

# The Knickerbikers of San Diego County

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



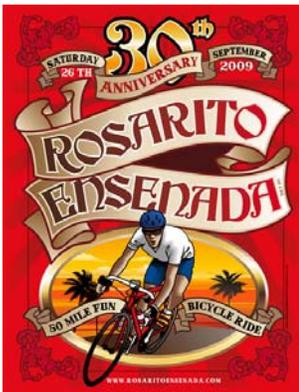
"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking." ~ Arthur Conan Doyle, Sr.

## THE BULL-A-TON

## OCTOBER 2009

Vol. 36 No. 5

### Rosarito-Ensenada Fun Bicycle Ride 2009



On Saturday September 26 2009 I did the Rosarito-Ensenada fun bicycle ride in Mexico. I have done this ride before, and I have always received a lot of selfish pleasure from it.

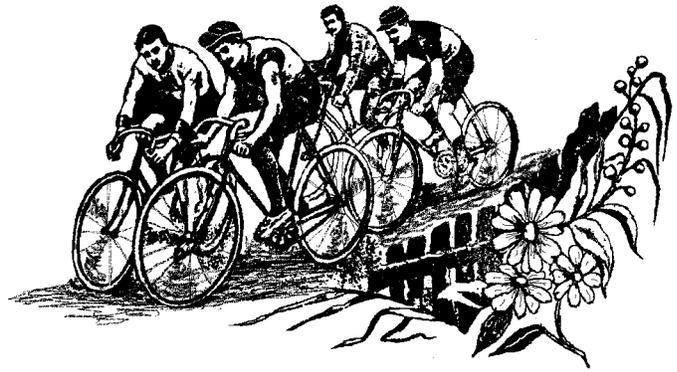
This year I decided to do something different. The image of our United States has suffered greatly in the last few years. With the coming of a new administration, we as Americans have an opportunity to create a more positive world view towards our country. I decided to reach out to a local and polish up perceptions of the good old U.S.A. Sure, it's an effort to reach across language, ethnic, and cultural differences, but I found energy to do it. The sacrifice was worth it.

It occurred to me that my friends often travel to foreign countries and that they could improve our country's image too, so here's my request. Make a friendly contact with one local and let him or her know that Americans are decent, peace-loving people. Do it for our country.

A photograph of my outreach is on the bottom of Page 3....

*John Orendorff*

# Outings:



OCTOBER							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    OCT 03    9:00 AM    25 MILES    \*\*\*    **TOUR-DE-FAT**  
**MISSION BAY VISITOR'S CENTER**  
 North parking lot  
 E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Merle Vogel (858 279 9863). 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'll do a meandering ride up to Balboa Park and check out the Tour-de-Fat put on by Fat Tire Brewing. You can read more about it at <http://www.newbelgium.com/tour-de-fat>. Click on San Diego 10/3 @ Balboa Park to see more about the San Diego iteration of this tour. There is also an opportunity to register on that page if you want to. There is an opportunity to trade a car for a new bicycle too. It should be fun but if it is not we can ride around the Balboa Park area to get some miles in before heading back to our starting point.

Can't ride, but want to help? New Belgium Brewing is coming to town October 3rd and it's going to be a blast! You're not going to want to miss this festival of all things bicycle. Volunteers are needed - mostly to help with pouring the beer that will be on tap, but also with other tasks to make the event a success. Contact Kathy Keehan at [execdir@sdbc.org](mailto:execdir@sdbc.org) or call (858 487 6063) to sign up!

## 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 OCT 04 9:00 AM ±25 MILES \*\*\*

SECOND ANNUAL RIDE TO THE  
MIRAMAR AIRSHOW – VIA THE COAST!  
COSTA VERDE SHOPPING CENTER  
La Jolla Village Drive and Genesee  
Trophy's Parking Lot, University City

Gayle Ziaskas and Barbara Dorris (619 920 3198). From Costa Verde in the parking lot at Trophy's, we will ride through the UCSD campus via Regents and Voight to North Torrey Pines Road. We will go to Carmel Valley Road and take the bike path to Black Mountain Road. After lunch in Mira Mesa, we are going to the Air Show. Entry is free and there will be Bicycle Pavilion Parking (BPP). For the Second Year in a row, our own Robert Leone will be the parking captain for the event on Saturday.. maybe today too! Be sure to say "Hello" if you see Robert! Stay at the air show as long as you want. Back via Miramar to Eastgate Mall, Regents and back to Costa Verde.



TUE OCT 06 6:30 PM 0 MILES \*\*\*\*

KNICKERBIKER NIGHTRIGHTERS  
KAISERHOF RESTAURANT & BIERGARTEN  
2253 Sunset Cliffs Blvd., Ocean Beach  
(619 224 0606)

Rhonwyn Curtis-Nicholson (858 453 3687). Enjoy Oktoberfest by enjoying great German food at the Kaiserhof restaurant in Ocean Beach. For those Knickerbikers that have not eaten in this restaurant, Kaiserhof has an established reputation for serving some of the finest Central European cuisine in San Diego. Kaiserhof is located on the northeast corner of the intersection of Sunset Cliff Blvd and Lotus Street.



*John Orendorff*

SAT OCT 10 through SUN OCT 11 or 130 MILES LA-TO-SAN DIEGO, IN REVERSE, IN REVERSE  
 5:00 AM 2967 Havasupai, Clairemont 92117  
 6:10 AM Amtrak Station, Broadway & Kettner

Will Cronyn (619 823 0070). We Will be *leaving* Will's house at 5 AM and it Will still be dark. However, parking is free. Directions to Will's house: take Route 52 and exit South on Regents/Clairemont Mesa Blvd; take 1<sup>st</sup> right (top of the hill, traffic light) onto Luna, with immediate right onto Jutland. Go about 3 blocks to 1<sup>st</sup> right, onto Hidalgo, then 1<sup>st</sup> left, onto Havasupai. Please check your brakes – if they fail, you will run directly into Will's house. We will be going downhill from Will's house to Amtrak. (Directions to Amtrak: I-5 exit 18 (Kettner) or exit 17 (Front St/2nd St). Parking in the immediate vicinity of Amtrak is expensive. We train to Los Angeles Union Station, disembark with our bikes and commence riding to Dana Point. 65 scenic miles through East L.A., the San Gabriel River Bike Path, then through the beach communities. At Dana Point, we check in to the Dana Point Marina Inn (\*NOT\* the old Harbor Inn). For reservations: (800 255 6843).

Sunday we ride another 65 miles through San Clemente, San Onofre, Camp Pendleton, Carlsbad beaches, Del Mar, and Torrey Pines, remembering to pay our respects to the myriad of rest rooms we will encounter. Lunch in Carlsbad. We get back to San Diego in plenty of time to celebrate Columbus Day eve.

Room cost: \$88.10 including tax. This is a discount rate which almost anyone can get if you book in advance but if there is any question, ask to speak to manager Susan Matos. If you need a room mate to split the cost of the room, contact Will.

Train fare: adult, \$29.00; AAA, \$26.10; Senior 62+, \$24.65.

\*\*\*NOTE\*\*\*: 6:10 AM is train #763 departure time, it is NOT the usual 15 minute buffered Knickerbiker ride start time!! Finally: if you have problems with double negatives, doing the trip in reverse, in reverse, means we do it as it was done originally by Bob Laurence, not in reverse as we did last year. POSSIBILITY OF RIDE CANCELLATION: Will is requesting that anyone planning to go should call him to confirm no later than the evening of Thurs October 8. If fewer than 4 confirm, the trip will be cancelled.

SAT OCT 10 8:00 AM 31 MILES \*\*\* MISSION BAY, MISSION TRAILS and  
 A MYSTERY COFFEE SPOT  
 MISSION BAY VISITOR'S CENTER  
 North parking lot  
 E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Robert Leone (858 272 4710). 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'll get an early 8 AM start to beat the heat as we head from the Mission Bay Park Visitor's Center North Parking Lot. Our coffee stop will be a delightful surprise, but it doesn't have a bathroom. Our first bathroom stop will be at the Target shopping center in Mission valley as we wind our way through the gentle grades of the river valley to Mission Trails Park. Once there, we'll regroup at the Visitor's Center, then charge through the park and back. We'll plan on lunching at the Living Room in Old Town San Diego. Our steepest grades will be pretty much those of the (paved) Junipero Serra Trail. And don't forget our 8 AM start time!

SUN OCT 11 9:30 AM 25 MILES \*\*\*\* OKTOBERFEST RIDE  
 SANTEE TROLLEY SQUARE  
 corner of Mission Gorge & Cuyamaca

Judy Peacock (619 562 7677). To meet your fellow riders, head east on Mission Gorge to Cuyamaca, make a left and take the first right turn into the parking lot by Chili's. We will head out to El Monte Park and then on over to the Oktoberfest in El Cajon at the German American Club. To learn more about the festivities check out the website at [www.germanclubsandiego.org](http://www.germanclubsandiego.org) October 11 is Chicken Hat Day...so find your favorite chicken hat and head on out for some good German food and beer and pastries and.....be sure to practice the "chicken dance" steps. Here's the link so you can be in fine form: <http://www.youtube.com/watch?v=ycTFxvnrBtA>

TUE OCT 13 6:00 PM 0 MILES \*\*\*\* KNICKERBIKER NIGHTRIGHTERS  
 JIMMY CARTER'S MEXICAN CAFE  
 3172 5<sup>th</sup> AVENUE (619 295 2070)

Sharon and Eric Goodis (619 787 7427). Jimmy Carter's Mexican Café is on the southwest corner of Fifth & Spruce (just a block west of the park). 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 I-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 I-5 South, take the 2nd Avenue/Front Street exit, proceed straight to 5th Avenue, turn left, go up the hill to Spruce.



Since it's too dark to ride but we want to exercise, let's meet at 6:00 PM, leave at 6:15 PM for a half-hour walk around Balboa Park, and then join the non-walkers at the restaurant at 6:45 PM for a meal full of flavours! The salsa is addictive – betcha can't eat just one tortilla chip! And the pickled carrots... better be quick, 'cuz they'll be gone in a flash!

SAT OCT 17 8:30 AM 45 MILES \*\* WE'RE TOUGH! WE'RE STRONG!  
 CARMEL VALLEY PARK & RIDE

Jeff Gianformaggio (619 255 2890). Pack up your bike and your gear and head along I-5 to Carmel Valley Road exit. Turn west and go to the first traffic light after the freeway bridge. Turn left into the Park & Ride. The plan is to go east on the 56 bike path, a possible coffee stop, and onward into Poway and Rancho Bernado. Lunch about half-way in Rancho Bernardo or the 4S Ranch area. Note: Difficult ride with some hills.

SUN OCT 18 7:30 AM Check-in 3.1 MILES \*\*\*\* ALS WALK  
 9:00 AM Walk Starts De Anza Cove, Mission Bay

Because one of our Knickerbikers, Rick Anderson was stricken with ALS a few years ago, several of us joined the annual ALS walk last year to accompany Rick (in his wheelchair) and his wife Charlotte. This year the "Walk to Defeat ALS" will be held on Sunday October 18 2009 at De Anza Cove in Mission Bay. Today marks the ALS Association's national signature event. "Each year, over 100,000 people including ALS patients, families, friends and corporate leaders join together to raise funds in support of The Association's cutting-edge research and community-based patient services programs. Now in its ninth year, approximately 150 Walks will be held around the country. We are proud to announce that in 2008 The Greater San Diego Chapter Walk raised over \$273,000, proving to be our most successful Walk season to date. This year our goal is to raise over \$300,000 for continued programs and services on a local and national level."

Let's get a respectable number of Knickerbikers out there.

The website is: [http://web.alsa.org/site/TR?fr\\_id=6311&pg=entry](http://web.alsa.org/site/TR?fr_id=6311&pg=entry). You can click on the ad in the top left, enter your state, and find the San Diego walk that way, or just click on the link above. If you can't join us, consider a donation to this cause.

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 OCT 18 9:00 AM ±25 MILES \*\*1/2  
 \*\*\* MOUNTAIN BIKE RIDE  
 ROAD BIKE RIDE  
 LOS PENASQUITOS CANYON PRESERVE  
 Ranch House (858 484 7504)  
 12020 Black Mountain Road 92129

Paul Mitchell (cell 619 240 6659, home 619 741 7169, Paul662005@yahoo.com ). I-15 to Mercy Rd. exit. Go West on Mercy Road, right on Black Mountain Road, and left at first light. Follow entry road to Ranch House parking area.

Whether you ride a road bike or mountain bike, come on out. We'll visit the Ranch House and head out on a ride in the neighbourhood.



All riders will meet for lunch at 1 PM at Fuddruckers 8285 Mira Mesa Blvd. (858 693 3916).

San Diego County's first Mexican land grant includes an 1823 adobe ranch house constructed by the Commandante of the San Diego Presidio. In 1846, Rancho los Penasquitos was the first place of rest for General Stephen Watts Kearny and his Army of the West after the Battle of San Pasqual. Enlarged in 1862 as the gracious home of a celebrated Yankee river boat captain and his wife, the niece of California's last Mexican governor, Pio Pico, the building and site comprise a National Historic and Archaeological District. The beautiful canyon locale within a 3700-acre open space preserve offers hiking, biking and equestrian trails.

SUN OCT 18 7:30 PM 0 MILES \*\*\*\*  
 KNICKERBIKER KNIGHTRIDERS  
 RED FOX STEAK HOUSE (619 297 1313)  
 2223 El Cajon Blvd., University Heights

Forrest & Gail Roberts (619 942 2093). For a fun evening; join us at the Red Fox Steak House where you can participate at the piano bar sing along starting at 7:30 PM. If you are planning on dinner, make 6:30 PM reservations. Call The Red Fox Steak House (619 297 1313) for your dinner reservations. See you there!

TUE OCT 20 6:00 PM 2 MILES \*\*\*\*  
 KNICKERBIKER KNIGHTRIDERS  
 TENDER GREENS (619 226 6254)  
 2400 Historic Decatur Rd., Liberty Station

Ken King (619 894 5263). From I-5 South or I-8 West, take Rosecrans exit, left on Womble Rd., second left on Historic Decatur to 2400. Since it's too dark to ride but we want to exercise, let's collect at 6:00 PM, leave at 6:15 for a half-hour walk around Liberty Station, and then join the non-walkers at the restaurant at 6:45 PM for a delicious dinner. One reviewer said: "The food is very fresh and prepared before your very eyes, as you stand in line waiting to pay for it. It's basically a glorified cafeteria with the same kind of food that you will get in many sit-down, full-service restaurants. Everything is very fresh and tasty. You can literally watch them prepare your plate, if you are sure the one you are looking at is yours. A good place to go if you're a salad lover as the salads are large, generous and fresh."



THU OCT 22 7:00 PM 0 MILES \*\*\*\*  
 KNICKERBIKER GAME NIGHT  
 KING'S KABIN  
 8590 Cliffridge Ave., La Jolla

Ken and Sheryl King (858 450 0373). Ken and Sheryl have decided spell Eric and Sharon for a while, and thank them for hosting what has rapidly become an instant tradition! Come on over and play Mexican Train--or anything else you want. The King's are gamey people. They will provide some munchies, but please let them know if you are coming!

FRI OCT 23 6:00 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
THE SHOUT! HOUSE (619 231 6700)  
655 4th Avenue  
4th & G in the Gaslamp Quarter

Joi Brewer (619 990 9219). Come sing and play at The Shout House! ROCK 'N ROLL! SING-A-LONG! DUELING PIANOS! You can park in Horton Plaza for 3 hours for free. Walk down 4th Avenue 2 blocks south from Horton Plaza on the left hand side.

Dueling Pianos are two piano players/singers performing at two, face to face grand pianos in front of two large mirrors. They perform classic rock 'n roll hits from the 1950s to the present. It is request driven by the audience and with the use of multiple teams, goes non-stop all night.

IT'S A CELEBRATION OF LIFE AT THE TOP OF ONES LUNGS!

It's the great music hits of all time combined with great showmanship, energy and comedy. Watching the people, watch the people . . . It's worth the price of admission alone! Come sing as loud as you want and no one will hear you over the singer and the rest of the crowd.

Doors open at 6 PM, pianos at 6:30 PM. \$5 cover before 7 PM, \$10 after 7 PM

Please RSVP! If Joi gets more than 4 RSVPs she will make an appropriate size reservation.

FRI OCT 23 2 PM through variable miles LAKE MORENA CAMPOUT WEEKEND  
SUN OCT 25 1 PM BIKE, HIKE, KAYAK – KICK BACK AND RELAX  
Camping at Lake Morena County Park  
located North of CAMPO  
SOUTH of I-8, Exit Buckman Springs Rd.

Martha Way (home 858 581 9292, cell 858 761 8400, mway@way2retire.net). It's a GO!!! Martha has reserved the BEST campsites in whole place! Shade with lake views! Showers, running water, etc.

LOTS & LOTS to do!!! Biking, mountain biking, hiking and kayaking/canoeing! Or even take a Pumpkin Express train ride out of the Campo Railroad Station! It should be GREAT biking weather by then, not too hot.

Martha is thinking road bike rides on Saturday and kayaking/canoeing on Sunday. It's fun to paddle to the dam and back, stopping along the way. We have to bring our own kayaks and/or canoes; motor boats can be rented.

It is BYOB....Bring Your Own Everything. There's a store/deli just down the street and we can have bag lunches made up for day outings.

Plan is: Friday evening... POTLUCK. Please bring something to share. For breakfast, lunches, snacks and happy hours, we can use the store/deli near-by. (P.S. The store has ice cream!) Saturday evening dinner can be either at the restaurant, or we can order pizza. Volunteers who would like to bring stoves for hot drinks in mornings and evenings would be much appreciated by everyone!!!

This is tent camping...RVs are allowed if they do not use generators. Only 2 tents/camping units per campsite are allowed. Martha has reserved 5 campsites. The price is \$24.00 per person for the weekend. Please send your check for \$24.00 per person for weekend to Martha Way, 2750 Ariane Drive, Unit 139, San Diego, CA 92117. Please let Martha know the number of tents/RV you need space for.

WHEN does Martha need to know? As Soon As Possible! The campsites were disappearing before her eyes...so she nabbed these 5 sites. With campsites for only 10 tents, please call (before 8 PM) or email and let her know your check is in the mail in case she needed to reserve more campsites.

Link to Lake Morena County Park: [http://www.co.san-diego.ca.us/parks/Camping/lake\\_morena.html](http://www.co.san-diego.ca.us/parks/Camping/lake_morena.html)

Link to Pumpkin Express train ride out of the Campo train station (oriented towards kids...or the kid in each of us): <http://www.sdrm.org/>

Come Out & Join In the FUN!!! Play & Relax with GOOD Friends!!!

SAT OCT 24 9:30 AM 28 MILES \*\*\* SAN LUIS REY  
NEPTUNE WAY  
Western entrance to the San Luis Rey bike path  
Oceanside

Rhonwyn Curtis-Nicholson (858 243 4662). Take I-5 north to the Mission Avenue exit. Go west. Turn right on Coast Highway going north. Turn left on Neptune. Park on the street. We will take the bike path east to its end and ride through some areas of east Oceanside. We'll also stop at the San Luis Rey Mission for a brief break. Lunch is at a food court before we get back on the bike path and head west to the starting point.

SUN OCT 25 9:00 AM ~ 35 MILES \*\*\* MOLLY'S MEANDER  
COSTA VERDE SHOPPING CENTER  
La Jolla Village Drive and Genesee  
Trophy's Parking Lot, University City

Molly Frisbie (805 215 8207). Molly will lead us through Sorrento Valley, Rancho Santa Fe, and come back down south on the coast from Manchester back to UTC. Lunch will be at the ride start and there are potential coffee shop/bathroom stops along the way.

TUE OCT 27 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
MIMI'S CAFE (619 491 0284)  
5180 Mission Center Rd., Mission Valley

Joi Brewer (619 990 9219). To get to Mimi's take Mission Center Road exit off Highway 8. Ooh la la, dinner at Mimi's!

SAT OCT 31 9:30 AM 25 MILES \*\*\* DAY OF THE DEAD RIDE  
COUNTY ADMINISTRATION BUILDING  
Harbor Drive & Hawthorne Street

Al Mireles and Judy Peacock (619 262 3969). Get out your best costume and join the fun!! Prizes will be awarded for most original and scariest costume. To meet other costumed riders, take I-5 to Hawthorne Street to Harbor Drive. Park along the road or by the County Administration Building. We will visit some of the old cemeteries of San Diego and then tour the Sherman Heights area to view altars for Dias de los Muertes (Day of the Dead). Lunch will be at the Farmer's Market on Imperial Ave. Come on out and celebrate!!



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!

# Wheely Good Recipes

## Poached Pears

1 4 oz package sugar free strawberry or raspberry gelatin  
2 cups boiling water  
4 small pears peeled and cored

Dissolve gelatin in boiling water in a saucepan big enough to hold the pears.  
Add the pears and simmer gently (covered) for 8-10 minutes  
Turn a few times.  
Test with toothpick, when pears feel soft remove with slotted spoon.  
Refrigerate when cool.



Serves 4. 199 Calories 11 g protein, 1 g fat 0 Sat Fat 549 mg sodium 4 g fiber 0 cholesterol

From the South Beach Diet Phase 3  
Submitted by *Sandra Zinn*



The Knickerbiker club jersey is now being worn by almost 50 cyclists, so even if you don't own one you have probably seen them around. Our next reorder will happen when we get 15 orders in hand. The total cost is \$91 and a \$45 deposit gets your name on the list. Three or four people have expressed an interest so far, so no rush on the deposit, but let Ken know ([kking002@san.rr.com](mailto:kking002@san.rr.com)) if you are pretty sure you want one.

By the way, a question came up recently about how long you have to be a member to wear one. Huh? There are no requirements; you don't even have to subscribe to the Bull-A-Ton to wear one. Remember that we have no rules and only two guiding principles: it's nice to be noticed; and it's fun to be a kid again!

# Coming Events:



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.

Since Ken wants everyone to be able to go, he just added more rooms eliminating the waiting list. So there are 37 going with room for 40. If you are interested, and send your \$100 deposit per person to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037, but hurry!

THU NOV 26  
through  
SUN NOV 29 (NOON)

KNICKERBIKER THANKSGIVING PARTY  
ANNUAL BORREGO CAMPOUT  
TAMARISK GROVE CAMPGROUND  
ANZA BORREGO PARK

Marge Cooper (619 473 9621). We will be at our usual camping place "Tamarisk Grove" in the beautiful Anza Borrego Desert. The event starts at 2:00 PM, on Thanksgiving Day (Thursday) or whenever you can get out there. The campground has flush toilets and showers. We will have three nights of camping, three days of biking or hiking or just loafing. The meals will start Friday morning and will be provided through noon on Sunday. We usually have a Thanksgiving potluck on Thursday evening. The deadline to sign up is November 13, 2009. The cost for meals, snacks and campsite is \$55.00 per person. Please call Marge, if you have any questions. Mail checks to Marge Cooper, P.O. Box 145, Pine Valley, CA 91962.



ADVENTURE CYCLING



At the break of dawn on August 30th, over a dozen Knickerbikers, most sporting their new club jersey, assembled at the Embarcadero Park near Seaport Village to ride 25 miles around San Diego Bay. Yes, we do that all the time, but this time we are allowed to ride to Coronado over the bridge!

We heard that 2,500 riders participated, many more than the inaugural ride last year. Here's an attempt at naming the Knickerbikers I saw: Bonnie Brennan (visiting from Chicago), Gail and Forrest Roberts, Joi Brewer, Barbara Dorris, Merle and Susan Vogel, Al Morales, Will Cronyn, Nick Nickerson, and Joe Estey. Robert Leone, Paul Mitchell, and Joan Slote were seen helping out in various official capacities. I apologize in advance to those I have overlooked. Lots of strangers complimented us on our jerseys, so that was fun, too.

We all want to convey a special thanks to Executive Director Kathy Keehan and the rest of the San Diego County Bicycle Coalition, long-time cycling advocate Gordy Shields (who was seen at the afterparty), and San Diego County Board member Greg Cox. Without them, our delightful ride would certainly not have happened! Here's a picture of some of our group.

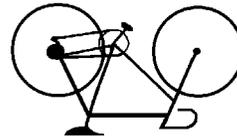
*Ken King*



## Ride the City

Here's a new resource for bicyclists. It's called **Ride the City** ([www.ridethecity.com](http://www.ridethecity.com)) and provides safe bike routes. It is being tested now for San Diego. Like Mapquest, you simply plug in your start and end address and **Ride the City** generates a bike route, prioritizing greenways and bike lanes. Please feel free to test some routes and let the developers know any thoughts, good or bad. The website has a "rate the route" button that allows users to click after generating a route. The developers use that data to improve the routes.

By the way, although it isn't shown as yet, elevation will be taken into account, so you should not only get the safest but also the least hilly route. Feel free to pass this on. Once the developers get sufficient comments and feel the routes are pretty good, they will launch it formally.



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.



09/10



**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.