to take the Father Junipero trail (paved trail/bike path through Mission Trail Regional Park) and climb Jackson back to Lake Murray or if we want to be adventurous and take a short cut to Big Rock Park and walk through a dirt road (about 1/3 mile) to reconnect to the Lake Murray area. Lunch should be at the Lake Murray Cafe.

TUE MAR 08 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Gulf Coast Grill
4130 Park Blvd. (619 295 2244)

Rhonwyn. Wear your beads! It's Mardi Gras! Enjoy wonderful Cajun food at the Gulf Coast Grill. The menu is inspired by the flavorful and diversified cuisines of the Gulf Coast. This area, from the Gulf of Mexico to the Gulf of Campeche, offers a wide variety & style of cooking with Cajun, Creole, French, Latin American, Spanish & Caribbean influences.. creating the "Best of Both Gulfs". Gulf Coast Grill is on Park Boulevard between University to the south and El Cajon Blvd to the north. There is ample street parking.

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

SAT MAR 12

7:15 AM

100 MILES

6th ANNUAL SEA LEVEL CENTURY

Carmel Valley Park & Ride

RAIN CANCELS

Fern. Please come out and join the riders on the 6th Annual Knickerbiker Sea Level Century. We will be leaving promptly at **7:30 AM** from the Carmel Valley Park & Ride. To get to the start head along I-5 to Carmel Valley Road exit. Turn west and go to the first traffic light after the freeway bridge. Turn left into the Park and Ride.

If you get there late, just head up the coast and catch up with us. This year, we will be doing the Sea Level Century a little differently. The ride will be like any other century ride - you're on your own! Fern will try to have route slips available, however, if you are inviting people that are not Knickerbikers or who have not done the ride from Oceanside Harbor through Pendleton to San Clemente and Dana Point, please either lead the way up and back for them or provide directions to them. We'll be stopping at the Oceanside Harbor free parking to pick up the riders that are doing part of the ride. It is 22 miles to the harbor and Fern estimates that the fastest riders should be at the harbor parking lot around 8:45 - 9:00 AM. Please be ready to ride as soon as you get there - even if you have to wait 15 minutes or so for us. When Fern gets to the harbor parking lot, she'll gather up everyone and we'll leave within 5 minutes of her getting there. Or, you can also just start riding north on your own. We'll head north through Camp Pendleton and stop at the Las Pulgas parking lot at approximately 9:45 - 10:00 AM to pick up any riders going from Las Pulgas to Dana Point and back. We'll do the same thing at this stop - as soon as Fern gets there, we will leave, or you can start riding north on your own. Last year we had to split into several different groups when we got to Dana Point Harbor because, unfortunately, since the rebuild of Proud Mary's, there just isn't enough seating there for all of us any more. So, we are all on our own again for lunch. We will not be coordinating a time to meet after lunch and head back south to do our other 50 miles. If we happen to all be in the same place to head back together, well that would be wonderful! OR - you don't have to go to lunch, you can bring your own food and turn around at Dana Point Harbor for your last 50 miles! But what's a Knickerbiker ride without lunch??? **BRING YOUR ID** to get onto Camp Pendleton or you will have to take the 5 freeway to the Las Pulgas exit. Please don't hold Fern to the time estimates or email or call her that her estimates are incorrect. Some riders are faster than what she has estimated for. Also, Fern is not organizing any training ride(s) for the Sea Level Century. This is a fun, social ride for those that don't want to pay for or can't do the harder century rides or have never done a century ride. If you want to time yourself on the ride, go for it! **There is no charge for this century ride and we don't have a SAG or any food/water stops set up. You will be completely and totally responsible for yourself, your bike, your food, your water, etc.** LET'S HAVE A GREAT TIME AND BE SAFE!!!!



**Just as sunflowers turn their heads to catch every sunbeam,
so too have we discovered a simple way to get more from our sun.**

Daylight saving time begins on the second Sunday in March.
At 2:00 AM on Sunday March 13 2011 move clocks ahead one hour.

SUN MAR 13

9:00 AM

±25 MILES

I'M MAKING THIS UP AS WE GO ALONG RIDE

Mission Bay Visitor's Center

North parking lot

E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Lois. 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.

We'll go east towards Kensington, loop around there over to Park Blvd. We'll take Park Blvd. straight down to Harbor Drive, wind our way over to the Coast Highway and back to the start. We'll eat lunch in Old Town.

TUE MAR 15 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
St. Patrick's Day Dinner
The Field (619 232 9840)
544 Fifth Avenue
between Market Street and Island Avenue

Rhonwyn. There is ample parking within a block or two, or on the street itself. There is a Trolley Station less than 3 blocks away on Harbor Drive and Fifth Avenue. Celebrate St. Patrick's Day in a turn of the century Irish pub shipped literally piece by piece from Ireland and relocated in the heart of San Diego's Historic Gaslamp Quarter. Come enjoy delicious Irish food before St. Patrick's Day!

THU MAR 17 7:00 PM 0 MILES ** KNICKERBIKER GAME NIGHT**
O'Goodis Hideout
Check your email for the address

Sharon & Eric. Time to exercise your mind! Since it is St. Patrick's Day, be sure to wear something green! Tonight we'll play Charades.. so get ready to act! Sharon and Eric will provide light green munchies. (Follow the Green Brick Road.... Oh that's munchkins!) Please, please **RSVP!**

SAT MAR 19 9:00 AM 25 MILES * SOLITARY OWL RIDE**
Joe's Pizza (858 268 0093)
5583 Clairemont Mesa Blvd.
southwest corner of I-805 & Clairemont Mesa Blvd.

Merle. From I-805 take Clairemont Mesa Blvd west. Make a u-turn at the light at Doliva. Turn into the strip mall just past Mr. Bon's restaurant. Park near Joe's Pizza.

We'll cross Tecolote (owl) Canyon, past a golf course that was run by Sam Snead. Then we'll pass a part of Mission Bay before tackling Mt. Soledad (solitary). The views from the park at the top of the mountain can be great. On a clear day you can see forever. Then comes the great descent into Pacific Beach where we come to Mission Bay again. We'll ride around the bay then up Linda Vista Road through Linda Vista where many of San Diego's newest arrivals live. We'll end at Joe's Pizza for some good pizza and salad.

SUN MAR 20 10:00 AM 27 MILES * TEMECULA WINE COUNTRY RIDE**
Adobe Plaza
Jefferson Road, Temecula

Rhonwyn. Take I-15 to Temecula. Exit on Rancho California and go west across the freeway. At the light turn right onto Jefferson. Head north about a mile or two. Turn left into the Adobe Plaza parking lot. We will bike through Old Town Temecula, around the Red Hawk golfing community, and then head out to wine country. Wilson Creek has a restaurant now, so we will eat there. We will of course do some wine tasting at Wilson too!

TUE MAR 22 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Pedro's Cocina Mexicana
6155 Lake Murray Blvd. (619 668 1090)
between Dallas Street & El Paso Street, La Mesa

Sandra. Look for Pedro's near the Big Lots store. Pedro's serves tasty basic Mexican food at a fair price. They also have "healthy foods" section on the menu.

SAT MAR 26 10:00 AM 25 MILES * SIX BERNARDOS RIDE**
Meandro Drive, Rancho Bernardo

Rhonwyn. Take I-15 North to the Rancho Bernardo Road exit. Go east about 1-2 miles. Just west of the intersection with Poway Road and the Albertsons shopping center, there will be a small street called Meandro Drive. Turn right on Meandro Drive before you get to the Albertsons. There is plenty of street parking there. We can no longer meet at the Albertsons parking lot, because they now have security personnel watching the area to prevent people from parking and leaving.

We will bike through areas of Poway and Rancho Bernardo, with lunch at a Greek restaurant near the end of the ride.

SUN MAR 27 10:00 AM 26.3 MILES * BUCKMAN SPRINGS LAKE MORENA**
Buckman Springs Park & Ride

Joi and Paul. To meet up with Joi and Paul and your fellow riders, hop on I- 8 all the way to Buckman Springs Park & Ride. Look for screamin' yellow!

Join Joi and Paul on the 6th anniversary of Joi's first ride with the Knickerbikers (a month late but it was too cold in February.) The ride includes some rolling hills and a loop ride near Lake Morena. Lunch will be at La Posta diner after the ride, but bring snacks just in case...

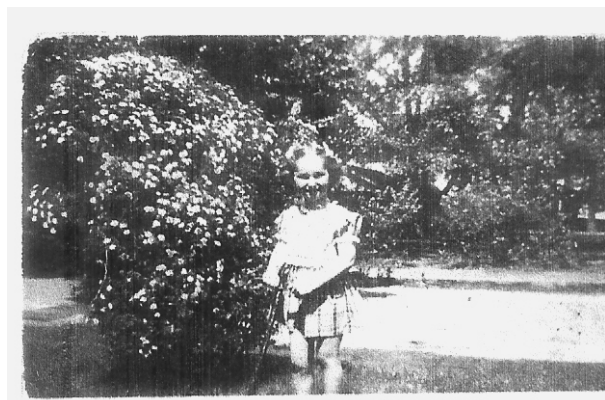
TUE MAR 29 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER Phil's BBQ (619 226 6333)
3750 Sports Arena Blvd. (at Hancock St)

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!



We have two Knickerbikers that have still not been identified!!
Both riders are current Knickerbikers.
Send your guesses to Sharon - editor@knickerbikers.com

First person to get it right... gets a prize!
Send your childhood photo with your bike too!



Coming Events:



FRI APR 08
through
SUN APR 10

SAN DIEGO CUSTOM BICYCLE SHOW
San Diego Community Concourse
202 C Street

Bina Bilenky, perpetual marketing machine at Philadelphia PA's Bilenky Cycle Works, has teamed up with bicycling maestro and framebuilder extraordinaire Brian Baylis to infuse the San Diego Custom Bicycle Show with more energy and innovation than ever.

Local, national and international exhibitors will display their wares. These will include independent frame builders, larger manufacturers, and makers of fine bicycle components, accessories and apparel. Special activities include a pedal powered carnival, bicycle rodeo, tall bike jousting and a kinetic sculpture parade. Seminars, demonstrations, and parties with live music will round out the festivities.

The San Diego Custom Bicycle Show is scheduled to coincide with [The San Diego Gran Fondo](#), a massive group ride being held just a few blocks away.

Brian Baylis has been building, painting and restoring fine bicycles since 1973. He is also an avid collector. This action-packed weekend will delight and intrigue cyclists and non-cyclists alike with the endless possibilities of two-wheeled fun.

SAT APR 16

10:00 AM

6 MILES

RETRO DAY AT LAKE MURRAY

Lake Murray. Boat ramp area

Guy & Carolaine. From I-8 take the Lake Murray exit continue for about 1.5 miles to Kiowa Drive. Turn left on Kiowa and proceed to the lake entrance and the boat ramp area. If you cannot find a parking spot exit the lake and turn left on Lake Murray to Baltimore (about 1/2 mile) turn left on Baltimore and park at Vons at the corner of Lake Murray & Baltimore. Unload your bike and proceed to the entrance of the lake via the path at the corner of Baltimore and Bertro (about 1/4 mile from Vons.)

If you have a bike which is 20 year old or older you are welcome to participate at the 1st Retro Day at Lake Murray. We will gather near the boat ramp and proceed for a lap of the lake. If you have period clothing so much the better. Take your camera for a lot of photo ops around the lake. We will have plenty of time to socialize, admire each other's bikes and swap some interesting stories.(Guy will to dust off his 1975 Peugeot [AKA the Purple Dinosaur].) We will take it from there and decide if we want to have lunch at the Lake Murray Cafe or just enjoy the lake.

JUL 2011

CYCLE RUSSIA

Mark. Golden Ring Tour (ancient cities around Moscow) July 3 - 14 – or – Moscow to Saint Petersburg July 17 - 27. Approximately \$1600 includes meals, accommodations, SAG wagon, museum tickets. We cycle on smaller roads over easy terrain thru picturesque villages. Tour is hosted by the Russian Cycle Touring Club in Moscow. More info: markcriswell@hotmail.com

SUN AUG 29

25 MILES

BIKE THE BAY

Registration for Bike The Bay 2011 is now open. SAVE the date August 28, 2011 or go ahead and register now at <http://www.active.com/cycling/san-diego-ca/bike-the-bay-2011!>

Wheely Good Recipes

Easy Orange & Carrot Soup



1 T butter
2 cups chopped yellow onions
2 lbs carrots (peeled and chopped)
4 cups chicken (or veg) stock
1 cup orange juice
1 T of grated orange peel
salt & pepper

Saute onions in butter until tender.

Add carrots and stock.

Simmer until carrots are soft (about 30 minutes) Cool Add orange peel. Blenderize in food processor or hand blender Add orange juice and return to pot to simmer Season with salt and pepper. Optional; serve with dollop of sour cream, dash of nutmeg.

Submitted by *Sandra*

**Go to www.knickerbikers.com. Click on “Outings” and check out our new Google calendar!
Click on a ride or event and get a full description, including a Google map.
This calendar includes current and future rides and Knickerbiker events.
The calendar will also reflect updates or changes.
Thanks to Doug for adding this to our site!**

We finally have enough to reorder the KNICKERBIKER JERSEY



After about a year, we finally have 15 more lucky Knickerbikers (to add to the 60 who have been enjoying their club jerseys for many months) who have placed new orders. It's taken some time to get to the minimum order of 15, but we are now there! IF you get a check in within the next few days, Ken can add you to what may well be the LAST reorder. Send either \$45 (deposit) or \$91 (full price) to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037, along with the style and size.

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



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 knickerb@san.rr.com



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
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.

