

The
Knickerbikers
of
San Diego County

www.Knickerbikers.com



When you're turning the crankset, you're riding the bike. When you're coasting, you're just along for the ride."
~ Ned Overend, U.S. pro cross-country mountain bike racer

THE BULL-A-TON

MAY 2009

Vol. 35 No. 12

A funny thing happened on a bicycle ride one day.....

Paul Mitchell's ride to Oceanside

Paul Mitchell had a simple plan: ride from Old Town to Oceanside. Take the Coaster from Oceanside back to Old Town. The ride itself featured surprising turns of speed from all, and we'd arrived and bought our tickets (\$6.50) with more than an hour and a half to spare. I soon had cause to regret that purchase.

While we were enjoying our coffee drinks and sandwiches at the nearby Pier View Coffee three teenage boys; two on fixed gear converted road bikes and one on a beach cruiser, rolled over to ask if the Pacific Coast Highway went all the way to "the roller coaster." That is about where we'd ridden from!

Their story in brief: They rode from Huntington Beach (with some hitch-hiking around Camp Pendleton), and the plan was to meet someone's Dad at Belmont Park. They had no maps, no tools, no spare tubes nor pumps and they were a little bashful when one of our portly observed how impressed their girlfriends would be.

We last saw them from our train seats as we rode in comfort down the coast. They were on the outskirts of Encinitas and making good time.

Robert Leone

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!*



On April 15 - 20 2009, the Knickerbikers joined up in Buellton to partake in the Second Occasional Sideways tour of the Santa Ynez Valley. Our plan was to cycle around Buellton, Lompoc, Los Olivos, Solvang, etc. emulating the route taken by Miles and Jack, the wineries they visited, and the places they ate. (Note: not everything they did will be copied.) After arriving in Buellton and checking in to the Day's Inn (with the windmill) where Miles and Jack stayed, folks settled in, got in the Jacuzzi, and otherwise kicked back. It was very windy and 62 degree, so it was just as well that we weren't riding today. We joined up for dinner (all but Lois and Al) at the Hitching Post, the same place where. . . yep. Most agreed that the dinner was very good, and yes, some of us had pinot noir.

By the way, the participants (to the best of my ability) are: Merle and Susan Vogel, Paul Maier, Rhonwyn Curtis-Nicholson, leader, Martin Wascher, Chris Polta, Joi Brewer, Barbara Dorris, Roy Lawrence, Todd Alexander, Joan Wayman, Jim and Katie Seal, Al and Lois Horowitz, and Ken King.

On the next day, Thursday April 16, the winds had abated to only 20 mph. Yesterday's winds were clocked at 40 mph at Vandenberg, where we passed on the way to Lompoc. After lunch, we were pushed by tailwinds down Santa Rosa road near the mouth of the Santa Ynez River back to Buellton, stopping at three wineries (Sanford, Lafond and Mosby) on the way back to Buellton. All in all, we had a scenic day with nice flower farms, veggio farms, horses and of course vineyards. After our return, it was back in the Jacuzzi for some, naps for others, and then dinner at various locations. Seven of us enjoyed Tres Rosas, within walking distance of the hotel.

The weather just got better and better the next day, as predicted. It was close to 60 when we started, warming to the mid seventies. Light winds weren't a problem at all. We rode to Solvang to enjoy Danish pastries and headed north to Los Olivos to pick up sandwiches for a picnic lunch later. Foxen Canyon provided great views of the Santa Ynez Valley along the way. After touring Fess Parker, Curtis, Firestone, and Rusack Wineries, we ambled on back to Buellton for the jacuzzi, happy hour and dinner. If you get the idea that this is a very laid back tour, you are right. Very mellow with good moods all around. Rhonwyn is doing a great job keeping us as organized as we cared to be. Without her, we would still be out on the road somewhere!

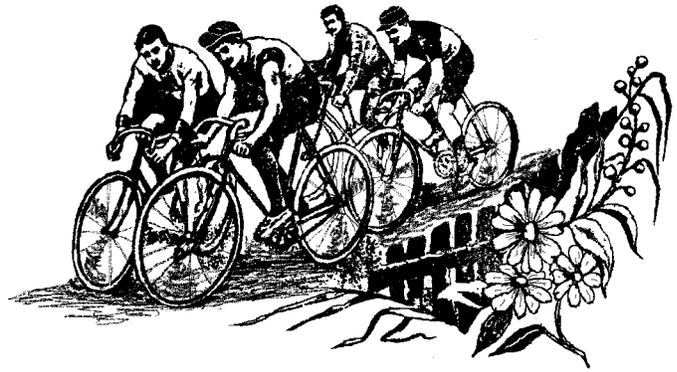
Saturday was the big day: the 27th Annual Santa Barbara Co. Vintners' Festival in Lompoc. Barbara, Joi, and Paul rode about 22 miles on the route the rest of us took the next day, but that's all the riding that occurred. We wandered around Solvang, "The Danish Capital of the World." At noon we boarded a bus to the wine festival, which started at 1:00. After three hours of eating tastes and sips from over 90 Santa Barbara wineries, we were ready to stagger back to the bus and head home. Oh yes, there were a few of us who napped on blankets in the grassy shade. Once we were back to the motel, we awarded Rhonwyn a jersey from one of her favorite wineries in thanks for arranging the trip. We did this now because some of our number were leaving in the morning of the next day, so this was our last chance to thank Rhonwyn.

The final day of riding was out to Nojoqui Falls and back: 22 miles round trip, making the total for the tour of 93 miles! We travelled south from Solvang along Alisal Road by the exclusive Alisal Golf Club and cattle ranch. We saw cowboys practicing to cut a single cow out of a herd, and generally followed the bucolic uphill road to Nojoqui Falls. The falls is only a small stream, and it disappeared into thick moss about half-way down. It's till a pretty country scene, though. After the rapid descent back to Solvang we stopped for lunch at the Solvang Restaurant, where Miles and Jack had breakfast, and home of the famous Aebleskivers. You can watch them being made, watch a video of them being made, and then order and eat them, which we did. We recollected at 4:00 to see a movie (not Sideways), and then prepared for our departure the next day. Check out the pictures on the Knickerbiker picture site at <http://knickerbikers.smugmug.com/>

Thanks, Rhonwyn, for putting this great trip together!

Ken King

Outings:



MAY							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							

SAT MAY 02 9:00 AM 60 MILES *** OCEANSIDE HARBOR TO DANA POINT & BACK
 OCEANSIDE HARBOR PARKING LOT
 East of the railroad track through the tunnel
 Oceanside

Martha Way (858 581 9292). This is a favorite, pretty, and an "easy" 60 mile ride... although 60 miles IS 60 miles! It has only a few moderate hills. We will ride up to Dana Point (30 miles), have lunch and turn around and come back. First choice for lunch is the newly re-opened Proud Mary's, although if we're a big group we may need to split up and go to different places and re-group for the ride back.

If you rather ride 40 miles instead of 60 miles, you can meet us at the Las Pulgas Gate (about 9:45 AM) and ride up to Dana Point and then back to Las Pulgas.

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!

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 MAY 03 9:30 AM 25 MILES *** CINCO DE MAYO RIDE
HARBOR DRIVE and HAWTHORNE
South East corner

Judy Peacock (619 562 7677) and Al Mireles (619 262 3969). Get ready to party! To meet up with your fellow riders take I-5 south and get off on Hawthorne. Park near the County Administration Building. Do you feel lucky today? Sometimes there are spots right on Harbor Drive! We will bike up Pacific Coast Highway to Ocean Beach bike path and then on into Point Loma and up to the lighthouse. We'll head back down to town and to the Farmer's Market at 22nd & Imperial for lunch. Always a favorite!

TUE MAY 05 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 MAY 09 9:00 AM 50 MILES *** DULZURA BICYCLE RIDE
BONITA MALL
near Outback Steak House

Alan Calvert (619 545 2229). Take 805 south to the "E" Street/Bonita Road exit. Turn left at the light (going east on Bonita Road.) Turn left on Plaza Bonita Road and Outback Steak House will be on your right. Look for the group in the nearby parking lot. Alan has offered to lead this ride. It has some hills but nothing steeper than Torrey Pines. The scenery is great and Dulzura Dinner is a blast from the past, complete with a path to the rest rooms.

SUN MAY 10 9:00 AM 26 MILES *** MOTHER'S DAY RIDE & PICNIC
TARGET PARKING LOT
Mission Valley

Susan Vogel (858 279 9863). Take I-8 to Mission Center Road. Target parking lot is just to the east of the Mission Center Road, to the west of Target. Bring a lunch or buy one at a deli on Carlton Hills Blvd. near Santee Lakes. We will picnic in Santee Lakes Park. Happy Mother's Day!

TUE MAY 12 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
ZORBA'S GREEK BUFFET (619 422 8853)
100 Broadway, Chula Vista

Merle Vogel (858 279 9863). Once at Zorba's, you will find parking behind the restaurant. Zorba's Greek Buffet is the first authentic Greek Buffet in all of Southern California. The recipes have been part of the family for over 50 years! You'll love not only the food, but the modern Greek atmosphere. Come on out and find out for yourself why Zorba's Greek Buffet was voted "Best Greek Restaurant" by San Diegans for 5 years in a row!!

FRI MAY 15

BIKE TO WORK DAY 2009

Bike to work (or anywhere!) Check www.ridelink.org on a regular basis to get updates on Bike to Work opportunities and Pit Stop locations, where you can rest and refuel with lots of free goodies while making your way to work (or around town!)

FRI MAY 15

LAKE HODGES BIKE-PED BRIDGE
RIBBON CUTTING CEREMONY

The David Kreiter Bridge across Lake Hodges will have its grand opening today! The ceremony will be at 10:00 AM, but the San Dieguito River Park is going to open the bridge at 6:00 AM that day to allow folks to ride between Rancho Bernardo and Escondido and back on Bike to Work Day.

The opening ceremony will be on the north side of the bridge, and bicyclists are encouraged to attend. We hope many of you will be out there!

SAT MAY 16 **9:30 AM** 29 MILES *** LA POSTA SUNRISE
LA POSTA DINER (619 478 5600)
32337 Old Highway 80, Pine Valley

Merle Vogel (858 279 9863). Take I-8 East to Kitchen Creek exit. (This is the first exit after Buckman Springs.) Turn right to Old Highway 80. Turn left onto Old Highway 80 and continue east about one mile to arrive at La Post Diner. Park behind the diner. We'll ride to Sunrise Highway through beautiful chaparral and forest. It will be unlikely that we see any other traffic on the way to Sunrise Highway.

From the Sunrise Highway it will be a nice downhill back to La Posta Diner, where we will eat lunch. Riders could come early and eat breakfast at La Posta as well!

SUN MAY 17 **8:30 AM** 33 MILES *** ALPINE LOOP
1293 E LEXINGTON AVENUE, El Cajon

Diane Kemp (619 300 7810). We'll be leaving from Diane's house on East Lexington Avenue in El Cajon. There is parking on the street across from the house (there are no houses on that side.) This Alpine Loop has lots of hills. We will eat lunch at a small Mexican restaurant in Alpine. You can look this ride up at: <http://www.johninsd.motionbased.com> The ride is Alpine Loop, Recumbent, johninsd, March 22, 2009.

TUE MAY 19 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
CALIFORNIA PIZZA KITCHEN (858 457 4222)
La Jolla Village Square 3363 Nobel Drive, La Jolla

Rhonwyn Curtis-Nicholson (858 243 4662). To get to CPK, turn west off Interstate 5 off Nobel Drive. CPK is home to the Original BBQ Chicken Pizza and innovative hearth-baked pizzas, made-to-order pastas, creative salads, appetizers, soups, sandwiches and desserts.

LOS ANGELES--(BUSINESS WIRE)--Apr. 13, 2009-- California Pizza Kitchen, Inc. (CPK) (NASDAQ: CPKI) unveiled today their second annual Thank You Card Program. Starting today and running through May 31, 2009, CPK will give out 2.7 million Thank You Cards to customers dining at their full service restaurants across the nation. Each party will receive a sealed envelope with their check which contains a guaranteed prize, ranging from 10 percent off a meal to \$50,000.

The sealed envelopes are to be opened only by a CPK manager upon the guests' return, and diners will have until June 30, 2009 to redeem their prizes.

SAT MAY 23 9:00 AM 27 MILES *** LOIS' LOOPY RIDE
RANCHO PENASQUITOS SHOPPING CENTER
Black Mountain Road at Paseo Montalban

Lois Horowitz (858 610 3444). You can reach Black Mountain Road from HWY 56 from the west or east. From the east you can exit I-15 at Mercy Road or take Hwy 56 west to get to Black Mountain Road depending on whether you're coming from the north or south. The shopping center is a block north of the Black Mountain exit off 56. Park on the Paseo Montalban end of the shopping center on the far north side in the center's parking lot near Cotijo restaurant. We'll do a loop through Mira Mesa, to Del Mar and back to Rancho Penasquitos with as many neighborhoods as I can take us through to break up any hills that we may experience so you won't notice them. There are numerous lunch choices when we return. To get a route slip please email me at loalhor@yahoo.com.

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 MAY 24 9:30 AM 25 MILES *** POINT LOMA, SHELTER ISLAND, HARBOR ISLAND
TIN FISH
Liberty Station
Cushing & Dewey Street
Park on street

Roy Lawrence (619 523 5522). Take either I-8 or I-5 to Rosecrans Street. Turn left into Liberty Station on Roosevelt Street. Go left one block to Dewey, then right to Cushing. Roy will take us up the hill for a panoramic view of the bay, then to Shelter Island, Harbor Island, Harbor Drive and downtown. This ride will be mostly flat AFTER the start! Lunch will be at the starting point.

MON MAY 25 9:30 AM ±25 MILES *** MEMORIAL DAY MONDAY
COSTA VERDE SHOPPING CENTER
La Jolla Village Drive and Genesee
Trophy's Parking Lot, University City

Belle Jour (619 787 7427). Memorial Day weekend is just fine in San Diego! Those who show up will decide the route and the lunch spot!

TUE MAY 26 6:30 PM 0 MILES ***** KNICKERBIKER KNIGHTRIDERS
WORLD CURRY (858 270 4455)
1433 Garnet Avenue, Pacific Beach

Ken & Sheryl King (858 450 0373). At World Curry, all the food is prepared fresh to order using authentic, exotic recipes from all over the world. You can start with hot naan bread and a refreshing ice cold Thai Iced Tea. The menu combines various vegan, meat, and mild and spicy curry dishes from India, Japan, Singapore, Thailand and the Caribbean and is served with a pyramid of rice. For dessert, you can cool down with a bowl of World Curry's famous Coconut Ice Cream!

SAT MAY 30 9:00 AM 30 MILES ** MT. HELIX AND BEYOND
YE OLDE BICYCLE SHOPPE (619 582 4024)
6792 University Avenue
West of 70th Street, across from Joan Kroc Center

Paul Mitchell (cell 619 240 6659 or home 619 741 7169). To get to Ye Olde Bicycle Place take I-8. Exit to go south on 70th. Go west on University Avenue. Paul will lead us up Mt. Helix and then out to El Cajon over to Singing Hills. We'll go through Rancho San Diego over to Casa de Oro for lunch at Sunrise Deli and then back to the bike shop.

SUN MAY 31 9:00 AM 26 MILES *** THE FAST AND THE FUROSHIKI
NOBEL DRIVE ATHLETIC AREA

Robert Leone (858 272 4710). From the Nobel Drive Athletic Area we'll rapidly drop down to Mission By Park, climb up Linda Vista Road, go shopping and dining at the Mitsua store, then cart our selves, groceries and housewares north on Kearny Villa Road. We'll use the quiet backstreets of the industrial parklands of Miramar to return to start. Furoshiki are traditional Japanese wrapping cloths -- and they're great for grocery shopping.

Welcome to the Knickerbikers' Tuesday evening rides and dinners. Starting in June those who want to ride, will meet at the chosen restaurant at 6 PM, ride at 6:15 PM and meet to eat at as close to 7 PM as possible. If joining us for dinner only, please save seats in the restaurant for those Knickerbikers that are out riding. Dinners will start at 7 PM.

In September, we will stop riding on Tuesday evenings and change our meal time back to 6:30 PM.

Thanks to those of you that have already scheduled a ride and thanks to future leaders. Looking forward to seeing you out on the roads and trails and in a great restaurant soon!

TUE JUN 02 6:00 PM ±10 MILES ***** KNICKERBIKER KNIGHTRIDERS
ISLANDS RESTAURANT (619 640 2727)
2441 Fenton Parkway, Mission Valley

Joi Brewer (619 990 9219). We are headed over to Islands again (Islands Restaurant is in the same mall as Costco and Ikea in Mission Valley), but this time we'll get in a brisk ride before dinner. Joi will lead us along the bike path and back. A evening ride, dinner and friends.. What could be better?



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!

Knickerbiker Klassified

Roy Lawrence is planning a bike and barge trip from Passau, in Germany starting on September 26 2009 and going through Vienna and Budapest. 8 days and 7 nights, cost about \$900.00 per person, plus air fare. Roy wants to know if anyone would like to go along. Interested? You can contact Roy at 619 523 5522 or selroy1065@msn.com

Knickerbiker Kudos

Kudos to Joi Brewer who rode the Wildflower once again! And the weather was terrific this time! Ask Joi for her story!

Kudos to Harry Baldwin who achieved his goal to cross the Andes on the Agua Negra pass. You can read all about Harry's adventures at <http://mvogel.com/AutumnInTheAndes/index.htm>. Photos are at <http://HarryOnHisBike.smugmug.com>. Welcome home Harry!

Kudos to Fern Kissel! The Mulholand Challenge is done!!! 101.23 miles, 8:51 hrs. ride time, 11.5 avg. mph!! "WOOO HOOOOO. I DID it. Weather was absolutely perfect and the route was gorgeous and fun, except for one horrible downhill with 20%+ switchbacks right down to the ocean. Very terrifying!! VERY hard ride, ok, it was a VERY, VERY hard ride. First 50 miles were easy and I thought that I'd be done with this in no time, but then..... all of the hard grades were at the end, of course. The route was changed because of construction at one of the intersections, so the mileage was 101 instead of 109. So, 1 down and 2 more to go. I heard this was the hardest one :-)" Next: Breathless Agony

Wheely Good Recipes

Bosc Pears, Golden Raisin & Green Cabbage Slaw

3 cups finely sliced green cabbage
2 Bosc Pears, unpeeled, cored and sliced lengthwise into ½ inch thick slices
3 medium size scallions, trimmed and cut into ½ inch pieces
1 ½ cups golden raisins

Dressing
½ cup rice vinegar
2 tbs freshly squeezed lime juice
2 tbs corn oil (or canola)

Combine cabbage, pears, scallions & raisins
In another bowl combine rice vinegar, lime juice and oil.
Pour the dressing over the salad mixture & toss
Let stand 30 minutes and serve



Submitted by Sandra Zinn

Coming Events:



FRI JUN 05
through
SUN JUN 07

TEMECULA TRIP FOR JOI'S BIRTHDAY
TEMECULA VALLEY BALLOON AND WINE FESTIVAL
37701 Warren Rd, Winchester CA 92596

Joi Brewer (619 990 9219). Although the trip is rather nebulous at this time, Joi is would like to head up to Temecula on Friday evening to see the balloon glow after dark and the early morning lift off on Saturday. Although it might be too hot to ride, there will be lots to do at the festival and it would be fun to spend the day and evening in Temecula. The fairgrounds have many foods to sample, wine tasting for those interested and two stages with live bands. Tickets for Friday night are \$18.00. Saturday's tickets are \$22.00. Please contact Joi for more information; joirn@aol.com

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

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

MON NOV 16
through
SAT NOV 21

~200 MILES

TUCSON TURNABOUT
Tucson, Arizona

Ken King (858 450 0373). After much discussion on what tour to do this year, Ken decided to go back to the southwest and visit Arizona. Rather than the traditional "point-to-point" tour, where we have a new destination each day, let's opt for "daisy petal" approach and take a series of day trips from one location. No packing and unpacking, no need to ride if you don't feel like it, and no sag wagon to worry about. Are we getting too lazy? Yes, but it's our vacation, right? The hotel is the Best Western Royal Inn and Suites, which has a full hot complementary breakfast, and has been recently upgraded and refurbished. It's centrally located and convenient to several pubs and restaurants since the University of Arizona is nearby. We arrive in Tucson on Monday November 16th and ride on the 17th, 18th, 19th and 20th. We check out Saturday morning November 21st UNLESS we want to do the famous Tour de Tucson, which is the 21st. If you do, then you can make your own reservations at the Best Western or another hotel of your choice and register for the ride. The total cost of the trip is \$300 per person, and includes five nights (two per room), a farewell dinner, and snacks for happy hour. The usual policy applies: the first 16 people that send \$100 deposits will be on the trip. Unless the trip sells out, there are no refunds, but since they usually sell out, there's no need to fret over that. Let Ken know at kking002@san.rr.com if you are interested, and send deposits to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037.

Tire Rotation the Right Way

This question often comes up: Should bike tires be rotated like car tires to extend their life? No.

Oh, wait, you want an explanation? What I recommend is to keep the rear tire on until the brownish casing starts to show through the black tread, or nearly so. Then put the front tire on the rear wheel and install new rubber up front. If you don't move the front tire, it'll probably rot on the rim before it ever shows signs of serious wear. So that's smart rotation. What's not smart is rotating a half-worn rear tire to the front in an attempt to keep both tires on the bike until they simultaneously wear out. Don't make it easier to lose control because of a front-tire flat or blowout. Have your best rubber on the end of the bike that has the most to say about staying upright.

Besides plain ol' wear, there are a couple of other compelling reasons to retire a tire.

First, a cut too big to be booted. A cut through the tread and underlying casing can be patched, or "booted," if it's small and fairly straight. A cut that's jagged or curved is probably a blowout waiting to happen, so chuck the tire if it looks that bad. You can boot a cut from the inside with various things. I like a tube patch or tough strapping (filament) tape. I use a couple of layers and cross the fibers, kind of like the bias of the casing itself. Strapping tape is strong, and the fix should last the life of the tire.

Second, rubber that has dried like a prune on a Phoenix sidewalk. Riding on a dry, cracked tire, no matter how little tread wear there is, is a bad idea. It'll grip about as good as eggs in a Teflon pan. (I know, I know -- mine stick, too.) Check for dryness when the tire isn't inflated. Pinch the tread and look for telltale cracks. Scrape your fingernail along the sidewall and watch for powdery residue. Tires dry out from too much sun exposure, like I'm starting to do. And from ozone exposure when they're stored near electric motors or L.A. smog. A dry climate, will do it too.

I've been told that Armor All will prevent drying, but I'd be wary of putting anything that slippery near rims and brake pads. Remember, these are just bike tires, not works of art. Replace them if they're questionable.

TRY THIS ON YOUR NEXT RIDE - Use Stop Signs for Training

Don't you hate traffic signals? Just when you're in the groove, there's the dreaded word: STOP

The worst case: a stop sign in the middle of a great descent.

It's important to obey traffic signals, of course. Running stop signs and red lights is dangerous and sends the wrong message to motorists, even if they don't drive over you.

Some motorists get peeved and aggressive when they see cyclists ignoring signals. "You guys break the law," goes their thinking, "so you don't deserve any respect from me." Be aware of your responsibilities as a road user, as well as your rights.

And don't regard stop signs only as a nuisance. Let's see how to use them for a training benefit.

After all, stopping means starting again -- accelerating up to speed.

This is a good thing for at least 6 reasons:

- * It encourages you to stand, relieving saddle pressure on nerves and blood vessels to restore circulation.
- * It stretches your legs and back, lessening stiffness.
- * It works the muscles of your torso, arms and shoulders if you sprint forcefully.
- * Accelerating hard fires your fast-twitch muscle fibers, contributing to well-rounded fitness. Repeated efforts can help you become a faster sprinter.
- * If you're a racer, particularly a criterium rider or time trialist, starts from stops can improve your out-of-saddle bike- handling technique.
- * Stop lights that make you wait for a minute are a chance to work on your trackstand -- balancing at a standstill with feet on the pedals -- assuming that won't PO gramps in his Buick waiting behind you.



Paso de Agua Negra ("Black Water Pass"), elevation 15,682 feet.

Harry Baldwin



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.

*Print plus e-mail subscription. 05/09