

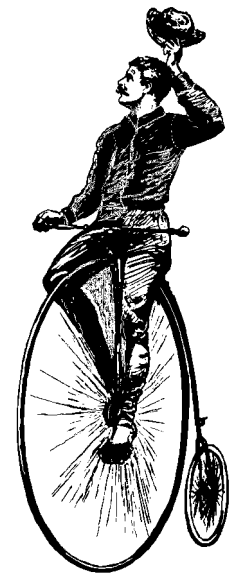
The

Knickerbikers

of

San Diego County

www.Knickerbikers.com



To climb steep hills requires slow pace at first. ~ William Shakespeare

THE BULL-A-TON

JULY 2009

Vol. 36 No 2

Tour de France 2009



Running from Saturday July 4th to Sunday July 26th 2009, the 96th Tour de France will be made up of 21 stages and will cover a total distance of 3,500 kilometres.

These 21 stages have the following profiles:

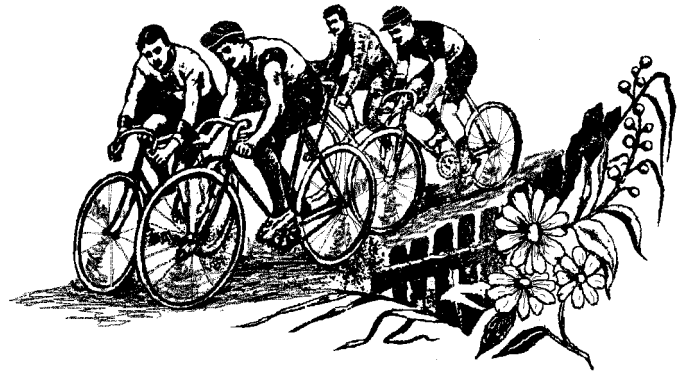
- 10 flat stages,
- 7 mountain stages,
- 1 medium mountain stage,
- 2 individual time-trial stages,
- 1 team time-trial stage.

Distinctive aspects of the race:

- 3 mountain finishes,
- 2 rest days,
- 55 kilometres of individual time-trials,
- 20 Category 1, Category 2 and highest level passes will be climbed.



Outings:



JULY							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		

FRI JUL 03 9:00 AM ±25 MILES ***

DAY BEFORE THE FOURTH
COSTA VERDE SHOPPING CENTER
La Jolla Village Drive and Genesee
Trophy's Parking Lot, University City

Belle Jour (619 787 7427). The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive. Those who show up will decide where to ride and where to enjoy lunch!

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 fourteenth annual Fourth of July bike ride and potluck at the home of Sheryl and Ken! Arrive at 10:00 AM, bearing salads, desserts, and your own drinks (beer, wine or soft drinks). Ken and Sheryl will supply barbecued burgers (including veggie), and hot dogs, as well as fixin's, paper goods and soft drinks. 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.



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!

SUN JUL 05 9:00 AM ±25 MILES *** GO FORTH ON THE FIFTH
OLD TOWN TROLLEY STATION, OLD TOWN

Belle Jour (619 787 7427). We'll meet in the Old Town Transit Center Parking Lot at the intersection of Taylor Street and Coast Highway. Those who show up will decide where to ride and where to enjoy lunch!

TUE JUL 07 6:00 PM ±10 MILES **** KNICKERBIKER KNIGHTRIDERS
FUNNY CARD FOR KEN KING RIDE
Del Mar Scenic Parkway & Carmel Valley Road

Jeanne Shupala (858 481 8278). Pack up your funny card, a sandwich, a drink, a small folding chair and your bike and head along I-5. Get off at Carmel Valley Road. Go west to Del Mar Scenic Parkway. Park where you see your fellow Knickerbikers. If you don't want to prepare a picnic dinner, you can pick up at nearby Roberto's. Jeanne will put your dinner in her cooler. We'll bike up the coast until 6:30 PM and then bike back. Either buy your dinner at Roberto's or remove from Jeanne's cooler. We'll then carry our sandwiches (and beach chair if you brought one) out to Torrey Pines beach, eat dinner, enjoy the ocean breeze and watch the sun go down. If Ken joins us we'll celebrate Ken's birthday by singing "Happy Birthday" and giving him all our funny birthday cards and we'll chose the funniest birthday card! (If Ken is unable to join us, Jeanne will send the cards "en mass.")

SAT JUL 11 9:30 AM 28 MILES *** OUT AND ABOUT!
AEROSPACE MUSEUM, BALBOA PARK

Rhonwyn Curtis-Nicholson (858 243 4662). Rhonwyn will lead us through Mission Hills, down Presidio, out to Cabrillo Point. Lunch will be in Liberty Station at Da Kine's for Hawaiian plate lunches.

SUN JUL 12 8:00 AM 45 MILES ** FOLLOW JEFF
CARMEL VALLEY PARK & RIDE

Jeff Gianformaggio (619 255 2890). To meet up with your fellow riders, take I-5 to the Carmel Valley Road exit. Turn west and go to the first traffic light after the freeway bridge. Turn left into the Park & Ride. Jeff will lead us along the Highway 56 Bike Path, through Penasquitos, Poway and Rancho Bernardo. Lunch will be at an Italian Deli at the halfway point.

TUE JUL 14 6:00 PM ±10 MILES **** KNICKERBIKER KNIGHTRIDERS
ISLANDS RESTAURANT (619 640 2727)
2441 Fenton Parkway, Mission Valley

Joi Brewer (619 990 9219). Islands Restaurant is in the same mall as Costco and Ikea in Mission Valley. We'll get in a brisk ride before a tasty dinner. In addition to their excellent hamburgers, Islands now has four new items that are low in calories, but high in taste. Less than 650 calories per item!



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 JUL 18 **8:30 AM** 60 MILES *** OCEANSIDE HARBOR TO DANA POINT & BACK
 OCEANSIDE HARBOR PARKING LOT
 East of the railroad track through the tunnel
 Oceanside

9:15 AM 40 MILES *** LAS PULGAS GATE

Martha Way (858 581 9292 home or 858 761 8400 cell or email: MWay@Way2Retire.Net). 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 and ride up to Dana Point and then back to Las Pulgas.

SUN JUL 19 **9:30 AM** ±25 MILES **** SANDCASTLES
 HARBOR DRIVE and HAWTHORNE
 South East corner

Rhonwyn Curtis-Nicholson (858 243 4662). On Pacific Highway, turn west on Hawthorne. You will see an area to park on the left just before Harbor Drive, near the County Administration Building. Rhonwyn will lead us along the Bay loop to the official U.S. Open Sandcastle Competition in Imperial Beach. This is the championship of sandcastle building where the professional sand carvers vie for the title of Master's Champion. Professional and amateur sand carving teams throughout the U.S.A. will compete in the sandcastle building competition with more than \$21,000 in cash prizes. We will enjoy lunch at the pier and admire the sandcastles before we head back up the strand to take the ferry over to our cars and the tide takes the sandcastles away...

TUE JUL 21 6:00 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
 BALBOA PARK CONCERT SERIES
 Rock 'n Roll Classics
 Organ Pavilion, Balboa Park

Rita Cohen (858 268 3150). To meet up with your fellow rockers, take Park Blvd to President's Way. Turn into park. Proceed to parking area near Organ Pavilion. We will picnic in the park and listen to the Cat-illacs. Bring your own dinner and something to share. It could be appetizer or dessert. Optional, bring your own chairs. Rock on!

~~ OR ~~

TUE JUL 21 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
 DEL MAR SUMMER TWILIGHT CONCERT SERIES
 Del Mar Powerhouse Park (858 635 1363)
 1600 Coast Blvd, Del Mar

Martha Way (cell 858 761 8400 or home 858 581 9292 or mway@way2retire.net). The concert starts at 7 PM. Martha will probably be there by 6 PM... maybe earlier! It's a BYOE; Bring Your Own Everything and ENJOY!!! DEL MAR Summer Concerts Link: <http://www.sandiegocoastlife.com/events/san-diego-coast/events-del-mar-summer-concerts.html> For more details email Martha at MWay@Way2Retire.Net or call her cell when you get there. Cell phone coverage may not be the best when at the park... just FYI.

THU JUL 23 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 – again! This month, we've had a request for Charades! One person will pantomime the name of something and the other players will try to guess what it is. Sharon and Eric will provide light munchies. Please, please **RSVP!**

Hot Summer – Cool Coastal Bike Rally



What is it?

Join your cycling friends for a clue-based rally that will take you to different scenic destination points throughout coastal north San Diego County. Use your clue and puzzle solving skills and knowledge of San Diego to navigate a fun course throughout coastal north San Diego County. Get your buddies together to form a “bicycling brain trust” to see who can solve the clues and navigate the course in the best time.

When is it?

Saturday, July 25th. Sign up from 8:30 to 9:15 A.M.
The contest begins at 9:30 A.M. sharp!

Where is it?

It starts at Glen Park in Encinitas. 2149 Orinda Drive, Encinitas, CA. I-5 to Manchester Dr. West about 1 mile. Manchester becomes San Elijo Ave. Corner of San Elijo & Orinda.

How does it work?

Come to the park, grab a couple of buddies and form a team. Each team captain will be assigned a clue that will describe a destination in and around coastal North County. The first clue will direct you to the first destination. Each subsequent destination will lead you to the next, and so on. The first three teams that finish the contest in the best time will win a prize! You'll also get bragging rights about how smart and fast you were until next year! Come in first or last, you'll still have a great time!

What should I bring?

Pack a picnic cooler lunch and something to drink for the post-rally party. To assist you in the rally, you will want to have one or more of the following:

- A good map (AAA North County San Diego will work great but others will do)
- A knowledge of general trivia (clues will be Jeopardy-style questions)
- A SMART teammate!
- A sense of adventure
- A compass or a GPS if you get lost easily
- A cell phone (if you get lost)
- About \$3. Some clues may require you to buy a little something.

How far do I need to ride?

The routing of the course will be 15 - 25 miles on a largely flat course.

Who's Invited

Any cyclist that is capable of riding 15 - 25 miles and that has at least a half a brain still in operation.

What's it cost?

Participation is free. It will cost you nada, zilch, zero.

Can't ride but want to help? We need some volunteers for setup and directing a few lost souls. Contact Steve if you can lend a hand.

For more information

Contact Steve Gebler at (760 519 8163) or rally@stevegebler.com. Visit www.stevegebler.com/cycling/rally for more information.

SUN JUL 26 **8:30 AM** ±25 MILES *** THE BRIDGES OF SAN DIEGO COUNTY
PS BUSINESS PARK (formerly Rose Canyon Business Park)
4901 Morena Blvd., Clairemont

Sharon Goodis (619 787 7427). Go to Costco on Morena Blvd. and keep going north ALONG Morena Blvd. More precisely: from I-5 exit Balboa Ave., go east to Morena Blvd. and turn north to PS Business Park. Park in front of PS Business Park on Ariane Drive. Be sure to curb your wheels and set your parking brake! This might just be the biggest hill on today's ride! City cycling today; we'll cross over at least three very interesting bridges. A well deserved lunch will be at the end of the ride.

TUE JUL 28 6:00 PM ±10 MILES **** KNICKERBIKER KNIGHTRIDERS
ICE CREAM SUNDAES AT BRIANS'
DMV parking lot (across from Brians')
1451 Washington Street (619 296 8268)

Judy Peacock (619 562 7677). Go to Brians' on Washington Street and park in DMV lot across street. The ride will start from there. We will ride into Balboa Park and around the area for a short tour before going back to Brians' to eat. Their ice cream sundaes are fabulous. They also have good dinners too. So let's celebrate the July birthdays at Brians'. Those not riding please plan to arrive around 6:45 PM

SAT AUG 01 **7:15 AM** 70 MILES *** JUANA BEAR-FREE TRAINING RIDE TO
CAPISTRANO?
VONS, CLAIREMONT SQUARE
8:00 AM 62 MILES *** MISSION BAY VISITOR'S CENTER
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Will Cronyn (619 823 0070). Meeting at Vons? Take I-5 to Clairemont Drive exit. To get to Vons, take Clairemont Drive to cross Clairemont Mesa Blvd. to next right into Clairemont Square, another right to land leading to Vons. To get to Mission Bay Visitor's Center, take I-5 to exit Clairemont Drive. West to Mission Bay Visitor's Center, right on East Mission Bay Drive, immediate left into parking lot, another left. We'll bike to San Juan Capistrano, stopping at the Sugar Shack for a delicious, healthy lunch (as expected at the Sugar Shack), and take the train back. 62 miles MBVC-SJC. San Diego Amtrak to MBVC adds 6.8 miles. Round-trip, Vons to MBVC adds another 8.6 miles. Lots and lots of restroom stops. The ride leader will be looking forward to a bear-, moose-, rain- and mosquito-free ride after returning from Alaska.

Biking Facts: 5 reasons to bike your drive

1. The average person loses 13 pounds their first year of commuting by bike.
2. 40% of all car trips in the U.S. are made within 2 miles of home.
3. 60% of the pollution created by autos happens in the first few minutes of operation, before pollution control devices can work effectively.
4. Just 3 hours of biking per week can reduce your risk of heart disease and stroke by 50%.
5. The U.S. could save 462 million gallons of gas a year by boosting bicycle trips just half a percentage point: from 1% to 1.5% of all trips.

Information courtesy of Trek Bicycle Corporation.

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.

Wheely Good Recipes

Honey Roasted Parsnips, Sweet Potatoes and Apples



- 1-1/2 cups parsnips, peeled and cut into bite size chunks
- 1 large sweet potato, peeled and cut into chunks
- 2 red apples, cored and cut into chunks
- 1 Tbsp. Canola Oil
- 1 Tbsp. Honey
- 2 Tbsp. "lite" Soy Sauce
- 1/4 tsp. ground ginger

Preheat oven to 375°

Spray casserole with cooking spray and set aside.

1. In large mixing bowl, place parsnips, sweet potatoes and apples & set aside
2. In microwave safe bowl mix oil & honey for 10 seconds, then add soy sauce and ginger
3. Pour over vegetables and apples
4. Stir well
5. Transfer to mixing bowl, cover & bake for about 1 hour.

Makes 6 servings.

Per serving: 112 calories, 2 g. total fat, 23 g. carbohydrates, 1 g. protein, 4 g. dietary fiber, 208 mg. sodium

Submitted by Sandra Zinn



**Adventure
Cycling**
AFFILIATED CLUB

Just to bring you up to date, last year, the Knickerbikers contributed \$1,450 of our three-year \$2,500 pledge to add our name on the ACA map panel covering the Oceanside-Mexican border panel on the Pacific Coast map! Way to go! We had 12 members contribute. So far this year we have five contributors, Joan Slote, Barbara and Jay Gross, Gail and Forrest Roberts, Robert Leone, and Pat Brunson contribute \$210 to the cause.

Because the Knickerbikers match that, we now have \$420 ready to send off to ACA. Before I do, though, I want you to have one more opportunity. I will mail the checks on July 9, so if you want to contribute this year, now's the time! Please be sure to make the check to ADVENTURE CYCLING ASSOCIATION so you can deduct it as a charitable donation, and mail it to me at 8590 Cliffridge Ave., La Jolla, CA 92037

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

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/>

SAT AUG 15 **10:00 PM** 20 MILES

36th ANNUAL MIDNIGHT MADNESS
FUN BICYCLE RIDE

San Diego County Administration Building
1600 Pacific Highway



Midnight Madness is a fun night of cycling, contests, prizes, and entertainment to support community youth programs. The cycling route is a 20-mile, primarily flat loop course along some of San Diego's most beautiful waterfront and historic areas. The start/finish staging area will be at the San Diego County Administration Building 1600 Pacific Highway San Diego 92101. The ride starts at midnight, but be sure to arrive by 10 PM if you want to participate in the Light the Bike and Costume Contest for your chance to win many fantastic prizes! Night of registration opens at 8 PM. Proceeds benefit the programs of Hostelling International USA, San Diego Council and San Diego Uptown Optimist Club.

SUN AUG 30 **7:00 AM** 25 MILES

BIKE THE BAY
EMBARCADERO MARINA PARK SOUTH
near Seaport Village in downtown San Diego



Merle Vogel (858 279 9863). Staging for the ride begins at 6:30 AM at Embarcadero Marina Park South. Parking at the staging area will be limited so park where you can and ride to the staging/registration area. This is a rare opportunity to ride a bicycle across the San Diego Coronado Bay Bridge. This is a fund raiser for the San Diego County Bicycle Coalition. All Knickerbikers are members of the Coalition and should want to support it because the Coalition does so much to support bicyclists in San Diego County. It is a lap of the Bay without the ferry ride.

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.



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>

Say What?

"Watch out for the tar snakes," my teammate said as we turned onto a road I rarely ride. Um, OK. Should I have brought along a tar mongoose to fight the serpents? No, he explained, tar snakes are the squiggly ribbons of tar that road crews put down to patch long thin cracks. They can be slippery when wet. Hence: Watch out for the tar snakes. I love discovering cycling-related slang like this. Another gem came from RBR tech guru Jim Langley, who returned from a cycling trip to Scotland with a story about riders warning of "sleeping policemen." He was looking for a nodding bobby, but it turns out a sleeping policeman is a speed bump.

Cycling boasts lots of these colorful expressions. No doubt you're familiar with "wheelsucker" (someone who won't take a pull), "squirrel" (someone who can't ride straight) and "granny gear" (a super low gear). Regular RBR readers probably know "on the rivet" (riding all-out). This comes from the days everyone had leather saddles made with a rivet in the nose, which is where you slid when hammering (which, come to think of it, is also slang). But have you heard "biting the bars"? This aptly describes the low position and grimace of a hammering rider.

There's more:

*Cafe racer (someone who spends more time in the coffee shop reliving past glory than actually riding. See also bench racer -- ditto, but at the bike shop work bench).

*Road furniture (annoying traffic-calming devices like roundabouts and sleeping policemen).

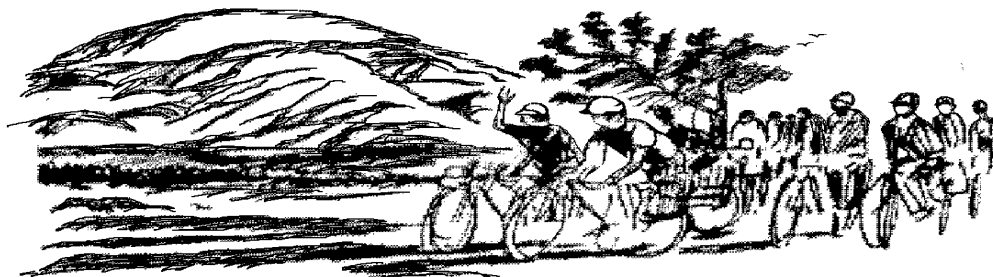
*Divorce bike (a tandem, when ridden by a couple with communication issues).

*Saturday world championship (local group ride that's taken a bit too seriously).

*Bike walk (easy ride).

*Cowhorns (upturned aero handlebar).

from RBR <http://www.roadbikerider.com/>



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.