

The
Knickerbikers
of
San Diego County

www.Knickerbikers.com



Armstrong's comeback has generated more crowd interest than anyone could have imagined, And it resonated with the riders. "I was very impressed with the event," Armstrong said. "Everyone enjoys the race. The crowds were simply amazing. It was a tough final day, a great race, and it was good to be back in it. Hats off to the organizers, the state and the people for coming out. I'm excited to be back, but I don't know if I'll be back in 2010."

THE BULL-A-TON

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2009 Amgen Tour of California



Many **Knickerbikers** recently enjoyed Stage 8 (Rancho Bernardo to Escondido) of the **2009 Amgen Tour of California**...

Lois Horowitz: Henny and I met in Mira Mesa at 10 a.m. and plotted how to get to Rancho Bernardo in order to get back by two as Henny had a commitment. So, we hopped in our cars and drove I-15 to the Poway exit. We parked at the mall at the corner of Poway and Sabre Springs Roads to cut out the bike path hill and freeway crossover that might delay us in both directions. We rode up to Rancho Bernardo to the start of the race, getting there about 40 minutes before the start, walked around with our bikes to look for Lance and to see if any of those chunky people wearing helmets were people of our acquaintance (didn't see a single person we knew including Lance), checked out the crowds and official vehicles hovering around the start of the race, walked in the streets along with everyone else, enjoyed the atmosphere and excitement, then, when we had about 20 minutes to countdown, we found ourselves a nice spot on the grassy median on Rancho Bernardo Road, and waited. At noon, we started to see official vehicles round the corner and come toward us. The first motorcycle sputtered in front of us. Was this a sign of things to come? He finally got his engine in gear and off he went along with other colorfully dressed motorcycle riders. They were followed by all sorts of other vehicles laden with cameras, bicycles and extra wheels. Then the bicycle riders came towards us, we stood and cheered modestly, the racers whushed by and it was over in about ten seconds. We marveled at the weeks of preparation that went into this ten second thrill, rode for another hour in the lovely neighborhoods of Rancho Bernardo and Poway, ate lunch at the Subway at the mall on the corner of Pomerado and Twin Peaks Roads and went home. It was a lovely day.

Paul Mitchell: Some of us rode to the bottom of the South grade of Mt. Palomar from Harrah's Casino and then saw the sprint go by. We drove to the finish line to see the racers come in along with the huge crowd. I spotted Robert L. He had ridden to the finish from Pacific Beach and said he was planning on riding back.

Gayle Ziaskas: I went with my husband partway up Highland Valley Road, and we watched the guys on the first difficult climb. I forgot how steep that road was. The racers made it look easy!! Mike got a shot of Levi and the lead break with McCartney. It was fun.

Shirley Flatt: Long time Valley Center resident Gene Flatt knew the perfect spot for viewing the final King of the Mountains climb: a point halfway up Cole Grade from which we could see the beginning of the climb, and its steepest portion, below us. Gene drove to this viewing point at 7:45 am although the racers weren't due through until 3 pm. Because he was wearing his uniform as a senior volunteer with the Valley Center sheriffs, we got lots of respect from our fellow spectators.

Joining Gene at the Cole Grade hangout were Shirley Flatt, Fern Kissel, Sylvia Nielson and her cousin Kelly, Forrest and Gail Roberts, and Barb Dorris. The 7 cyclists parked at the Flatt's house 6 miles from the viewing spot, and biked over, carrying lunch fixings and lots of liquids :) on Kelly's trailer. Bravo to Kelly, who got more exercise than the rest of us! Anyway, we arrived about 11 am. Forrest and Gail went over to visit the KOM official station, where Larry and Sandra Zinn were. Shirley, Sylvia, and Fern decided to intercept the peloton in upper Pauma Valley, so they biked an extra 10 mile round trip to the intersection of Valley Center Road and Highway 76. After an hour and 20 minute wait, a breakaway of 7 led by Frank Schleck appeared. Almost a minute later the peloton, led by Astana in general and Lance Armstrong in particular, arrived. They were beautiful and fast.

After returning to Cole Grade, where we encountered a few raindrops in Pauma Valley, we were entertained by Barb's lovely chalk drawings (using Livestrong chalk) supporting Levi and Lance. Slightly before 3 pm the cavalcade of CHP motorcycles and tour advance vehicles arrived, informing us that 4 riders were ahead of the peloton. We could see the 4 riders begin the climb, but by the time they reached us 1.5 miles up, the breakaway was down to 2 riders (who held it all the way to the finish). A minute or so behind the breakaway was the peloton, again led by Lance, with murder on his face as he gave 110% to the ascent. By this point, the peloton was fragmented, and it was probably 30 minutes between the first and the last riders. Fern got a great photo of George Hincapie.



After we packed up and rode back to the Flatts' house, we settled in in front of Gene's big screen TV to watch the race, including the finish and Palomar climb, enjoying chili, cornbread, salad, beer, wine, cake, and much good cheer.

Barbara Dorris: Beautiful! - except it was Gail and Barb that visited the new station on Cole Grade Road (I don't think it was Official) - to visit the bathroom twice and where Larry and Sandra Zinn were making new friends. Sylvia and Kelly were a big part of the chalk drawing entertainment. ...and the chili - et al - was homemade and delicious.

Actually, the specifics aren't that important - we were all honored to be there! Thanks for writing it up and especially for your hospitality!

Oh - and Forrest was an official spotter for the Amgen team...

Fern Kissel: On Sunday, February 22, 2009, I went to watch the Tour of California from Cole Grade Rd., along with Shirley & Gene Flatt, Barb Dorris, Forrest & Gail Roberts, Sylvia Neilsen and her cousin Kelly and thousands of other people. It was beyond INCREDIBLE!!!! It was an experience of a lifetime. Sheriff Gene, in his volunteer sheriff's uniform, went down very early to reserve the PERFECT spot for us to watch as the pros came up Cole Grade Rd. We were on the 1st switchback overlooking the entire Pauma Valley so we could see the racers as they were coming up Cole Grade from 76. Shirley, Sylvia & I rode down Cole Grade to the intersection of 76 & S6 to watch the guys take the VERY sharp right hand turn onto Hwy. 76 on their way up to Palomar Mtn. First, all of the CHP and Sheriff's motorcycles and cars came by.

Then the tour cars and tour marshal, several team cars, a car with an announcer telling us how many minutes it was before the peloton arrived and who was in the breakaway. Then we saw the helicopter circling and we knew the boys were on their way! Talk about excitement!!!! Because of how sharp the right turn is, the cyclists had to make the turn and come over to the left side of Hwy. 76 - right in front of us!!! They were so close I could have touched them, literally!!!! We saw the breakaway first with Schleck up front and then the entire peloton came into view as they approached the intersection, turned right and then came flying by like a colorful freight train with Anstana/Lance/Popo in front pulling the entire peloton behind them. They're faces were so intense. It was a beautiful sight seeing that number of cyclists come by. And as quick as you could process what you just saw - they were gone and head up the mountain.

Once the peloton went by, we rode back up Cole Grade and waited for the guys to start the climb. We knew they were coming because we saw the helicopter coming up from 76 and then the motorcade and car with the announcer came by. The car stopped where we were and checked out our view and told us we had the best view of the route!! We were on the downhill side of Cole Grade on a left-hand switchback so as the guys came up, they had to come within reach of us, again. AMAZING. First the 2 leaders came by and then there was Lance who was literally PULLING the peloton up that 9% grade!!!!!! Seriously, I have never seen anything like that. People who are not cyclist may not have an appreciation of the power it takes to pull 100 cyclists up a 9% grade. You could see it in Lance's face and the other guys. The intensity in that face was absolutely amazing and if you weren't right next to him, it would not have left the same impression and you would not have seen the emotion on his face like we did - that's how close we were! Astana was the lead team and Levi was a couple bikes behind Lance in the middle of the team. And then.....I saw George!!!!!! I love George, he's so darn cute:-) We saw Jason McCartney, Schleck, Horner, etc.etc., but they came by so fast it was hard for your brain to process who you were looking at! They were right there at our fingertips!!!

We had a BLAST!!!!!!!!!!!!!!!!!!!!!! Many, many thanks to Sheriff Gene and Shirley for opening their home to us, reserving the best spot on the route and feeding us after we climbed Cole Grade to go back to their house.

Robert Leone: Got out of house, looked at sky, grabbed the aluminum commute bike instead of the steel touring bike (it DID sort of look like rain was possible), rode up Rose Canyon, down Torrey Pines, right at Via de la Valley, right again at Paseo Delicias and up Del Dios Highway to Escondido. Passed one sculpted calves roadie on a Klein, got passed by a twenty-something on a Schwinn one-speed middleweight (with a Bontrager track wheelset, and he'd taken off the fenders). Stopped for coffee at Blue Mug (Mexican Alturas, also had a Lemon Bar) at about 11:30 AM in downtown Escondido, then took Grand all the way out to Bear Valley Pkwy to watch the races. At about 1 PM a breakaway of ten riders passed, with a 45 second gap over the peloton. Returned to downtown Escondido, went swag-hunting (should have parked the bike). Never did find the Team Type 1 booth. At about 3:15 rolled up to the last major turn (because the finish was so crowded). Crazy turn speeds at El Norte Pkwy and Escondido Blvd. Apres race, I snacked at Blue Mug again (Steve's Smooth French, also a white chocolate and raspberry bar), then after it was dark enough for the lights to really shine, tried to ride out of Escondido. Took like, three tries to get out of town. Traffic was all jammed up because of a bike race of all things!

Del Dios Highway is a lovely nighttime ride, but Via de la Valle is a pain due to tighter turns, more trees and lousy road quality.

Still, what a great day to ride a bike!

Chris Polta: Martin, his brother Tom, our friend Wally and I saw the race in 3 areas. First, we went to the start. We stumbled onto Bob Rolle and got some great pictures of him, bald head and all! I wrote on the street with the "Lance" chalk, "Ride for Nancy". Tom's wife is a cancer survivor. That meant a lot! Then, we raced over to Escondido to the intersection of Bear Valley Parkway and Grand to catch them as they flew by. The wind they created blew our hair!! I never knew there were so many VIP cars and support vehicles!! There was time to drive home for lunch and watch the start of the TV coverage. Fun to see "our" county featured!

Then, we headed to downtown Escondido, where we got a great viewing spot on the street 2 blocks from the finish. There was NO WAY the crowds would allow us any closer. The fans were crazy loud!! The racer flew by us and around the corner.

After it was over, I snaked and squeezed my way toward the front of the awards platform, and ended up in the VIP tent, {where I shouldn't have been}, but could see the stage and all the happenings, including everyone getting sprayed with celebratory Champagne!! What a day to remember!!



Photos: Fern Kissel

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!

Outings:



MARCH							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	
29	30	31					

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 MAR 01 9:00 AM ±25 MILES * SPIN THOSE WHEELS!
COSTA VERDE SHOPPING CENTER
La Jolla Village Drive and Genesee
Trophy's Parking Lot, University City**

Belle Jour (619 787 7427). No leader; no problem! Let's meet up at Costa Verde and cycle out and about! Those who show up will decide the route and the lunch spot!!

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 be waiting! Joi will supply plates and plastic ware. Your RSVP is appreciated!

In addition to the potluck, Ken will use the get-together for a Knickerbiker Jersey sizing party. He will have Voler jerseys of various sizes and shapes (XS-3XL, men's and women's, short sleeve and sleeveless cut, race and club jerseys). So how many options are there, math majors? Plenty! So you can try 'em on and decide on what fits you best. We will also talk about the pattern that will go on the jersey, which evolved from a study group (six people over lunch a few months ago) but hasn't been executed on a jersey or even on paper! Voler wants an order before they do the design, and they want money early as well. There is a 25-jersey order, so we're hoping for a commitment (and \$35 deposit) for that many within the first two weeks of March so we can move ahead. The final price will be around \$70, which you all know is the going price for a high-quality jersey (SQ Pro fabric, which is lightweight, highly breathable and has a Mynx UV treatment that increases the SPF factor to 35+. A standard 20-inch hidden zipper provides optimum ventilation, etc.). This one will have the Knickerbiker name on it, our logo, lots of yellow, black sides, and a great design. We just don't have the design yet because graphics houses want money to do that.

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 07 9:00 AM 48 MILES * O'SIDE COFFEE RIDE
CARMEL VALLEY PARK & RIDE**

Robert Leone (858 272 4710). Take 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. This long ride features regroupings at Swami's and Magee Park in Carlsbad, a brief little climb into a Modern residential architecture wonderland and a coffee stop at Pier View Coffee in Oceanside (no, we're not going all the way to the harbor). There we'll sit back, relax and decide on a lunch spot. This is a great fitness check for the big ride the following week. No one gets dropped. SAG Wagon provided by North County Transit (bus route 101 parallels almost all of the ride).



**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 8 2009 move clocks ahead one hour.

SUN MAR 08 9:30 AM 25 MILES * CORONADO PICNIC
CONGRESS & TWIGGS ST, OLD TOWN
across from Trolley Station**

Roy Lawrence (619 523 5522). Roy will lead us south to Imperial Beach, via Harbor Drive and Bay Boulevard and north on the Strand. We will picnic in the park at the gazebo on Orange Avenue. Bring lunch or buy at the adjacent Vons Deli. Return by ferry. A favorite San Diego ride!

Reminder - Day Light Savings begins today!!

TUE MAR 10 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS
BJ'S RESTAURANT & BREWHOUSE (619 589 7222)
5500 Grossmont Center Drive, La Mesa
between Healthcare Drive and Center Drive**

Joi Brewer (619 990 9219). It was 1978 when two guys who had a great recipe for deep dish pizza opened the first BJ's Chicago Pizzeria in Santa Ana, California. The pizza was an immediate hit and as years went by, new BJ's restaurants were opened in beach cities along Southern California's coastline. In 1996, with seven restaurants in operation from San Diego to Los Angeles, the first BJ's brewery began production in the restaurant in Brea, California. The introduction of fine handcrafted beer was welcomed by guests and the newly renamed BJ's Restaurant & Brewery concept was launched.

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.

SUN MAR 15

9:00 AM

25 or 50 MILES ***

CORONADO LOOP

HARBOR DRIVE and HAWTHORNE STREET

Street parking near County Administration Building

Joi Brewer (619 990 9219). To get to the start of the ride, take I-5 to Hawthorne Street to Harbor Drive. Park along the road or by the County Administration Building. From our starting point, we will loop through Chula Vista and up the strand. Lunch will be at the Gyros restaurant at the ferry. You can take the ferry back for a 25 mile ride, or return the way we came and make it a flat 50 miler! Nothing says San Diego like this Knickerbiker Klassic!

TUE MAR 17

6:30 PM

0 MILES

KNICKERBIKER KNIGHTRIDERS

KING'S FISH HOUSE (619 574 1230)

825 Camino De La Reina

Sheryl King (858 450 0373). There's not a much of a connection between the Irish and fish, other than fish tales and perhaps an Irish pub with its fish and chips. But here it is St. Paddy's Day and we are at King's Fish House; surely there's a reason for that. Yes, Sheryl's 1/8 Irish and her last name is King, so she chose to celebrate here rather than with the rowdies who will be drinkin' a wee dram too much, don't ya know. Besides, this place has really good seafood! And if you are as concerned about the environment as Sheryl's husband is, you can check out the Monterey Bay Aquarium's web site at <http://www.mbayaq.org/> and click on Seafood Watch. It can tell you what to eat and buy that is healthy and won't destroy any more species than we are already destroying. There are way too many choices to summarize here, so we may have to ask the wait staff.



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!

SAT MAR 21 9:30 AM 27 MILES * RANCHO SANTA FE/ENCINITAS RAMBLE
SAN ANDRES DRIVE, 0.3 miles east of I-5
and just south of Via de la Valle, Del Mar
Parking curbside on San Andres Drive**

Rhonwyn Curtis-Nicholson (858 243 4662). To get to the ride start, take I-5 to Via de la Valle. Go east. Turn right at San Andreas. Park on the street. We will bike north through Rancho Santa Fe, head down to the coast north of Encinitas, have lunch at Kealani's on the coastal highway, and then return to Del Mar.

SUN MAR 22 9:00 AM 28 MILES * ONE BOOK – ONE SAN DIEGO RIDE
MISSION BAY VISITOR'S CENTER
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay**

Robert Leone (858 272 4710). This year's book for "One Book - One San Diego" is The Zookeeper's Wife by Diane Ackerman. For details, browse <http://www.sandiego.gov/public-library/news-events/onebook.shtml>. Our ride includes a warm up lap around Fiesta Island, a shallow climb up to Espresso Mio in Mission Hills, a run to the entrance of the World Famous San Diego Zoo, a passing by the House of Poland, and then a drop into downtown. We'll pass by the location where a book talk is scheduled for 3 PM -- we'll be done long before then, so you can get there and attend if you want.

TUE MAR 24 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS
CHEVY'S FRESH MEX (619 297 5667)
1202 Camino Del Rio North
Mission Valley**

Sharon and Eric Goodis (619 787 7427 or 619 997 9292). Chevy's makes a big deal out of the "fresh" in its name, and with good reason - no cans in the restaurant, fresh salsa blended every hour, fresh avocados smashed every day for guacamole, and watch-them-made tortillas. All oils are trans fat - free, and the Mexican-style fare has lots of healthy options including Grilled Fish Tacos.

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!

THU MAR 26 6:30 PM 61 MILES ** to * DEATH VALLEY WITH A LOBOTOMY**
through
SUN MAR 29 STOVEPIPE WELLS CAMPGROUND
Death Valley, CA

Will Cronyn (619 823 0070 cell) or (858 581 6530 home). Departure from San Diego afternoon on Thursday March 26 or Friday March 27 (whatever folks want to do), going to Stovepipe Wells Campground, Death Valley. Featured ride is on Saturday, meeting at junction of Beatty and Daylight Pass Roads at 6:45 AM. Remember the Knickerbiker Death Valley trips of years ago when Marge Cooper would haul us and our bikes up to the Titus Canyon turn off so we could ride through this fascinating, scenic and unique slot canyon (just Google on Titus Canyon DV)? Well I think I've figured out a way for us to do a loop through Titus without a "sag" trailer. We will depart San Diego Thursday (although some may wish to leave early Friday) for Stovepipe Wells campground (@ \$10/night, probably \$5 for SrCits), for a "free-play" day on Friday, riding, hiking, and/or museuming. Saturday we rise & shine early to drive 14 miles to the junction of Beatty and Daylight Pass roads by about 6:45 AM, 30 minutes before "civil" twilight, and unload our trusty bikes. From the junction we will climb 2063 feet over 6.31 miles to Daylight Pass Summit, downhill 906 feet over 7.00 miles and across the CA-NV border to the turn off to Titus Canyon. From there we will gradually climb 1681 feet over 9.58 miles to the summit before Titus. We then descend 4249 feet over 14.73 miles to the exit of Titus, and descend another 677 feet over 2.35 miles to Death Valley Road. From there we climb 11 feet over 14.3 miles to Daylight Pass Road, then 2077 feet over 6.61 miles back to where our cars are hopefully still parked. Total distance: 60.88 miles. Note: "civil" twilight ends at 7:30 PM so we have over 12 hours of daylight to do this ride. But isn't it getting hot in DV? Nah, average high on March 28 is 84 on the floor of Death Valley (*but we will be high above the floor*) with a maximum of 102.22 years ago; average low is 56 but since we will be starting at 2257 feet, temperature would be lower. Another note: Titus Canyon can be navigated in 2WD vehicles and it positively does not require great mountain bike skills (but this is not to say that this is a road bike ride!). You should carry lots of water and a camera. I urge you to Google on Titus Canyon and take a look at both the written accounts and videos (but no bike videos, yet). At Stovepipe, for \$4/day we have access to a pool and a shower. What about the Lobotomy? Sorry – you'll have to exercise your Googling skills to figure this out. BTW, no grizzly bears or mosquitoes in DV. Sunday: more free-play and departure whenever. Please contact me if you are going to go. *If nobody calls there is a possibility I might not go.*

SAT MAR 28 8:45 AM 40 MILES * OLD TOWN TO OCEANSIDE**
OLD TOWN TROLLEY STATION

Paul Mitchell (619 240 6659 cell) or (619 741 7169 home). Look for your fellow cyclists in the parking lot of the Old Town Trolley Station. Paul will lead us up to Oceanside. Once there, we'll find a place to have lunch and then hop on the Coaster for a smooth and speedy ride back to the start. Avoid the inside of Torrey! If you want to meet Paul somewhere along the way, just give him a call to let him know where you'll be!

SUN MAR 29 9:00 AM 22 MILES * CARMEL VALLEY EASY SPRING RIDE**
CARMEL VALLEY PARK & RIDE

Helmut Kiffmann (858 967 8808). Meet your fellow riders by heading along I-5 to Carmel Valley Rd. West to Caltrans Park & Ride in Southwest Quadrant of I-5 and Carmel Valley Road . Helmut has offered to lead us on an easy ride along the Highway 56 bike path, Camino del Sur, San Diguito Road, and Coastal Del Mar. Group choice optional brunch/lunch spot near end of ride.

TUE MAR 31 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
JOAO'S: A TIN FISH BAR & EATERY (619 708 1134)
2750 Dewey Road, Liberty Station, Point Loma

Roy Lawrence (619 523 5522). Joao's: A Tin Fish Bar & Eatery pays homage to San Diego's historic tuna industry with displays of family-donated photos and memorabilia, as well as a seafood menu with a Portuguese and Italian influence. Their menu ranges from fish tacos and fish and chips, through grilled to order fresh seafood.

Coming Events:



WED APR 15
through
MON APR 20

SIDEWAYS

60 - 80 MILES ***



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.

SUN APR 19



PEDAL TO EARTHFAIR 2009

Ride a Bike To Earth Fair! There will be free, guarded bike parking, coordinated by the San Diego County Bicycle Coalition, available in two locations:

- o On Village Place (off of Park Blvd., south of the Zoo) behind the Natural History Museum
- o In front of the Museum of Man, just over the Laurel St. bridge.

SDCBC will need volunteers. Go to www.pedaltothepark.com or www.sdcbc.org for more details.

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.

SAT MAY 23
through (noon)
MON MAY 25



MOUNTAIN BIKING/CAMPING TRIP
BIG BEAR, CA

Marge Cooper (619 473 9621). It is time for some great mountain biking, hiking and loafing in the beautiful San Bernardino Mountains. I have made reservations at Grays Peak Group Campground. We will have three days to explore both the North side of Fawnskin, Big Bear Lake, Big Bear Village and Big Bear City. Fee is \$45.00 per person and this includes the campsite for two nights, two dinners, two breakfasts, two lunches and snacks. To sign up, send your checks to Marge Cooper, P. O. Box 145, Pine Valley, CA 91962. Deadline to sign up is May 15. If you have any questions, please call Marge at the above number.

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
William Sound



VARIABLE MILES

THE GREAT 2009 SD Knickerbiker Ice Worm,
Chena Hot Springs, Moose, Denali Park, Drunken
Forest, Full Moon and Prince
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."



Coffee break!
February 1 2009
Photo: Margaret Bevers



*Three Knickerbikers ready to ride
on a wet February morning... (and they did!)*
February 7 2009
Photo: Ken King

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:

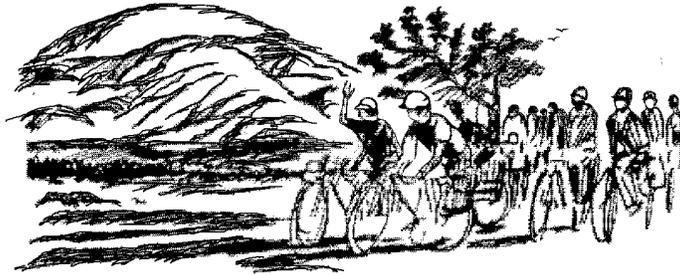
→ Name _____
Address _____
City _____ Zip _____

→ 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



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.



09/03