

The Knickerbikers of San Diego County

www.Knickerbikers.com



"Here's one thing I learned: I am a lot tougher than I thought I was. Which means, really, that everyone is tougher than they think they are. Some of you may have already proven that to yourself, but if you haven't, I challenge you to find that out. You don't have to do a 1,000 mile bike ride - just decide you're going to do something that seems scary and daunting, prepare for it, and then do it! The feeling of accomplishment and pride you'll get at the end will make you feel like you are the most awesome person on the planet. ~ Barbara Gross - *The Great Lake Michigan Circumnavigation*

THE BULL-A-TON

JUNE 2009

Vol. 36 No 1

KING (QUEEN) OF THE MOUNTAINS CENTURY CHALLENGE 2009

On May 23, 2009, I completed the last ride in the King (Queen) of the Mountain Century Challenge. The three rides, Mulholland Challenge, Breathless Agony and Heartbreak Hundred, all must be completed in approximately 1½ months' time. The total mileage is 323 with total elevation of approximately 32,500 feet. The rides are all timed and you have to check out with the timekeeper when you leave, check in at each checkpoint by a certain time and check in at the finish by a certain time. If you are late or forget to check in at any one of the check points, you are disqualified and cannot go any further on the ride. Pressure??? What pressure??? 209 people finished all 3 rides: 30 women, with 10 of them over 50 yrs. (that would be me)!!

The first ride, the Mulholland Challenge, on April 11, started in Calabasas and wound 101 miles through the Santa Monica Mountains with total elevation of 12,500 feet. It was an absolutely perfect day for a ride in the mountains and a beautiful area to do a century ride. We mostly rode on Mulholland Drive, which winds up and around and through the very steep canyons of the mountains. It was really green and the wild flowers were out everywhere. The first 50 miles were great and I was thinking 'gee, I'll be done with this in no time'. Wrong.....before I knew it, I was on Topanga Canyon Road headed up for several miles and during the next 50+ miles I knew why it was called a 'challenge'. There was a downhill that was so scary, I actually tried to put my foot down to stop myself - it took a few feet of sliding (and a chunk out of my cleat), but I eventually stopped the bike by plowing into a low curb-like thing on the edge of a cliff that went straight down into the Pacific Ocean! The entire downhill, Deer Creek Road, consisted of very, very steep switchbacks with only the Pacific Ocean as a backdrop. Needless to say, most of the riders had pretty shaky legs at the end of that downhill! AND.....I couldn't figure out why I had very little control of my bike when I needed to brake. As I discovered after the ride, the brakes had not been adjusted back to where they were when the new pads were put on. So, in a sense, I had NO brakes on 15% & 20% switchbacks going down, down, down. Yikes! I did the ride with an incredible ride time of 8:51.

The next ride was Breathless Agony on May 2, leaving out of beautiful (not!) Redlands, riding 114 miles and going up into the San Bernardino Mountains to Onyx Summit at 8400 feet. This ride is different in that the finish clock stops at 75 miles, which is the top of Onyx Summit and you have to be there by 3:30 PM. You still have

to ride to the finish back in Redlands and get your 114 miles, but you aren't officially timed after the summit. The first climb of the day was on Oak Glen which is one of those false flats with a 6% grade that went up and up for approximately 30 miles – this is called “Damnation Alley” and it IS! I was hating life and couldn't figure why on earth I was doing this ride at 3.00 mph! I even stopped at one point to check my brakes to see if they had been over-adjusted because I felt like I just wasn't getting anywhere!!! It was a bit chilly with a slight headwind and certainly NOT beautiful. I kept hoping there would be a switchback or even a small curve in the road and when I finally saw the switchback turning off of Oak Glen I actually screamed out “YIPPEE, A REAL HILL”!! But the fun wasn't over..... we still had a climb up to Onyx Summit and the higher we climbed, the colder it was getting. I really wasn't doing well on this ride and really had to talk myself into not quitting altogether. Each time I had to stop at a checkpoint to clock in, I found that I was way ahead of the cut-off time, a few times by as much as an hour and a half-I was quite surprised and it made me push on to the next stop. The rest of the climb up to Onyx Summit was with a strong headwind and VERY hard, especially the last 10 miles where everyone struggled with the winds and the steepness of the climb. I reached the summit by 2:40 PM and was very surprised at my time. There is supposed to be a 42 mile downhill back to the finish in Redlands, but they forget to tell you about the rollers and steep hills that bring you back up 2,000 feet before you really get the downhill – which is about 30 miles of a pure, beautiful downhill! Total ride time to do 114 miles was 9:55.

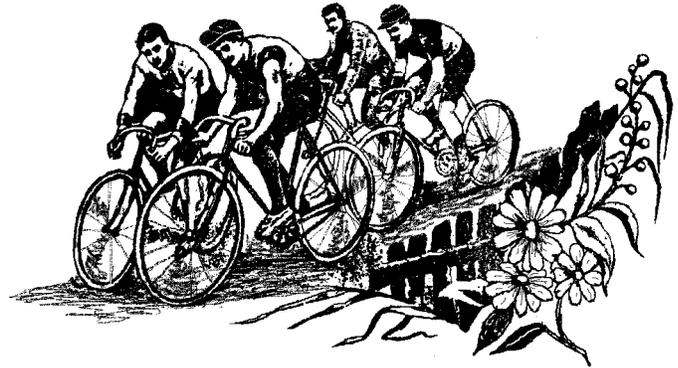
The last ride, on May 23, was Heartbreak Hundred, and started in Lebec, which is north of Magic Mountain and off the Grapevine. This ride was 100 miles with 8500 feet of climb – easy, right? Not! Right from the start, we headed straight up for 20 miles. After that initial climb, we had a beautiful 25 mile downhill on a ridge which separated Lockwood Valley on one side and the Central Valley on the other. The views were outstanding! My joy was short-lived as I turned onto a 12 mile stretch of road that was another one of those false flats. I had been told by friends who did this last year that I needed to find someone to ride with on this particular stretch of road. Unfortunately, other riders were few and far between and I was either too fast (ha!) or too slow (more like it) to ride with anyone at this point. Although this road was in the high valley and the scenery was stunning, it was also hot and I was struggling and wondering why the heck I was doing these rides. I stopped twice on this road, once when I came across some shade under the only tree on the entire 12 miles, and the next when the SAG truck made an unscheduled stop to give the riders some desperately needed water. I had already decided that I didn't really care what my finish time was, as long as I finished!!! I was just about ready to stop again and was seriously thinking of calling it quits when I looked up and saw the road do a sharp right-hand turn and pitch UP and I thought “ah ha! I know what to do with that hill” and off I went up that wonderful Heartbreak Hill! As I was rounding the corner towards the top, I looked down and saw written in chalk “GO QUEEN FERN, COSMO SAYS GO” (Cosmo is my dog). I thought I was delirious and so did the 2 riders in front of me when I yelled “hey, that's me, I'm Fern, what the heck is going on?”. I stepped up the pace, came around the last bend and there were 4 friends from my Team in Training ACE Team waiting for me with a crown and a banner which read ‘HAIL TO QUEEN FERN’. They had driven up from San Diego that morning to the start of the ride, and then rode their bikes the 25 miles to Heartbreak Hill!!!! I couldn't believe it and tears started coming pretty fast – but I had to stop them because I didn't want to lose any more salt!!! There was a SAG stop at the top of Heartbreak Hill and everyone was getting a kick out of us – I think it perked everyone up and helped the other riders to keep going – we were all pretty beat up from the 12 miles on Lockwood Valley Road. The rest of the ride, although stated to be mostly downhill – was anything but. It consisted of hard rollers and false flats until about 5 miles from the finish - then we got the downhill! I was very glad to have some friends to ride the last 25 miles with. My ride time was 7:41-amazing!!!!

All of these rides were extremely hard and I think made harder because I took this challenge on by myself. There were several times with each ride, but particularly the last two, that I wanted to quit because even after all of my training, I was struggling very hard. I am still amazed that I actually finished the King (Queen) of the Mountains Challenge, that I did it by myself with no one (friends) to ride with during the really tough stretches, and that my times were pretty darn good!!!

Fern Kissel



Outings:



| JUNE | | | | | | | 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 | | | | | |

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 7:00 PM as possible. If joining us for dinner only, please save seats in the restaurant for those Knickerbikers that are out riding. Dinners start at 7:00 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. An evening ride, dinner and friends.. what could be better?

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.

SAT JUN 06 9:00 AM 25 MILES *** LAP AROUND THE BAY
HARBOR DRIVE and HAWTHORNE
South East corner

Merle Vogel (858 279 9863). On Pacific Highway, turn west on Hawthorne. Find the parking lot on the left just before Harbor Drive, near the County Administration Building. We'll check out the new Rail Trail/bike path that allows us to avoid Palm Avenue. It may even cut off a tenth of a mile or so. Eat at Spyro's Gyros or anywhere you'd like at the Ferry Landing. Remember to bring money for the Ferry fare, or ride back to the start. It's really not so far and flat all the way.

SAT JUN 06 7:00 PM 0 MILES **** HAPPY BIRTHDAY JOI!!
LOTUS POND RESTAURANT (619 462 4071)
8260 Parkway Drive
between Jackson Drive & Marengo Avenue
La Mesa, CA

Bob Freeman (619 618 8177). Happy Birthday Joi! The Knickerbikers are invited to join Joi to celebrate her birthday at this very tasty Chinese restaurant. Located on Parkway Drive (runs adjacent to Fletcher Parkway), between Jackson Drive & Marengo Avenue, Lotus Pond restaurant has become part of the Chin restaurants of North County. The food is excellent, the menu is varied, and the decor is pleasant. Add all that to some good friends – and the evening will sparkle!

Check out <http://www.yelp.com/biz/lotus-pond-chinese-restaurant-la-mesa> for restaurant reviews. Visit <http://www.chins.com> to learn about one of the leading Chinese restaurants in San Diego.

SUN JUN 07 9:00 AM 35 MILES *** SUSAN'S SCENIC RIDE
COSTA VERDE SHOPPING CENTER
La Jolla Village Drive and Genesee
Trophy's Parking Lot, University City

Susan Vogel (858 279 9863). The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive. Susan will lead us to Torrey Pines Beach, La Jolla Shores, Children's Pool, Mission Beach, and yes of course, Torrey Pines Hill. We'll pick up a sandwich along the way and have a picnic at Hospitality Point. We'll certainly be able to enjoy some of San Diego's finest scenery on this ride!

TUE JUN 09 6:00 PM ±10 MILES **** KNICKERBIKER KNIGHTRIDERS
JACK'S THAI SPICES (858 456 4411)
1768 Garnet, Pacific Beach

Priscilla Moxley (858 459 4187). After meeting up near the restaurant, at 6:15 PM we'll depart to ride around the Pacific Beach area. We'll return to Jack's Thai Spices by 7PM ready to enjoy our dinner! Herbs and spices are an essential part of Thai cooking. Used in combination, they help achieve a balance of the four essential Thai tastes: salty, sour, spicy, and sweet.



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!

THU JUN 17 7:00 PM 0 MILES **** KNICKERBIKER GAME NIGHT
GOODIS HIDEOUT
6102 Travers Way, University City

Sharon & Eric Goodis (619 787 7427). Time to exercise your mind! Backgammon? Scrabble? Checkers? Spades? Dominos? Let's play games for a few hours tonight! Bring your own game (be sure you are familiar with the rules ahead of time and can explain them.) Sharon and Eric will set up a few tables and provide light munchies. Please, please **RSVP!**

SAT JUN 20 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 home or 858 761 8400 cell or email: MWay@Way2Retire.Net). San Diego County Fair is ongoing at The Del Mar Fairgrounds. There might be traffic on I-5! Please take that into consideration when heading out to meet your ride leader.

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 10AM) and ride up to Dana Point and then back to Las Pulgas.

SAT JUN 20 9:00 AM SATURDAY ON THE STRAND

The City of Oceanside actively supports being a bicycle- and pedestrian-friendly community. The City hosts several events and activities that promote such a concept. Saturday on The Strand is a new upcoming event with the goal of connecting the community: walkers, bikers, runners, seniors, adults, and children, all in a relaxed car-free environment. This is a free, healthy, recreational event that brings residents together and encourages being a walkable and bikeable city. Saturday on The Strand will be held on June 20 from 9 AM to 3 PM.

The Strand will be closed to vehicle traffic between Breakwater Way and Wisconsin Avenue. Volunteers and police enforcement will be stationed to aid those residents who live on The Strand and need to access their residences. There will be free parking at all City lots and a "Bike Corral" at Betty's Lot (parking lot south of the Pier Amphitheater). For those commuting to Oceanside via public transportation please check with the North County Transit District (NCTD) for Coaster, Sprinter, and Breeze schedules, as the transit center is located only a few blocks away from the Amphitheater.

Saturday on The Strand will be held in conjunction with Race Across America (RAAM). RAAM is a 3,000 mile endurance bicycle race that spans the United States. The race starts in Oceanside at the Amphitheater and terminates in Annapolis, Maryland.

Don't miss being part of Oceanside's first Saturday on The Strand event and cheering on the RAAM team riders! Should you have any additional questions please contact the Development Services Department – Engineering Division at (760 435 5099).

To view more information on the City of Oceanside's first Saturday on The Strand, click on the following link: <http://www.ci.oceanside.ca.us/Datarelation.aspx?Content=371>

Follow John Walker on his 2009 Cross Country Tour: <http://www.crazyguyonabike.com/doc/XCRedux>

SUN JUN 21 9:00 AM 25 MILES **** SAN DIEGO FATHERS
MISSION BAY VISITOR'S CENTER
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Ken King (858 450 0373). The meeting spot is in the parking lot just north of the Mission Bay Visitor's Center, off I-5, going west at Clairemont Drive, then north 200 yards. We will visit the site of California's first mission, established by FATHER Serra, and places that honor the FATHER of San Diego, Alonzo Horton. We'll see Presidio Park, Old Town, and Balboa Park.

TUE JUN 23 6:00 PM ±10 MILES **** KNICKERBIKER KNIGHTRIDERS
PEDRO'S COCINA MEXICANA
6155 Lake Murray Blvd.
between Dallas Street & El Paso Street, La Mesa

Sandra Zinn (619 464 3457). Restaurant is located near Big Lots. The place has a "healthy foods" section on the menu. We will be doing a 10 -12 mile ride probably around the lake. (But, if the group would like we can go over to Mission Trails Park and do a "real ride".)

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 National 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

SAT JUN 27 **9:30 AM** 26 MILES *** MYSTERY RIDE
MORLEY FIELD
2221 Morley Field Drive (near Balboa Park)

Rhonwyn Curtis-Nicholson (858 243 4662). Wondering about this ride? Show up to find out where Rhonwyn will lead us today! The lunch spot isn't a secret however - we will have lunch at a Filipino restaurant in National City called Goldilock's.

SUN JUN 28 **8:30 AM** 35 MILES ** POINT LOMA, SHELTER ISLAND, HARBOR ISLAND
PEPPER PARK, NATIONAL CITY
meet near the new marina

Jeff Gianformaggio (619 255 2890). To get to Pepper Park, take I-5 to Bay Marina Drive. Go west to Tidelands and south to Pepper Park. Jeff's ride will include the following highlights: Sweetwater bike path, Bonita and Eastlake, passing by the Olympic Training Center. Jeff is also hoping to take us along the new bike path by the saltworks. Lunch will be at the half-way point. Note this is a two star ride – Jeff promises one long grade and one short steep hill, and is hoping for a "June gloom" day! But just in case, he's starting the ride a little earlier!

TUE JUN 30 **5:45 PM** 12 MILES *** KNICKERBIKER KNIGHTRIDERS
SUNSET DINNER RIDE
TIN FISH RESTAURANT (619 794 2192)
Liberty Station, Dewey & Cushing Street

Roy Lawrence (619 523 5522). Take either I-5 or I-8 to Rosecrans Street, south to Roosevelt Road, left one block to Dewey, right to Cushing. Note start time. Roy plans to depart at 6:00 PM sharp, to take us on a tour of Point Loma, with panoramic view of the Bay. This is closest to longest day of the year, so we should have daylight until about 7:00 PM.

SAT JUL 04 **10:00 AM** 25 MILES *** FOURTH OF JULY RIDE AND POTLUCK!
KING ABODE, 8590 Cliffridge Ave., La Jolla.

Ken and Sheryl King (858 450 0373). Declare your independence at the thirteenth annual Fourth of July bike ride and potluck at the home of Sheryl and Ken! Arrive at 10:00 AM, bearing salads, beer or wine. Ken and Sheryl will supply barbecued burgers, soft drinks and dessert. After the ride, we eat! If you aren't riding, come at 1:00 PM and enjoy the potluck. Please call, so Ken and Sheryl will have some idea of how many to expect!



Wheely Good Recipes

Green Beans with Citrus Vinaigrette



2 lbs. green beans, trimmed
5-1/2 tsp olive oil (divided use)
3 tbs. finely chopped shallots
3/4 tsp. grated lemon rind
2-1/2 tsp. fresh lemon juice
2-1/2 tsp. fresh lime juice
2-1/2 tsp. fresh orange juice
1/4 tsp. salt
1/4 tsp. pepper

Bring water to a boil and add green beans. Cook for 4 minutes or until crisp. Drain. Rinse with cold water, drain and set aside.

Heat 1 tablespoon of the olive oil in skillet, add shallots, cook, stirring for 2 minutes or until shallots begin to brown.

In a bowl, whisk together shallots, lemon rind, juices, salt and pepper. Slowly add 4-1/2 tablespoons oil, stirring well. Drizzle this vinaigrette over beans tossing to coat.

Chopped pecans can be added. Serve warm or cold.

Submitted by Sandra Zinn

Coming Events:



FRI AUG 07
through
SUN AUG 09

SANTA BARBARA TO SAN DIEGO

The Knickerbikers are invited to join or support Cycling for Sight an awesome program introducing and promoting cycling for the blind and visually-impaired.

One day ride on Aug 9th or three day tour from Santa Barbara to San Diego Aug 7th - 9th. Imagine riding through LA with your eyes closed! We have 15 blind tandem teams doing it... coming through San Diego on August 9. See www.cyclingforsight.org for more details.

SAT AUG 08 **9:30 AM** 50 MILES

GREG LeMOND'S LE TOUR DE MONTECITO
MONTECITO

This exclusive (limited to 100 people), Half Century, with 3-time Tour de France Champion, Greg LeMond, will wind through the hills of Montecito and along the Pacific Ocean. For more details see: <http://www.1in6.org/>

EARLY OCTOBER 2009

WEEKEND CAMPING
FUN TRIP AT LAKE MORENA CAMPGROUNDS

Martha Way (H: 858 581 9292 email: MWay@Way2Retire.Net). This event is in the early planning stages. There is lots to do out there...biking, mountain biking, hiking, and kayaking/canoeing too. There are showers and it is situated so that it can be a BYOE...Bring Your Own Everything. More to come later.

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 trip is sold out (at 30!), but the waiting list is often used, so if you are interested, and send your \$100 deposit per person to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037.

Bicycle Sherpa

A Cycling Resource

A new everything cycling resource coming out of North Park featuring current lists of organizations, races, clubs, bikes, parts, accessories and apparel.

<http://www.bicyclesherpa.com>



The first order of 30 customized Knickerbiker jerseys arrived, so you may have seen one on a recent ride. There will be a reorder as soon as we have 15 people send in the \$45.00 deposit to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037. And we already have four. Voler has used their best fabric, and the head of their art department actually did the design for us! With tax and shipping, the price is \$91 (!), but hey, you know you want one! We will probably want to have a "club jersey" ride soon!

Product recall: Specialized is recalling about 3,000 Roubaix Comp and Roubaix Pro road bikes from the 2004 model year. The problem is a faulty cable stop on the down tube. It can loosen and cause loss of bike control. Two crashes have been reported, resulting in bone fractures and surgery. Only bikes with a single rivet fastening the cable stop are being recalled; those with a double rivet are not. The problem bikes were made in Taiwan and sold in the U.S. from September 2003 through August 2004 for between \$1,600 and \$4,000. If you have one, stop riding it and take it to a Specialized dealer for a free repair.

Pickles by Brian Crane



The Great Lake Michigan Circumnavigation

On May 1, 2009, my husband, Jay, and I started cycling around Lake Michigan counter-clockwise. We had flown with our bicycles from San Diego to Chicago on April 29, and then had dinner with a former Knickerbiker, Bonnie Brennan, and her fellow Major Taylor club member, Jesse (and his wife Joann) on April 30.

Bonnie and Jesse rode with us to Gary, Indiana on May 1 (34 miles), and then we were on our own. We were self-supported, it was just the two of us, and we had no definite route to follow. Jesse advised us to “Always keep the lake on your left.”

The biggest surprise was discovering that cute little resort towns on the lake don’t “open” until Memorial Day. So, night after night, we rode into a town where there was maybe one restaurant open and one motel or B&B.

Our plan was to camp half the time and motel the other half. We camped our third night, but it was just too cold for people used to San Diego weather and we were headed north, where it was even colder. Two days later, we shipped our camping gear home, lightening our load by 35 pounds.

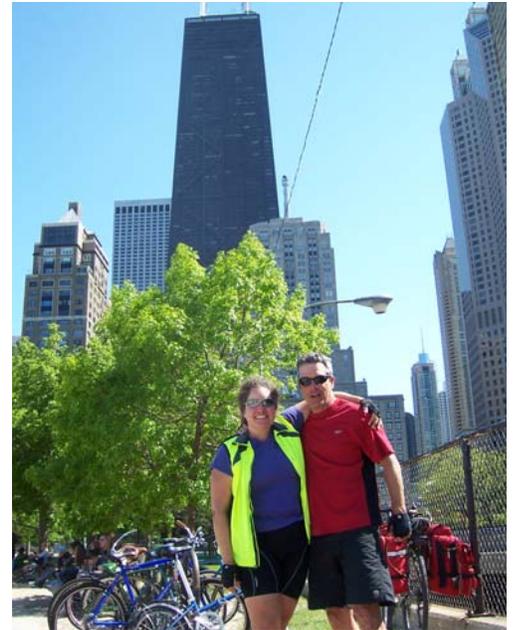
Until we got to Milwaukee (after about 900 miles), we had seen only 10 other cyclists (and only three fellow tourists, whom we met halfway across the Upper Peninsula of Michigan). We cycled through Indiana, up the coast of Michigan, east to St. Ignace (with a ferry stop at Mackinac Island), west over the U.P., around Green Bay (after our attempts to hire a boat to take us to the tip of the Door Peninsula were quashed with statements like “No one has their boat in the water before Memorial Day”), down the coast of Wisconsin, and back to Chicago, landing back at our hotel on May 19. We took two rest days (mainly due to weather).

In 17 days of cycling, we rode 1068.78 miles, averaging 10.74 mph (starting on Day 9 we had constant headwinds and that really slowed us down) and 62.87 miles per day. Our longest day was 94.19 miles, from St. Ignace to Manistique in the U.P. No flats, thanks to great Schwalbe tires!

It was a huge adventure, at times exciting, monotonous, fun, scary, exhilarating, and daunting. If you want all the details, visit our blog at getjealous.com/jandbgross

Short of a cross-country trip, this will be a difficult tour to top!

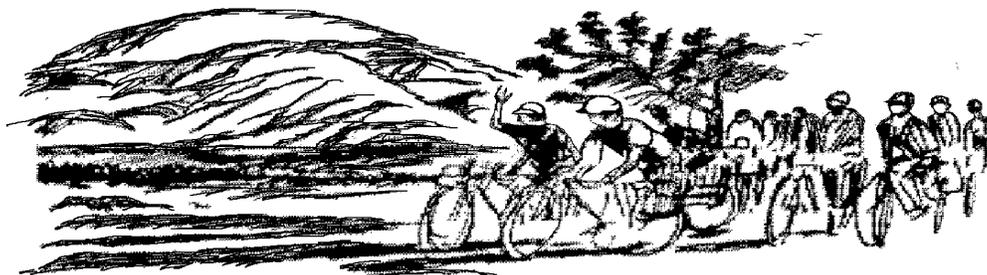
Barbara Gross



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, June 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.