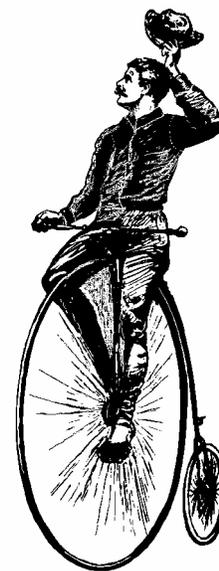


The
Knickerbikers
of
San Diego County

www.Knickerbikers.com



"This is not Disneyland, or Hollywood. I'll give you an example: I've read that I flew up the hills and mountains of France. But you don't fly up a hill. You struggle slowly and painfully up a hill, and maybe, if you work very hard, you get to the top ahead of everybody else." ~ Lance Armstrong

THE BULL-A-TON

FEBRUARY 2009

Vol 35 No 9

2009 Amgen Tour of California



Lance Armstrong is expected to pedal about San Diego in February as part of the **2009 Amgen Tour of California**. Billed as an international, world-class cycling road race featuring elite professional teams and athletes from around the world, the nine-day race throughout California will cross the finish line in San Diego. Organizers say the February 14 - 22 competition will be Armstrong's first U.S. race of the season after a three-year hiatus and also a tune up for his potential return to the **Tour de France**.

The Versus cable network will air live coverage of all nine days of the 2009 Amgen Tour of California beginning **February 14** at 5 PM Eastern Time (2 PM PT)

Phil Liggett and Paul Sherwin will call the race action.

"With strong U.S.-based teams and Lance Armstrong competing in the race for the first time, it is undoubtedly a marquee year for the race and we're extremely proud to be able to showcase each weekday stage live for the first time," said Jamie Davis, the network's president.

2009 Versus Tour of California schedule:

February 7 Preview Show - 5 PM ET (2 PM PT)
February 14 Prologue - Sacramento (live/same-day delay) 5 PM ET (2 PM PT)
February 15 Stage 1, Davis to Santa Rosa (live/same-day delay) 6 PM ET (3 PM PT)
February 16 Stage 2, Sausalito to Santa Cruz (live) 12:30 PM ET (9:30 AM PT)
February 17 Stage 3, San Jose to Modesto (live) 5 PM ET (2 PM PT)
February 18 Stage 4, Merced to Clovis (live) 4 PM ET (1 PM PT)
February 19 Stage 5, Visalia to Paso Robles (live) 4 PM ET (1 PM PT)
February 20 Stage 6, Solvang time trial (live) 4 PM ET (1 PM PT)
February 21 Stage 7, Santa Clarita to Pasadena (live/same-day delay) 5 PM ET (2 PM PT)
February 22 Stage 8, **Rancho Bernardo to Escondido** (live/same-day delay) 5 PM ET (2 PM PT)

Knickerbiker Ventura Adventure December 28 - 31, 2008

On December 28, 2003, ten Knickerbikers decided to enjoy three days of cycling in the Ventura area: Barbara Dorris, Gene and Shirley Flatt, Forrest and Gail Roberts, Dick and Joan Wayman, Michael Welch, Jim Seal, and Ken King. In past years, many of us took the train, but AMTRAK has been unreliable, so we all took cars for the pleasant drive north.

Coming up with the route slips for the day trips out of Ventura was easy; a local club, the Channel Islands Bicycle Club, has published many rides, and nearly all of them start right next door to our hotel, the Clocktower Inn. This place continues to be a good bargain, but it's beginning to show some wear over the years, and the neighborhood is deteriorating a little. Still, it's close to many good restaurants and as well as the beach. AND it still boasts a happy hour (minimal wine and cheese, but we supplemented that liberally, and took over the lobby every night. Breakfasts were included, and the Jacuzzi was used some as well.

On the next day, Monday, the weather was clear but COLD, in the high 40s. We rode a couple of blocks to the start of the "rails-to-trails" bicycle path toward Ojai. The whole 17 miles to Ojai was on the path, which was punctuated with statuary every kilometer or so. The "Ventura River Class I trail" is reputed to have cost almost \$1 million per mile, and we sure enjoyed it! The weather warmed up quickly, and reached the mid-60s for most of the day.

After coffee in Ojai, we continued on our 50-mile loop up the Dennison Grade, down to Santa Paula, and back to Ventura. The climb of perhaps 400 feet was easier than Torrey Pines, our yardstick. Just a couple of hundred yards short of what was reputed to be the summit, we stopped for the famous Ojai Valley view that was featured as *Shangri-La in Lost Horizon*, filmed in 1937 and starring Ronald Coleman.

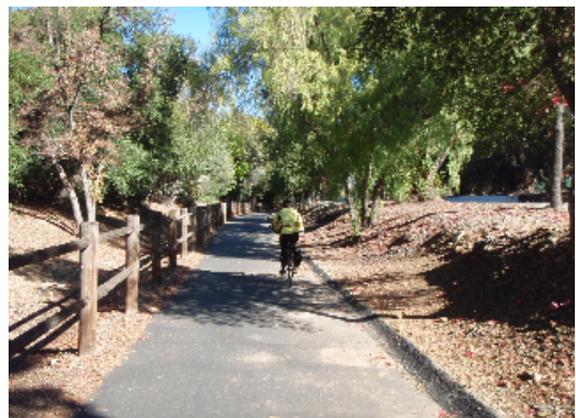
After reaching what we thought was the summit, we cycled for a few more miles, gradually gaining even more elevation. Finally, we reached the summit (identified by a store with a large "SUMMIT" sign), and enjoyed a nice lunch followed by a 7-mile downhill with smooth shoulders, nice curves, and no need for brakes. Even after we reached Santa Paula, our route continued to drop gradually. We stayed off of busy streets and took on some gentle rollers on a nice westerly route from Santa Paula to Ventura, arriving back at the hotel well before dark. After happy hour at the hotel we had dinner at an Indian restaurant nearby.

Tuesday morning the weather was only a little warmer, but still clear and dry. Most of us took off toward Fillmore on a 50-mile loop. We had pretty stiff headwinds for the trip northeast to the halfway point, but the interesting gentle rollers, farmlands and orange groves made up for it. After lunch in Fillmore (a sleepy agricultural town that resembles any Imperial Valley town) we enjoyed the tailwind back to Ventura, following a different route home.

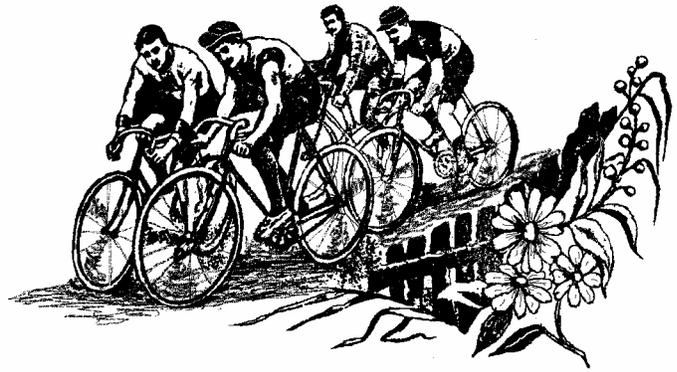
Even though Wednesday was check-out day, four of us opted to head to Carpinteria and back, which is on the coast toward Santa Barbara. The route is lovely and familiar, even though part of it is on the highway. After coffee in Carpinteria that the Roberts's knew about, we returned to the Clocktower Inn, checked out and headed for the "active sportswear discount shop" in Ventura, which I think used to be the Patagonia outlet. Good bargains!

As we headed home, we were grateful to have the health, time and attitude that enabled us to ride 135 miles in good weather over scenic roads, finishing up 2008 doing what we love!

Ken King



Outings:



| FEB | | | | | | | 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 | |

Want the Bull-A-Ton online? E-mail knickerb@san.rrcom and ask to receive the Bull-A-Ton electronically. You can choose to have either the print or the e-version. If you choose the latter, your subscription renewal is only \$10 instead of the \$20 for a print version.

SUN FEB 01 **9:30 AM** 25 MILES *** NORTH PARK & HILLCREST
 MIDWAY TOWN CENTER
 3950 West Point Loma Blvd.
 Park behind Blockbuster

Roy Lawrence (619 523 5522). To get to Midway Town Center, take I-8 to Sports Arena Blvd. or I-5 to Rosecrans Street. We will go to North Park via Fairmont, circle through Hillcrest. Lunch will be at Souplantation near start.

In the summer of 1893, San Diego merchant Joseph Nash sold 40 acres of land northeast of Balboa Park to James Monroe Hartley, who wished to develop a lemon grove. The Hartley family began the arduous process of clearing the land to prepare the earth for the grove, but providing the fledgling trees with proper irrigation was always a problem. Barrels of water had to be hauled from downtown San Diego up a wagon trail that would eventually be called Pershing Drive.

As the growth of San Diego eventually caught up with the original Hartley lemon grove, it eventually became roughly bordered by Ray Street to the west, 32nd Street to the east, University Avenue to the north and Dwight Street to the south. Hartley deemed his area "Hartley's North Park" - and years later, the name evidently stuck as the City of San Diego referred to the new suburb as "North Park."

In 1911, Hartley's eldest son, Jack, and a relative (brother-in-law William Jay Stevens) developed the plot into one of San Diego's first residential and commercial districts. After first establishing "Stevens & Hartley", North Park's first real estate firm, in 1905, Jack and William built North Park's first "high rise" commercial building, the Stevens building, on the northwest corner of 30th Street and University Avenue (today's "Western Dental" building) in 1912. "Thirtieth & University" became North Park's symbolic place name - and within 10 years, this became the heart of the community.

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 FEB 03 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
POMEGRANATE RUSSIAN GEORGIAN
RESTAURANT 2302 El Cajon Blvd. (619 297 4007)

Sharon & Eric Goodis. (619 787 7427 or 619 997 9292). 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 the 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!

SAT FEB 07 9:30 AM 29 MILES *** 56 BIKE PATH
CARMEL VALLEY PARK & RIDE

Rhonwyn Curtis-Nicholson (858 243 4662). To meet up with your fellow riders, take I-5 to the Carmel Valley exit. The Carmel Valley Park & Ride is on the west side of the freeway. Park your car and ride! We will take the bike path east and then venture out on some hilly roads. Lunch will be at a shopping center before we get back on the bike path. The center has options such as Rubio's, Greek, Submarina, Chinese, etc.

SUN FEB 08 9:00 AM 25 MILES *** OWL AND THE PUSSYCAT RIDE
JOES PIZZA
5583 Clairemont Mesa Blvd. (at I-805)

Merle Vogel (858 279 9863). This started out to be the Solitary Owl ride but we are going to skip the owl (Mt. Soledad) and turn it into a pussycat ride. We'll start in the shopping center at the south-west corner of I-805 and Clairemont Mesa Blvd. We'll ride down and up Tecolote Canyon (the owl) then we'll ride leisurely around Mission Bay, and out to Hospitality Point (pussycat ride). We'll ride back along the San Diego River, do the easy climb back to Clairemont Mesa up Linda Vista Road and ride back to our starting point. If it is nice weather we'll pick up a sandwich (or bring your own) and eat lunch at Hospitality Point. If it is too cold for that we'll have lunch at one of the fine establishments at the end of the ride.

TUE FEB 10 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
ISLANDS RESTAURANT (619 640 2727)
2441 Fenton Parkway, Mission Valley

Joi Brewer (619 990 9219). Look for Islands Restaurant in the same mall as Costco and Ikea in Mission Valley. Islands Restaurant was founded in 1982 with a basic philosophy – serve great, fresh food with friendly service in a fun atmosphere. Entrepreneur Tony DeGrazier had a vision of a restaurant that would offer a simple, original menu featuring gourmet hamburgers, specialty drinks and a fun, tropical theme. In fact, he wanted to recreate the dining experiences he had in the 1960s while stationed in Oahu with his Navy buddies. Come on out and enjoy!

SAT FEB 14 9:00 AM 25 MILES *** SWEETHEART RIDE
CARMEL VALLEY PARK & RIDE

Sharon Goodis (619 787 7427). Take I-5 to Carmel Valley Road. Go west to the first traffic light past the freeway (there will be a Park & Ride sign there) and turn left to parking lot. We'll ride north along the coast and enjoy Valentine's Day on our bikes! There just might be some chocolate involved....

Do you have an old route slip and some memories to go with it?
Send them on over to Sharon at pezzie@san.rr.com Thanks!

SUN FEB 15 9:30 AM 26.3 MILES *** TWO RIDES TODAY: RIDE #1
BUCKMAN SPRINGS – LAKE MORENA LOOP
Buckman Springs Park & Ride

Joi Brewer (619 990 9219). Take I-8 to the Buckman Springs Park & Ride approximately 40 miles east of San Diego. The Park & Ride is on the north side of freeway. We will start from the Park and Ride and make a loop going down La Posta Road, Highway 94, near Lake Morena and back down Buckman Springs Road, to the Park & Ride. The restaurant at Lake Morena is closed so bring a snack or get a snack at the gas station. Lunch will be at the La Posta Diner after the ride: 32337 Old Highway 80, Pine Valley, CA (619 478 5600).

SUN FEB 15 9:00 AM 28 MILES *** TWO RIDES TODAY: RIDE #2
POWAY RAMBLE (VERSION 3)
Oak Knoll at Poway Road in Poway

Lois Horowitz (858 610 3444). To get to the start of the ride, exit I-15 at Poway Road. Go east to Oak Knoll Road which is one block short of Pomerado Road. Park along the street rather than in the shopping mall. This is Version 3 of Lois' Poway Dead Ends Country Road ride. It now has some loops. One dead end (hilly) will be removed and a new one (slight gradual up) added. Lois is always searching for variety so it won't be an exact duplicate of Version 2. Lois will email as many Knickerbikers as she can with the route slip with alternate routes on the loops and dead ends for the riders who don't want to do hills. If you don't think Lois has your email address, email HER (loalho@yahoo.com) and she'll be sure to send a route slip to you.

TUE FEB 17 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
LA CHINA
5910 Santo Road, Tierrasanta (858 576 9898)

Rita Cohen (858 442 1672). In the 19th century, Chinese restaurateurs developed American Chinese cuisine when they modified their food to please the American palate. First catering to railroad workers, the restaurants were in towns where Chinese food was completely unknown. These restaurant workers adapted to using local ingredients and catered to their customers' tastes. Dishes on the menu were often given numbers, and often a roll and butter was offered on the side. In the process, chefs would invent numerous dishes such as chop suey and General Tso's Chicken. As a result, they developed a style of Chinese food not found in China. Come out to La China and enjoy tasty Chinese food in their Tierrasanta location.

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 21 9:00 AM 36 MILES *** NOBEL DRIVE PEACE PRIZE BANQUET
NOBEL ATHLETIC AREA AND LIBRARY

Robert Leone (858 272 4710). Take Nobel Drive to Shoreline. Turn to Athletic Area on Shoreline, turn right on Toscana Drive, turn Right into Athletic Area parking lot. The revised Nobel Drive Peace Prize Banquet may be Robert's flattest Knickerbiker ride (but bring a bike with a triple crank anyway). We'll show we're smarter than Nobel Laureates by riding to eat, then eating to ride. From Nobel Drive we'll drop to Mission Bay Park, enjoy coffee in Ocean Beach, take the river path up to Mission Valley and dine at IKEA (alternate restaurant Dragon Cuisine for those who'd rather not brave Swedish cuisine). We're parking at the library, so bring a lock! Then we'll work off those Swedish Meatballs with the climb up the Rose Canyon Bike Path and a fun down and up on Nobel itself.

SUN FEB 22 9:30 AM 32 MILES *** TWO RIDES TODAY: RIDE #1
COOK'S CORNER
LAGUNA NIGUEL
Crown Valley Community Park, near Mission Viejo

Jeff Gianformaggio (619 255 2890). Take I-5 north past San Juan Capistrano. Turn left on Crown Valley Parkway. Continue 3 miles west to Crown Valley Community Park; entrance on right into parking lot. The Aliso Creek bikeway is a gentle grade, paved bike path with no cars, except for a few traffic crossings. The half-way point of the 32-mile ride is the lunch stop at Cook's Corner, an earthy little cafe/bar with outside seating (please - no rain!)

SUN FEB 22 9:00 AM 2 MILES *** TWO RIDES TODAY: RIDE #2
LOCAL RIDING
COSTA VERDE SHOPPING CENTER
La Jolla Village Drive and Genesee
Trophy's Parking Lot, University City

Belle Jour (619 787 7427). If you want to ride in the San Diego area, meet up with your fellow riders in the parking lot behind Trophy's in Costa Verde. Those who show up will decide the route and the lunch spot!!

TUE FEB 24 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
GULF COAST GRILL
4130 Park Blvd. (619 295 2244)

Rhonwyn Curtis-Nicholson (858 453 3687). Wear your beads! It's Mardi Gras! Jambalaya with spicy andouille sausage and New Orleans-style peel-and-eat are just half the story at this fun spot fusing Southern, Cajun and Southwestern tastes. Don't miss Darrell's crab cakes - and if you find out, tell us what's in 'em that makes them so darn addictive. Some special menu items will also be available on Mardi Gras.

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 _____ | → | Name _____ |
| | Address _____ | | Address _____ |
| | City _____ Zip _____ | | City _____ Zip _____ |
| → | Name _____ | → | Name _____ |
| | Address _____ | | Address _____ |
| | City _____ Zip _____ | | City _____ Zip _____ |

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

SAT FEB 28 **8:00 AM** 50 MILES *** THE LOTIONS, CREAMS, AND BUTTERS
RING AROUND THE ROSEY BAY RIDE
VONS - Clairemont Towne Square
4725 Clairemont Drive, Clairemont 92117

9:00 AM 42 MILES *** MISSION BAY VISITOR'S CENTER (MBVC)
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Will Cronyn (619 823 0070). Your choice of where to start this ride! Either meet in the north parking lot of Mission Bay Visitor's Center at 9:00 AM, about 350 ft north of MBVC or, for extra credit/miles/hill, meet Will at Vons in Clairemont Square - at far end of parking lane which faces towards Radio Shack and Body & Bath Works (where you can restock on "Lotions, Creams, and Butters(!!!)" ...hmmm...just what you need before and after every KB ride). Departure from Clairemont Town Square is at 8:15 AM
The following sites and sights will be included in this ride: San Diego Bay, birds, numerous bathrooms, Coronado for lunch (Greek & other choices at ferry landing), ferry ride (\$3.50 - no longer additional bike charge!), largest Naval base on West Coast (principal homeport of the Pacific Fleet). The hardest climb will be Harbor Drive Bridge over railroad tracks (unless you elect to return to Vons).

SUN MAR 01 **4:00 PM** 0 MILES **** POTLUCK AND BBQ AT JOI'S
JOI'S ABODE
5551 WARING ROAD

Joi Brewer (619 990 9219). A bike ride in the morning and a BBQ in the evening; what could be better?! To get to Joi's home, head along I-8, exit Waring Road. Go up the hill 0.6 miles past the shopping center. Joi's home is on the right side of street. Please bring your own meat, drinks, chairs and a dish to share. If your pot luck delicacy requires a utensil, please bring it too! The BBQ will waiting! Joi will supply plates and plasticware. Your RSVP is appreciated!

TUE MAR 03 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 Curtis-Nicholson (858 453 3687). 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. Of course there is also terrific Irish food!

SAT MAR 14 **6:45 AM** 100 MILES *** 5TH ANNUAL SEA LEVEL CENTURY
CARMEL VALLEY PARK & RIDE

Fern Kissel (760 525 6833). Pack up your bike and your gear and 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 & Ride. We will leave promptly at 7:00 AM so that we have enough time to do the ride before the sun starts to set! We will ride up to Dana Point (50 miles), have lunch and turn around and come back. If you only want to do part of the ride, there are several places where you can turn around or you can join us somewhere else. If you start with us, it is only 25 miles to the Oceanside Harbor and you could turn around there. Or you could meet us at the Oceanside Harbor or the Las Pulgas Gate and ride up to Dana Point and back or to San Clemente and back. (So many terrific options!) We usually get to the harbor about 2 hours after we leave and to Las Pulgas about 2-1/2 hours after we leave. However, please do not hold your leader to those times since anything can happen and we will have various levels of riders.

Coming Events:



WED APR 15 **SIDEWAYS** 60 - 80 MILES ***
through
MON APR 20



SIDEWAYS II
WINE AND BIKE TOUR
BUELLTON, CA

Rhonwyn Curtis-Nicholson (858 453 3687) or (858 243 4662). In 2006 Rhonwyn led a wine country trip near Solvang, CA based on the movie Sideways. Well, she's been asked to do it again for our club!

The dates are April 15 - 20. We will lodge at the Days Inn in Buellton (the same hotel where Jack and Miles stayed in the movie). Our reservation group number there is P65456. Rhonwyn has reserved 10 ground floor rooms. You can call the Days Inn (805 688 8448) to hold one of those rooms for yourself on your credit card. Rhonwyn can also help coordinate rooms for those seeking a roommate.

During our stay, we will bike out through some of the same bucolic country roads and visit some of the same wineries featured in the movie. Wednesday, April 15 will be for traveling and checking in. Wednesday night, we will have a kickoff dinner at the Hitching Post (made famous by the movie). Rhonwyn will pass out itinerary/bike routes during the kickoff dinner.

Thursday and Friday will be biking days (about 30 - 40 miles per day). Saturday is the annual Vintners' Festival. Rhonwyn will need to purchase tickets for everyone going by mid March. This does sell out. The price is \$100.00 per person and includes a bus/motorcoach ride to and from the festival and all the food and wine you can handle!

Knickerbikers can drive home Sunday, April 19 or stay for another optional night (our reserved block is good through Sunday night). Sunday morning we will bike along a scenic country road to Nojoqui Falls and back with lunch in Solvang.

If the need arises, Buellton has a bike shop within walking distance of our hotel.

If you want to join the tour, please contact Rhonwyn by Tuesday, March 10 2009.

FRI MAY 01
through
SUN MAY 03



VARIABLE MILES WARNER SPRINGS TRIP
WARNER SPRINGS, CA

David Johnson ([DavSamJohn@aol.com](mailto:DavidSamJohn@aol.com)). The Knickerbikers have been invited to join the Sierra Club for their 2009 trip to Warner Springs. They are staying Friday and Saturday night at the resort, and will offer scenic rides in the area all three days. Dinner Friday evening is on your own, but gather beforehand near our cabins for a no-host Happy Hour. The club will provide Saturday and Sunday breakfast at our group of cabins, and dinner Saturday evening will be a potluck. For bike section members, the rate per person for both nights is \$125.00 for double occupancy, and the rate is \$250.00 to take the entire room for both nights, with a \$5.00 surcharge for an extra person in the room. For non-members, the rate per person for both nights is \$131.00 for double occupancy, and the rate is \$262.00 for the entire room, with the same surcharge for an additional roommate. To reserve a place on this trip, send your check for the full amount, payable to the Sierra Club Bicycle Section, to David Johnson at 4676 Morrell St, San Diego, CA 92109. Your payment is refundable until April 1 with substitution for your places. To receive trip information, let David know your e-mail address or enclose a legal-size SASE with your payment. Please e-mail David at [DavSamJohn@aol.com](mailto:DavidSamJohn@aol.com) if you have any questions.

SUN JUN 14
through
SAT JUN 20



310 - 585 MILES GRAND ILLINOIS TRAIL AND PARKS BICYCLE RIDE

This year's week on the Grand Illinois Trail promises to be cornucopia of great riding through the landscape of northern Illinois, wonderful stopovers amid the woods and stars of scenic state parks, and many enhancements that all lead to a memorable vacation on a bike.

The focus for this year's route is the southern wing of the GIT, including the I & M Canal Trail and the Hennepin Canal Trail (with road routes paralleling soft trail mileage). We will also visit two outstanding parks off the trail – Shabbona and White Pines. The minimum distance this year is 310 miles for the week, but by taking extra loops, it will be possible to do 585 miles. GITAP is a small ride with a **limit of 160 riders. Last year the ride was filled up by mid-April**, so don't put off registration too long. **Registration is first-come, first-served.**

The base price for the ride will be \$395. "early planning rate" \$385 - for registrations mailed by April 1. A late rate of \$420 will go into effect on June 1.

Special group incentive for bike clubs: For every bike club with 5 members on GITAP, 5% of their GITAP registration fees will be added to that club's annual contribution to LIB (League of Illinois Bicyclists with support from the Illinois Department of Natural Resources. It's an all volunteer operation, with any profits going to support LIB and its state-wide bicycle programs.) Each additional rider from that club will add 5% more to the club's contribution. Three Knickerbikers have already signed up! <http://www.bikelib.org/gitap/2009/index.htm>

FRI JUN 26
through
FRI JUL 17



VARIABLE MILES THE GREAT 2009 SD Knickerbiker Ice Worm, Chena Hot Springs, Moose, Denali Park, Drunken Forest, Full Moon and Prince William Sound ALASKA TOUR

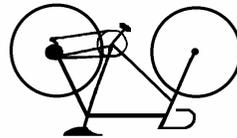
Will Cronyn (619 823 0070). Yup, we're doing it again. Rendezvousing in Anchorage Friday, June 26 for up to 1000 miles of fabulous Alaska road biking in 21 days including 2 full days in magnificent Denali Nation Park. Lots of shorter travel options ranging from riding with us from Anchorage to North Pole (a Fairbanks 'burb), 10 days/450 miles; or Fairbanks-Anchorage with 2 full days in Denali National Park, 9 days/350 mi; or Anchorage-Denali, 681 mi/15 days with return to Anchorage by train, or...or.... Nominal accommodations: 2/3 camping, 1/3 motelling but there's lots of flexibility ranging from all camping to 4 nights camping, rest motelling. With about 21 hours between sunup and sundown each day, no worries about getting from A to B before dark (and even during the 3 hours of sundown, it's not really dark), or having to pack 'em up and move 'em out promptly each morning. Individual expenses will vary wildly depending on each rider's choice of mix of camping, motelling, restauranting, and camp stoving but I will be posting estimates for the 2/3-1/3 mix we did this past summer along with lots of other info and tips including the importance of taking sun block (seriously!). Questions already? Home: 858 581 6530, cell: 619 823 0070, email: kbalaskaride@att.net

"I heard it said once that people should go to Alaska only when they are elderly, because if someone goes there when they are young, they will find the rest of their life to be boring."



Sunday,
Robert's

January 18 2009
Stamp Show Ride



Knickerbikers of San Diego County

8590 Cliffridge Avenue
La Jolla, CA 92037

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.



09/02



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