

# The Knickerbikers of San Diego County

[www.Knickerbikers.com](http://www.Knickerbikers.com)



“So ardent a cyclist must be full of good health.” ~ Arthur Conan Doyle – *The Adventure of the Solitary Cyclist*

## THE BULL-A-TON

AUGUST 2009  
Vol. 36 No 3

### **Knickerbikers Rally Along the Cool Coast**

July’s “Hot Summer Cool Coastal Bike Rally” had veteran cyclist’s and newcomers alike solving clues, enjoying a sunny ride, and exploring points of interest around the north county coastline.

A sunny day greeted the intrepid cyclists who solved clues to take them to various locations along the coast where, upon arrival, they had to solve even more clues to lead them to their next destination. The clues lead to the exploration of locations along tony Neptune Drive in Leucadia, breathtaking vistas in Carlsbad and Ponto Beach and visited local landmarks like the 1883 Schoolhouse and La Paloma Theater in Encinitas.

Sporting team names like “The Crash Test Dummies”, “Team Astounding”, “The Rocket Turtles”, “Hope to Finish”, and “Team Lost”, the teams searched literally high and low while proceeding through the course.

Rally organizer Steve Gebler only had to save one or two teams from complete directional dysfunction. Karen Franke and Brenda Gebler helped to organize the start of the event.

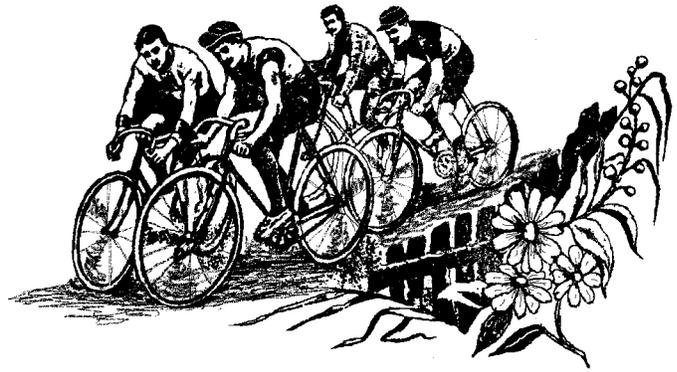
Team “Crash Test Dummies” lead the 22 mile course with a winning time nearly 30 minutes better their next competitor. Team Captain Martha Way enjoyed the brain trust capabilities of Jeff Gianfformaggio, Ron Powell, Lijuan Stahl, and Greg Pernia. It comes as no surprise that the team following up the rear had the unfortunate name of “Team Lost”.

Other participants on the day were Judith King, Jackie Jackie Helleis, Susie & Stogs Stogsdill, Rita Cohen, Doug Paulson, Will Guillette, Gail Markiewitz, Gayle Ziaskas, Robert Leone, Eric and Sharon Goodis, and Rona Djeddah. The Knickerbikers were pleased to welcome newcomers and second place finishers “The Rocket Turtles” with Lynn Molina, Gwen & Tom Wolfson, and Cathy Boone as well as Donna and John Mason.

A video recap of the event is available at [http://www.youtube.com/watch?v=BZ\\_NSZaI5QI](http://www.youtube.com/watch?v=BZ_NSZaI5QI)

*Steve Gebler*

# Outings:



AUGUST							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 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.

## 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!

## Knickerbiker Kudos

**Fern Kissel** did it! After completing 3 rides in about 2 months, totaling 315 miles and approximately 32,900' of climbing, Fern is **QUEEN OF THE MOUNTAINS!** Check it out.. <http://www.planetultra.com/KOM/index.html>

SUN AUG 02 9:00 AM 25+ MILES \*\*\* DETAILS TO FOLLOW RIDE  
MISSION BAY VISITOR'S CENTER  
North parking lot  
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Susie Stogsdill (619 840 3173). 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. Susie will lead us on an easy-going ride around the area or up to La Jolla or the opposite way. (We'll get more details at the start of the ride!) But we will ride, stop for coffee, then ride again and lunch someplace. Sounds like a relaxing meandering San Diego summer day ride...

TUE AUG 04 6:00 PM ±10 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
BUSTER'S BEACH HOUSE & LONGBOARD BAR  
740 Bay Marina Drive  
National City (619 336 1783)

Al Mireles (619 262 3969). From I-5 take Bay Marina Drive exit, turn right. We will ride around the area and then enjoy delicious cuisine spanning from familiar favorites to an array of ethnic recipes, all collected from Buster's travels to each continent of the world. Specialties feature American comfort food infused with spices and marinades like ginger, jasmine, sesame, soy, citrus, Hawaiian chutney and Hoisin Sauce to create dishes that are unique and flavorful. Entrees range from simple, down home cooking of juicy hamburgers and surfboard-shaped pizzas to Wok-Seared Scallops, Hawaiian Pork Luau and Jamaican Jerk Chicken.

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](http://www.cyclingforsight.org) for more details.

SAT AUG 08 8:45 AM ±25 MILES \*\*\* SAN DIEGO SITES AND SIGHTS  
OLD TOWN TROLLEY STATION, Old Town

Belle Jour (619 787 7427). Don't buy a ticket for the coaster, because we will be coasting through Old Town and the surrounding area.. on our bikes. Those who show up will decide the route and the lunch spot. Guaranteed to please!

~~ OR ~~

SAT AUG 08 11:00 AM 30 MILES \*\*\* BORDERTOWN OR BUST!  
VONS CLAIREMONT SQUARE

Will Cronyn (619 823 0070). To meet at Vons, take Route 52 to Genesee South to right on Clairemont Mesa Blvd to right into Clairemont Square. Park at far end of lane facing Vons. The ho-hum, just another beautiful day in Paradise, Coastal ride, including all of our favorite restroom stops (Power Plant in Del Mar, Swami's, etc). The event is a reunion performance of Bordertown at Coyote Bar & Grill. The songs are all original - don't expect to be hearing any "oldies but goodies." Genre kinda might be described as country rock but best way to find out is to sample, check out <http://www.youtube.com/watch?v=VyygBmG0Rck> or google on bordertown+cici porter. Coyote food is excellent. Performance ends at 5:30 PM, sun set is at 7:41 PM so if you stay to the end, and bike back, you will need lights unless you can average ~ 15 MPH (not Will!). However, you could start your ride in Old Town, bike to Vons or meet us at UCSD, and take the Coaster back to Old Town. Call Will for 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/>

SUN AUG 09 8:00 AM ±25 MILES \*\*\* FOLLOW THE LEADER CARMEL VALLEY PARK & RIDE

Belle Jour (619 787 7427). 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. Those who show up will decide where to ride and where to eat. It's a ride that can't be beat!

### BIKE TRAFFIC SKILLS CLASSES

Class: TUE AUG 11 6:30 PM The classroom workshop covers the information you need to know to ride more comfortably in traffic situations.

[http://www.active.com/page/Event\\_Details.htm?event\\_id=1772590&assetId=b6c893bd-6adc-4a33-94f7-e0abef1a007d](http://www.active.com/page/Event_Details.htm?event_id=1772590&assetId=b6c893bd-6adc-4a33-94f7-e0abef1a007d)

Lab: SUN AUG 16 The streets portion of the class is on the bike practice of the skills and techniques outlined in the classroom workshop. Learn the basics guided by our League of American Bicyclists certified instructors in real world situations. [http://www.active.com/page/Event\\_Details.htm?event\\_id=1772592&assetId=4f3f987f-ec53-4ab1-a013-82b4417824b9](http://www.active.com/page/Event_Details.htm?event_id=1772592&assetId=4f3f987f-ec53-4ab1-a013-82b4417824b9)

Discount Package: Normally the two sessions are \$35 each, but you can register for \$65 for both at this website: [http://www.active.com/page/Event\\_Details.htm?event\\_id=1772594&assetId=0cc66c54-3453-4712-9b41-259dcf9c261f](http://www.active.com/page/Event_Details.htm?event_id=1772594&assetId=0cc66c54-3453-4712-9b41-259dcf9c261f)

TUE AUG 11 6:00 PM ±10 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS UPTOWN RAMBLE Jimmy Carter's Mexican Café 807 W Washington Street (619 296 6952)

Barbara Gross (619 246 3452). Southwest corner of Fifth Avenue and Spruce Street in Hillcrest. To get to the start, from 163 south, take University St. exit, continue south on 6th Avenue until you get to Spruce, turn right (west) and go one block. From 5 North, take the 6th Avenue exit, turn right, and head up the hill to Spruce, turn left and go 1 block to 5th. From 5 South, take the 2nd Avenue/Front Street exit, proceed straight to 5th Avenue, turn left, go up the hill to Spruce.

We'll go by some famous places in midtown San Diego: the dance studio owned by Mary Murphy (a judge on the television show So You Think You Can Dance); the house where Betty Broderick killed her ex-husband, Dan Broderick, and his new wife, Linda Kolkena, in 1989 (it's for sale again!); and a few homes designed by Irving Gill, a contemporary of Frank Lloyd Wright, who is one of San Diego's most revered architects. Plus Trolley Barn park, the Organ Pavilion, and more! One tiny uphill grade but no real hills. We'll eat supper at Jimmy Carter's Mexican Café (not affiliated with the 39th President), which has great food at low prices and a full bar. If you like spicy food, try their Tlaquepaque Sauce.

SAT AUG 15 9:00 AM 31 MILES \*\*\*1/2 COASTAL COFFEE CRUISE  
CARMEL VALLEY PARK & RIDE

Robert Leone (858 272 4710). To meet your fellow riders, 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 'n Ride. In what may be Robert Leone's simplest route of the year, we're going to head north along the coast, enjoy coffee in Encinitas (Java Hut), head just south of UCSD to enjoy lunch at Leucadia Pizzeria in UTC, then take in a tiny spot of perfectly legal downhill highway riding to return to the start. Our biggest uphill in order are: The grade up to Del Mar from Carmel Valley, Torrey Pines Road (regroup at the top). The route is planned to avoid the rollers on Nobel after lunch -- they upset digestion.



**Bike The Bay 2009** New offer! Sign up for **Bike The Bay AND Midnight Madness** for a discounted \$75. Thanks to our friends at Hostelling International for this great opportunity to get two rides for practically the price of one. Don't miss out!  
For more information, browse: <http://www.sdcbc.org/events.htm>

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 16 8:00 AM 28 MILES \*\*\* JOLLY ROGER BREAKFAST RIDE  
COTTONWOOD CREEK PARK  
corner of Encinitas Blvd and Vulcan

Rhonwyn Curtis-Nicholson (858 243 4662). Take I-5 to Encinitas Blvd exit. Go west to the intersection with Vulcan. Turn right onto Vulcan and then take an immediate right into the park. There are restrooms at Cottonwood Creek Park. We will bike north to the Oceanside Marina for a delicious breakfast and then return the same way.

## Wheely Good Recipes

### Easy Edamame Salad



16 oz bag frozen shelled edamame beans  
1/4 cup seasoned rice vinegar  
1 tablespoon vegetable oil  
1/4 tsp salt  
1/4 tsp pepper  
1 bunch radishes (8 oz) thinly sliced  
1 cup chopped fresh cilantro leaves

Toss everything together in a bowl. Serve chilled. Serves 4  
224 calories 15 g. protein 18 g. carb 479 sodium 0 cholesterol 6 g. fiber

From the South Beach Diet Book  
Submitted by Sandra Zinn

TUE AUG 18 6:00 PM 10 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
THAI DRAGON HOUSE (619 589 8882)  
6062 La Mesa Blvd

Sandra Zinn (619 464 3457). Sandra will lead a ride over to Lake Murray. After the ride we will experience the flavor and excitement of Thai cuisine! Thai Dragon House is known for innovative, exotic dishes. (Sandra recommends their spring rolls.) Their diverse and flavorful menu has something for everyone, from mild to hot, vegetarian or not. One of the keys to the preparation of their wonderful food is the use of fresh herbs and spices such as lemon grass, basil, mint, galanga, cilantro and kaffir lime leaves.

~~ OR ~~

TUE AUG 18 6:00 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS & NISC SKI CLUB  
(or earlier) DEL MAR SUMMER TWILIGHT CONCERT SERIES  
Del Mar Powerhouse Park (858 635 1363)  
1600 Coast Blvd, Del Mar  
SAVING GROUND SPACE near PowerHouse Park sign

Martha Way (cell 858 761 8400 or home 858 581 9292 or [MWay@Way2Retire.Net](mailto:MWay@Way2Retire.Net)). This FREE concert starts at 7 PM. Martha is planning to be there EARLY to save ground space by 5 PM... maybe earlier! Martha has had success finding parking within 4 blocks south of the park...side streets...where we bike through. Martha has also figured out how to avoid most of the traffic to get there. The grocery store in the Del Mar Plaza has good Deli sandwiches or bring your own picnic and alcohol is legal on concert night.

Martha will try for ground space just north of railroad tracks and when facing the PowerHouse Park sign to the left of sign on top of the hill. If anyone would like to help reserve ground space or lead a short ride before the concert, please contact Martha to make arrangements.

It 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](mailto:MWay@Way2Retire.Net) or call her cell when you get there. When you get there if you can't find Martha or the group, don't worry - there seems to always be enough ground space for a few more. Come and join the FUN! FANTASTIC Music, SUNSET, SUMMER Evenings Right AT the Ocean!! What More Could We Ask For?!!!

THU AUG 20 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 the card game "Oh Hell!" Also known as Scotch Bridge, it is a whole lot simpler than playing Bridge. It is easy to learn and fun to play. The rules vary and Rita and Martha will teach us how to play. When the Way family plays one only gets points IF you guess the EXACT number of books you take in one round. Clear as mud? Come and find out on Game Night.

Want to do a little research ahead of time? Check out: <http://www.pagat.com/exact/ohhell.html>  
We all have FUN even if you just want to visit with GOOD friends! Sharon and Eric will provide light munchies. Please, please **RSVP!**



You can sign up to lead a ride for the Knickerbikers in several ways:

- call 619 787 7427
- email [pezzie@san.rr.com](mailto:pezzie@san.rr.com)
- [www.knickerbikers.com](http://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 AUG 22 9:00 AM 28 MILES \*\*\* RANCHO PENASQUITOS TO DEL MAR & BACK  
 RANCHO PENASQUITOS TOWN CENTER MALL  
 Vons, Black Mountain Road

Lois Horowitz (858 610 3444 or loalhor@yahoo.com). We'll meet at Rancho Penasquitos Town Center mall near Vons on Black Mountain Road, 2 blocks north of the I-56 exit. Exit Mercy Road off of I-15 if you are going north, exit Ted Williams Parkway (I-56) if you are going south, turn right (north) on Black Mountain Road. The mall is about 1/4 mile north of I-56 at the corner of Black Mountain Road and Paseo Montalban. Park opposite Vons market at the far end.

This is the second time Lois has done this ride and it's downhill (almost) in both directions. Just ask Merle Vogel. He asked her how she managed this. Lois says it is a miracle! So she's leading the ride again. Send Lois an email for a route slip – she doesn't have a printer. We'll eat at the Albertson's Shopping Center on Camino del Sur - turn right on Highland Village, then left into the Albertson's Shopping Center. The food court is a sharp right once you enter. On our return from the coast, at no time will we take the I-56 bike path. Now that's a miracle!

SUN AUG 23 8:30 AM ±25 MILES \*\*\* RIDE AND PICNIC ON THE COAST  
 OLD DISTILLERY SITE PARKING LOT  
 140 S. Sierra, Solana Beach

Sharon Goodis (619 787 7427). Take I-5 to Lomas Santa Fe exit and head west as far as you can go. At S. Sierra make a left. The Old Distillery Site Parking Lot is about half a block down on the left side. We will bike along the coast. On our return trip, we'll stop at Waters Fine Foods (125 S. Hwy 101, Solana Beach 858 509 9400), pick up lunch and ride around the corner to enjoy a picnic in Fletcher Cove.

TUE AUG 25 6:00 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
 BALBOA PARK CONCERT SERIES  
 Moonlight Serenade Orchestra  
 Organ Pavilion, Balboa Park

Gail Roberts (619 942 2093). To meet up with the Knickerbikers, take Park Blvd to President's Way. Turn into park. Proceed to parking area near Organ Pavilion. Meet on the grass. Please bring your own picnic dinner and chair or blanket. We will picnic in the park and listen to the Moonlight Serenade Orchestra.

SAT AUG 29 7:45 AM 23 MILES \*\*\* BEAT THE HEAT FAVORITE BREAKFAST RIDE  
 LAKE MURRAY BLVD. & BALTIMORE DRIVE  
 LA MESA (Vons Shopping Center)

Sandra Zinn (619 464 3457). Sandra will lead us to Ride to The Omelette Factory in Santee for a tasty breakfast, then we'll check out Santee Lakes and Lake Murray before returning to our cars.

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

SUN AUG 30

5:30 AM

51 MILES

\*\*\*

BIKE THE BAY (REALLY EARLY START!)  
2967 HAVASUPAI, Clairemont 92117



Will Cronyn (619 823 0070) Yup, can't help it. Doing the "Bike the Bay" ride because it's the only opportunity to ride over the Coronado Bridge (which Will last did more than 20 years ago). If anybody wants to join Will, he will be leaving his house, 2967 Havasupai, 92117, at 5:30 (as in AM - didn't know such an hour existed either!) for the 13 mile ride to the starting point. Please call Will for directions. Departure time from near the convention center is 7:00 AM. BtB is 25 miles, so total would be 51 miles. Folks should go to [www.BikeTheBay.net](http://www.BikeTheBay.net) to register and take the \$5 discount because we are all members of SDCBC. {;<}

P.S. If you own a Knickerbiker jersey, this is a fine day to wear it!

~~ AND/OR ~~

SUN AUG 30

7:00 AM

25 MILES

\*\*\*\*

BIKE THE BAY (EARLY START!)  
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.

P.S. If you own a Knickerbiker jersey, this is a fine day to wear it!

~~ OR ~~

SUN AUG 30

8:30 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). Those who show up will decide the route and the lunch spot. And a fine ride it will be!

TUE SEP 01

6:30 PM

0 MILES

\*\*\*\*

KNICKERBIKER KNIGHTRIDERS  
VELODROME (NON)RIDE  
TUESDAY NIGHT AT THE RACES!  
VELODROME PARKING LOT

Merle Vogel (858 279 9863). To get to the Velodrome, take I-5, exit Pershing Drive, take Pershing Drive through Florida Street intersection and continue uphill (golf course is on right side). Turn on to first driveway on left. Drive through paved lot and continue on to dirt road and dirt parking lot. The Velodrome is to the south of the dirt parking lot. Pick up a sandwich at home or somewhere and come to the Velodrome to watch the bicycle racing. It's FREE.

Read about it at:

<http://www.sdvelodrome.com/Home/racing>



# Coming Events:



SAT SEP 26 7:30 AM 50 MILES \*\*\* ROSARITO-ENSENADA FUN BIKE RIDE  
ROSARITO! See below for bus details

Will Cronyn\* (contact, NOT leader!) (619 823 0070) Ride start is in Rosarito but buses depart from Balboa Park, Inspiration Point parking lot, near the old Naval Hospital on the south end of the park. This area is NE of the I-5 and 163 interchange. See <http://outback-adventures.com/>

Ride start time is bus departure time - must be early!! Ride start in Rosarito is 10 AM.

Most of the ride is either very pretty rural Mexico or overlooking the ocean. Sign up for the ride at <http://www.rosaritoensenada.org/english/eventinfo.html>. Note: you must bring either a passport or driver's license + birth certificate (Will's choice). BTW, no worries about getting shot unless you are either a member of one of the drug gangs, or an independent drug dealer! FYI: This is Wills' 6th- in-a row R-E.

## EARLY OCTOBER 2009

## WEEKEND CAMPING FUN TRIP AT LAKE MORENA CAMPGROUNDS

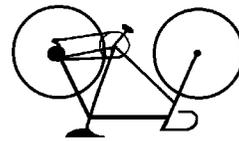
Martha Way (cell 858 761 8400 or home 858 581 9292 or [mway@way2retire.net](mailto:mway@way2retire.net)). This event is in the early planning stages. There is lots to do out there; biking, mountain biking, hiking and kayaking/canoeing. There are showers and it is situated so that it can be a BYOE... 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>



Knickerbikers of San Diego County

8590 Cliffridge Avenue  
La Jolla, CA 92037

### 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.



**PHILOSOPHY.** Our club, the Knickerbikers of San Diego County, was established on Friday, AUG 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.