

# The Knickerbikers of San Diego County

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

"Trust me!" ~ Lois Horowitz - Knickerbiker.



## THE BULL-A-TON

## NOVEMBER 2009

Vol. 36 No. 6

### Doc Faulkner

September 15, 1926 - October 5, 2009

Our friend and biking companion Doc Faulkner lost his lengthy battle against a debilitating illness in early October. His wife Doris, daughter Barb, and son Skip, were with him at his passing.

In 1994 I was on a Saturday Knickerbiker ride with a group of about twenty. We had just started up Hill Street on Point Loma, and I looked for someone to engage in conversation, knowing that this would take my mind off the upcoming challenge. I was lucky enough to join Doc as we began the climb. We hit it off quite well, and by the time we reached the top there was an agreement to bike "from B.C to B.C.". A year later we made that Pacific Coast trip, the first of many long trips together.

Doc had an interesting life. He was a navy carrier pilot towards the close of World War II, and was truly a member of "The Greatest Generation". His navy career included instructing at the Naval Academy, work as a design-phase team member of the Shuttle Craft, and Commander of the Naval Space Systems Activity in Los Angeles. He retired as a Captain, but that wasn't the end of his aeronautical career, as he became an instructor in the Aeronautical Engineering department at San Diego State University. Several students told me that he was the most highly respected member of that department's faculty.

His biking exploits were an inspiration to many younger riders. Although a troublesome knee was replaced with an artificial one, that didn't put the slightest dent in his biking, for he amassed another 30,000 miles before that one gave out. Doctors don't like to replace artificial knees, but they made an exception in his case because they were curious as to what damage that much biking would cause to an artificial knee. He refused to let them have it for analysis unless they gave him a new one. Then it was back to biking.

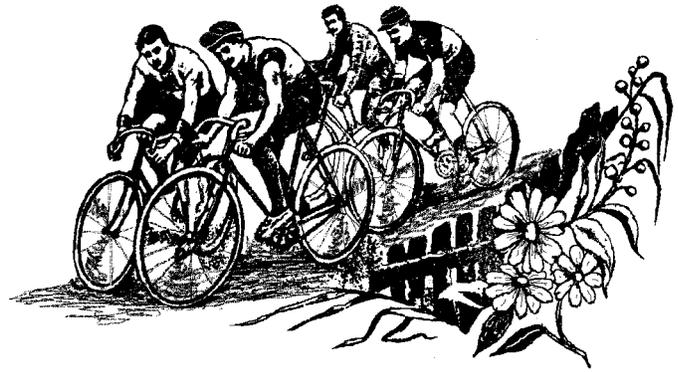
He was a friend to all, and was active in various organizations, including treasurer of PFLAG (Parents and Friends of Lesbian and Gays), and as a deliverer of meals to the elderly for Mama's Kitchen.

He will be long remembered by all Knickerbikers with whom he rode, as well as by people he met in all other aspects of his full life.



*Harry Baldwin*

# Outings:



NOVEMBER							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						



Daylight Savings Time ends at 2 AM on Sunday, November 1 2008.  
 Change your clocks to be on time for today's ride!  
 Don't forget "Spring forward, **Fall back!**"

SUN NOV 01 9:00 AM 57 MILES \*\* COOK'S CORNER PART II  
 CROWN VALLEY COMMUNITY PARK  
 LAGUNA NIGUEL

Jeff Gianformaggio (619 255 2890). To get to Crown Valley Parkway, take I-5 North past San Clemente. Exit west (left) on Crown Valley Parkway, drive about 3 miles, park entrance is on right near soccer field. Allow at least one hour driving time, about 65 miles.

This is not the easy Cook's Corner ride. We are on the bike path for a short distance, then onto the street for the rest of the time. However, the roads are nice and wide for the most part. We'll be biking through Mission Viejo, Irvine, a Rail/Trail (hopefully, not still closed), City of Orange, Santiago Canyon Road, Trabucco Canyon and O'Neil Park. Lunch will be in Orange at the Subway, about half-way through the ride.

## 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!

TUE NOV 03 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
6:45 PM DINNER PHIL'S B.B.Q.  
3750 Sports Arena (619 226 6333)

Gail Markiewicz (760 518 3617). Since it's too dark to ride but we do want to exercise, let's meet at 6:00 PM, leave at 6:05 PM for a walk through the neighborhood, and then join the non-walkers at the restaurant at 6:45 PM. Phil's B.B.Q., has been voted best barbeque in San Diego and the best this side of Kansas City. Although Phil grills his BBQ (rather than slow-smoking it), he's doing something right! He's invented a sweet, rich rib sauce. You'll find pork and beef fall-off-the-bone ribs, BBQ'd chicken, and plenty of BBQ'd sandwiches, huge baskets of fries and onion rings, and sweet baked beans. Don't miss out!



FRI NOV 06 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
6:00 PM DINNER – LA GRAN TAPA (619 234 8272)  
611 B STREET  
8:00 PM SAN DIEGO SYMPHONY WINTER POPS  
Barbra Streisand Songbook Starring Julie Budd  
Copley Symphony Hall (619 235 0804)  
750 B Street

Joi Brewer (619 990 9219). The San Diego Symphony Winter Pops show starts at 8 PM, but you can start the night right, by joining Joi for dinner at The Gran Tapa Restaurant at 6 PM. Check out the SD Symphony at: <http://www.sandiegosymph> The full price of the show tonight is \$30.00 - \$80.00, BUT you can get your tickets for \$15.00!! Yes, that's right only \$15.00!

Go to: <http://www.goldstar.com/events/san-diego-ca/streisand-songbook.html> (Get tickets in the "main 4") This concert tribute to the music of Barbra Streisand includes favorites from "People" to "Don't Rain on My Parade" to "The Way We Were," all performed by showbiz veteran Julie Budd. Barbra's friend and principal pops conductor, Marvin Hamlisch, leads the orchestra.

SAT NOV 07 8:30 AM 26 MILES \*\*\* LET'S VISIT THE WINDSORS!  
COUNTY ADMINISTRATION BUILDING  
Harbor Drive & Hawthorne Street

Robert Leone (858 272 4710). To meet up with the Knickerbikers, take I-5 to Hawthorne Street to Harbor Drive. Park along the road or by the County Administration Building. Remember, we are leaving at 8:30 AM to get in a visit with the Duke and Duchess of Windsor exhibit at the Coronado Public Library (640 Orange Ave). Lunch will be bring or buy your own picnic in the park. Don't forget \$3.25 for the ferry -- if you want to take the ferry.

SUN NOV 08 9:30 AM 25 MILES \*\*\* SAN MARCOS/VISTA RIDE  
WOODLAND PARK  
Corner Woodland Parkway and Rock Springs Rd.

Rhonwyn Curtis-Nicholson (858 243 4662). Take I-15 north to Highway 78 west. Take the Barnham/Woodland Parkway ramp to exit 78. Follow signs to go north on Woodland. The second traffic light is at the corner of Woodland and Rock Springs Rd. Continue about a half block and turn right into the west side of Woodland Park to again access to a long thin parking lot. There are restrooms at the park.

We'll explore San Marcos and Vista and enjoy lunch at the Old Spaghetti Factory. The first Old Spaghetti Factory was furnished by owner Guss Dussin's wife Sally, from garage sales and whatever she could find cheap. Today, The Old Spaghetti Factory invests close to \$1 million per restaurant in antiques and other interior improvements, including a centerpiece streetcar and brass headboards that serve as bench backs. Sally supervises the decorating of every Old Spaghetti Factory's interior and oversees a 25,000 sq. ft. warehouse and crew of craftspeople who restore antiques and create reproductions for the restaurants.

TUE NOV 10 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
6:45 PM DINNER PIZZA BELLA (619 692 4333)  
2707 Congress St, Ste 1P (at Mason St)  
Old Town

Sharon & Eric Goodis (619 787 7427). Eric and Sharon found this gem while on a ride not long ago and they must go back... they must go back... they claim they can still smell the garlic... Since it's too dark to ride but we do want to exercise, let's meet at 6:00 PM, leave at 6:05 PM for a walk through Old Town, and then join the non-walkers at the restaurant at 6:45 PM. Supposedly the best pizza in town. Of course there are salads and pastas as well. Sharon thinks a glass of Chianti would be nice too...



WED NOV 11 9:30 AM 29 MILES \*\*\* COASTER NORTH, PIZZA SOUTH  
COSTA VERDE SHOPPING CENTER  
La Jolla Village Drive and Genesee  
(formerly) Trophy's Parking Lot, University City

Jerry Fitzsimmons (858 453 5787). Ride north on Genesee to I-5 then drop down to the Sorrento Valley Coaster Station, board Coaster #639 at 10:18 AM to Oceanside, ride south along the coast stopping at Pizza Port in Solana Beach for energy to climb the Torrey Pines Hill.

SAT NOV 14 9:00 AM 25 MILES \*\*\* BOOK ON HOLD RIDE  
MISSION BAY VISITOR'S CENTER  
North parking lot  
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Robert Leone (858 272 4710). Our ride leader's library book is on hold at the Malcolm X Library in the Valencia Park Neighborhood. We'll head downtown for coffee at Java Jones on 9th near Market, head east on Market into urban hills, regroup and bathroom break at the library, drop south to the coast and head back to 9th and Market for lunch at the Kebab Shop: [www.thekebabshop.com](http://www.thekebabshop.com). Bring your library card and appetite.

SUN NOV 15 9:00 AM 35 MILES \*\*\* ONE MOUNT & TWO LAKES TOUR  
VONS PARKING LOT, SOUTHEAST CORNER  
5630 Lake Murray Blvd.  
La Mesa Corner of Lake Murray & Baltimore

Guy & Carolaine Laronche (619 466 0359). To go to the Vons parking lot from Highway I-8, exit at Lake Murray and continue for about 1 mile. The Vons parking lot will be on your left. We will ride to the top of Mt. Helix, tour Santee lakes, scoot through Mission Trails Regional Park and circle Lake Murray. Lunch will be at the Lake Murray Café.

**Holiday Party. If anyone has an idea for a location that will hold about 50 people and cost under \$200 where we can have our holiday potluck, please let Sharon or Ken know. If you organize it (very easy task, actually) that would be grand!**

MON NOV 16  
through  
SAT NOV 21

~200 MILES TUCSON TURNABOUT  
Tucson, Arizona

Ken King (858 450 0373). The Tucson trip is sold out with 40 (!) people on it. There's always a chance of cancellations, so let Ken know if you aren't going and want to so you can get on the waiting list. And next year sign up early!

TUE NOV 17 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
THE BANDAR (619 238 0101)  
825 4th Ave (between E St & F St)

Rhonwyn Curtis-Nicholson (858 243 4662). The Bandar is downtown in the Gaslamp across from Horton Plaza. Easy parking at Horton.. Terrific Persian cuisine Persian cuisine is exotic yet healthy. Persian cuisine is a combination of rice with filet mignon beef, lamb chicken, fish garlic, onion, vegetables, nuts, pomegranate and herbs. To achieve a delicious taste and a balanced diet unique Persian spices such as saffron, limes and different vegetables are mixed delicately. Persian food fits perfectly with today's lighter eating style. From cultural point of view Persian food has always been considered to be an art providing enjoyment to both body and mind.

SAT NOV 21 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!

SUN NOV 22 9:00 AM 30 MILES \*\* UP WE GO! (BUT ONLY IF YOU WANT TO)  
26439 HIGHWAY 76, LAKE HENSHAW,  
Santa Ysabel

Paul Mitchell (cell 619 240 6659, home 619 741 7169, Paul662005@yahoo.com ). Meet with Paul and your fellow riders at Lake Henshaw. Paul will lead us up Palomar Mountain to enjoy lunch at Mother's Kitchen. If you want to cycle the area, but not ride up Palomar Mountain, you can do a loop from Santa Ysabel to Julian and back.

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 _____	→ Name _____
Address _____	Address _____
City _____ Zip _____	City _____ Zip _____
→ Name _____	→ Name _____
Address _____	Address _____
City _____ Zip _____	City _____ Zip _____

Please send this form to: Knickerbikers of San Diego County  
8590 Cliffridge Avenue  
La Jolla, CA 92037

TUE NOV 24 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIGHTERS  
SPICE & RICE THAI KITCHEN  
7734 Girard Ave, La Jolla (858 456 0466)

Bob Cameron (858 456 3862). Spice & Rice is on the west side of Girard Ave, about half way between Silverado St and Kline St. The Zagat Survey voted Spice & Rice Thai Kitchen as "The Best Thai Restaurant in San Diego." Don't be put off by the name. Spice & Rice has plenty of sweet as well as spicy dishes on the menu. This large menu features a variety of Thai soups, salads, sweet and spicy starters, and ethnic specialties. The "sweet starters" (a blend of sweet and sour) run the gamut from grilled chicken satay (chicken on skewers marinated in coconut cream and covered with Thai peanut sauce) to crispy calamari. Prices on these dishes are \$5.95 - \$8.95. There are also a number of vegetarian dishes.

THU NOV 26 9:00 AM 25-50 MILES \*\*\* WORK OFF THE TURKEY...  
BEFORE YOU EAT IT!  
COUNTY ADMINISTRATION BUILDING  
Harbor Drive & Hawthorne Street

Joi Brewer (619 990 9219). Let's meet at the small parking lot on Hawthorn just before Harbor Drive. We will ride around the Big Bay through downtown San Diego, National City, Chula Vista via the Bay Shore Bikeway and up the strand. We'll have lunch at the ferry landing and take the ferry back for a 25 miler, or return the way we came to make it 50 miles.... Join Joi for a potluck afterwards at her house if you've no family in town to entertain!

THU NOV 26 5:00 PM 0 MILES \*\*\*\* THANKSGIVING POT LUCK  
JOI'S JOINT  
5551 Waring Road, San Diego 92120

Joi Brewer (619 990 9219). Enjoy Thanksgiving with the Knickerbikers. Take Waring Road, exit off Highway I-8 and go up the hill. Joi's place is approximately 0.8 miles past the Albertsons shopping center. Singles, please bring one hot dish or one cold dish; couples, please bring one of each. Bring your own beverage as well. Coffee and tea will be provided, along with paper plates and utensils. Please, please **RSVP**.

THU NOV 26 KNICKERBIKER THANKSGIVING PARTY  
through ANNUAL BORREGO CAMPOUT  
SUN NOV 29 (NOON) 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.



SAT NOV 28 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 NOV 29 9:00 AM 45 MILES \*\*\* CUYAMACA LOOP RIDE  
 AKA THE MOST BEAUTIFUL RIDE OF THE YEAR  
 8:00 AM BREAKFAST MAJOR'S DINER (619 473 9969)  
 28870 Old Highway 80, Pine Valley

Bob Freeman (619 618 8177). Put on your climbing gear and join Bob Freeman for breakfast at Major's Restaurant, in Pine Valley at 8:00 AM. Departure is at 9:00 for a 45 mile loop around Lake Cuyamaca and back to Pine Valley. We will be stopping at mile 28 for lunch at the Cuyamaca Restaurant, and store, overlooking the beautiful lake. This ride will be supported by Sharon Freeman, who will have water refills, and be able to transport snacks, spare clothing, etc. We want everyone to enjoy this ride together, so there will be regroupings approximately every 5 miles, where we can also retrieve water, etc. from the sag wagon. This ride has a total of 4200 ft of climbing, but none of the climbing is steeper than Torrey Pines, just longer. Also, this time of year can be cold at the higher elevations; it was 35 degrees on October 28 at 9:00, so dress accordingly.

TUE DEC 01 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
 6:45 PM DINNER CORVETTE DINER (619 542 1476)  
 2965 Historic Decatur Road, Liberty Station

Sharon & Eric Goodis (619 787 7427). The Corvette Diner, San Diego's original rock-n-roll joint with 1950s décor, classic diner dishes, and gum-smacking, bouffant-haired waitresses has pulled up its 22 year-old Hillcrest roots and cruised to new digs in Historic Liberty Station, where there is free and abundant parking. Since it's too dark to ride but we do want to exercise, let's meet at 6:00 PM, leave at 6:05 PM for a walk through Liberty Station, and then join the non-walkers at the restaurant at 6:45 PM. Executive Chef Daniel Diaz has added new items to the menu, including a large selection of salads, sandwiches, and wine, but still maintains the classics, including deep-fried pickles.



SAT DEC 05 8:15 AM 30 or 56 MILES \*\*\* COOL COASTAL 30/56  
ENCINITAS COASTER STATION

Steve Gebler (760 519 8163) Ride a little or ride a lot, the choice is yours! This ride, starting at the Encinitas Coaster Station (I-5 to Encinitas Blvd., go west to Vulcan Avenue, turn left. Park in the Coaster parking lot at the second driveway entrance on the right), will ride south along our beautiful North County coastline, up the challenging Torrey Pines grade, wind through the tony homes of La Jolla and Bird Rock, meander through Mission Bay and finally arrive for lunch in Old Town. This leg of the trip is about 30 miles. You can take the Coaster back to the start of the ride at 12:31 PM or continue back home for another 26 miles through Rose Canyon and past UCSD before arriving back in Encinitas. The entire ride gives you a climb of just over 2,000'. Ride departs at 8:30 sharp! Be sure to arrive by 8:15 to prepare your bike and greet your fellow riders.

SAT DEC 05 6:30 PM 0 MILES \*\*\*\* POT LUCK  
WILL'S HOME  
2967 HAVASUPAI AVENUE  
CLAIREMONT 92117

Will Cronyn (619 823 0070). Will will provide box wine (1 white Zin), an outdoor grill, paper and plastic dinner ware - everything else **including folding chairs** is BYO/pot luck. Directions to my house (for most people): take 52 to Regents exit south, up to top of hill (Luna), turn right, immediately turn right again (Jutland), go 3 blocks, right on Hidalgo, immediate left on Havasupai. Straight ahead takes you right into my house (2967).

This will be a "working" potluck. There will be an unstructured discussion of Summer 2010 tour possibilities including Land's End to John O'Groats. Perhaps others will have other tours they would like to bring up at this time. Come out and find out!

SUN DEC 06 9:30 AM 30 MILES \*\*\* STONE BREWERY RIDE  
STONE BREWERY PARKING LOT  
1999 Citracado Parkway, Escondido

Chris Polta (760 747 8622). To get to Stone Brewery, exit Nordahl off the 78 freeway, so south toward the HUGE new hospital and turn right on Citracado Parkway. Stone Brewery is on the right; past the construction. Escondido has some great quiet roads to explore and Chris will try not to make it too hilly. If at least 10 people RSVP, Chris can arrange a private tour of the brewery after the ride! The restaurant is beautiful. A little pricey, but worth it. And it's fun to order the sample beers. Please, please RSVP.

TUE DEC 08 6:30 PM 0 MILES \*\*\*\* ~~KNICKERBIKER KNIGHTRIDERS~~  
Kikuya Sushi Restaurant (858 558 9555)  
3949 Governor Drive (just east of Genesee Ave.)

Bob Cameron (858 456 3862). Please join us in remembering Pear Harbor Day at one of the best Japanese restaurants in San Diego. This restaurant serves all the classic Japanese dishes such as yakisoba, sukiyaki and teriyaki. The teriyaki comes with your choice of chicken, beef, salmon or tofu. There are numerous more exotic dishes such as fried soft shell crab and Korean dished. For a complete menu and a map showing the location Kikuya, please go to their Web Page at [www.kikuya-sushi.com](http://www.kikuya-sushi.com).



You can sign up to lead a ride or schedule an event for the Knickerbikers in several ways:

- call Sharon Goodis - 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 or event into an upcoming Knickerbiker Bull-A-Ton!

# Wheely Good Recipes

## Tomato Basil Couscous Salad



3/4 cup cooked couscous  
1 tomato chopped  
1/3 cup canned chickpeas, drained and rinsed  
2 green onions chopped  
1 tsp olive oil  
1 tbs lemon juice  
1 tbs chopped fresh basil  
Lettuce  
Combine and toss all ingredients and serve on lettuce.

One serving: 43 calories, 2 g protein 7 g carb, 1 g fat, 1 g fiber.

Cooking for One...So Easy and So Good  
Submitted by *Sandra Zinn*



Since there seems to be some interest in another Knickerbiker club jersey order (even though we have almost 50 cyclists wearing it now!). If we can reach the minimum order (15) in the next month we can have them that much sooner, so order now! The total cost is \$91 and a \$45 deposit gets your name on the list. Send the money to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037. The check won't be cashed until the order is placed.

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:



SUN DEC 27  
through  
WED DEC 30

~160 MILES

VENTURA ADVENTURE

Loops out of Ventura to Santa Barbara, Ojai, Fillmore, etc.

Ken has been encouraged to repeat the popular Santa Barbara/Ventura County trip near the end of December this year, so let's go for it! In the past we have attempted to work with AMTRAK with little success (they often reach their limit of 3 bikes per car, turning us away) so this year, let's just carpool up.

We will stay three nights in Ventura at the Clocktower Inn, so plan to arrive on Sunday December 29. While we can't check in until 3:00, we can certainly drive up in our cycling duds and ride on Sunday anyway. Then on Monday we can do the nice 50 mile loop to Ojai and Santa Paula, returning to Ventura for a second night at the Clocktower Inn. On Tuesday we will head southwest to Fillmore for lunch and back (about 45 miles). On Wednesday we check out of the motel, but there's still time to do some local riding, enjoying the Ventura area. If you wish to spend less than the three nights up there that works too.

Please let Ken know if you are going, but it's up to you to get the motel reservations and make your travel arrangements. Ken will provide maps, route slips, and a daily itinerary of things to see. Let him know at [knickerb@san.rr.com](mailto:knickerb@san.rr.com) if you plan to go and have made reservations. Information on The Clocktower Inn: Seven rooms have been reserved under the Knickerbiker name (or maybe they used Ken King's name as well), but these will be released on November 30. Our rate is \$109 plus tax (same as last year) and includes some happy hour wine and snacks as well as a breakfast. Call the hotel to make your own reservations, and mention that you are taking one of the rooms Ken has reserved. Clocktower Inn on Mission Park, 181 East Santa Clara St., Ventura, CA 93001 (800) 727-1027. We hope you can join us!



WED DEC 30  
through  
MON JAN 03

VARIABLE MILES

DEATH VALLEY BIKE 'N HIKE

Stovepipe Wells Village, Death Valley

Will Cronyn (619 823 0070). Take Highway 190 to get to Stovepipe Wells. 6:30 PM is the start of Happy Hour at the Stovepipe Wells Village motel in Will's room. Make your own reservations for night of Wednesday December 30 (Stovepipe Wells Village or campground, [www.stovepipewells.com](http://www.stovepipewells.com) or 760 786 2387). Thursday we move to Furnace Creek for tent camping nights of Thursday, December 31 through January 2, departing Monday January 3. Cost: \$15.00 per person; includes tent site (with table and fire pit) and happy hour. Maximum of 4 tents and 8 people (but there are additional tent sites available). There are various bike and hike opportunities; Death Valley Scotty's castle, Ubehebe Crater, Bad Water, horseback riding, etc. (see <http://www.nps.gov/deva/index.htm>). The rides will be \*\*\* (there will be an option to do a 58 mi ride which includes a climb on the low vehicle traffic Daylight Pass Road of about 4000 ft over a distance of 12 mi, which would make it \*\*) but there will also be hiking available, TBD. Mail check to Will at 2967 Havasupai Ave., San Diego, 921 17-1642. Will will help arrange car pooling; distance is 318 miles from his house.

FRI JAN 15  
through  
SUN JAN 18

~ 20 MILES \*\*\*

DESERT CAMPING ADVENTURE  
WITH A CYCLING CENTURY  
ANZA-BORREGO STATE PARK

Ken King (858 450 0373). Ken is interested in getting some Knickerbikers out to the desert again in 2010 to staff a pit stop for the 2010 Stagecoach Century, but he wants to combine this with a camping and hiking event. So we can bike, hike AND camp! In the desert! The sixth annual Wells Fargo Stagecoach Century <http://www.shadowtour.com> on Saturday January 16 is a pristine desert ride travelling through California deserts on County Route S2 in east San Diego and Imperial Counties. Marvel at stunning vistas from five desert passes along the route. *Bicycling Magazine* has rated Stagecoach as a "Best in Cycling Event" three years in a row! Here's your chance to enjoy a hassle-free 100-mile ride with just two lonely stop signs, at the ideal time of year for desert cycling! The out-and-back course is fully adjustable for your own mileage preference and offers full rider support in both directions. Ken will reserve a camp site for Friday, Saturday and Sunday at Aqua Caliente, which has a large "therapy pool," clean hot showers and good hiking nearby. We can support the riders on Saturday and ride or hike on Sunday. Come on out early Friday morning and stay until noon Sunday if you want, or just come out for either Saturday or Sunday. We will hike either Blair Valley or Moonlight Canyon, and perhaps go over to the Goat Canyon Trestle via Dos Cabezos. If you are interested, let Ken know right away. The price will be nominal, and it will depend on how the meals will be handled (group or individual).



Each year during the Holiday Party (well, once anyway), one Knickerbiker is awarded the "golden tire iron," an award designed by Will Cronyn. It goes to the person who best exemplified on-the-road improvised bike repair, such as using duct tape ALL THEY WAY AROUND THE OUTSIDE OF TIRE to repair damage or using a zip-tie to hold a rear cluster together. You get the idea, now it's your turn to nominate the 2009 honoree! Submit names and stores to [knickerb@san.rr.com](mailto:knickerb@san.rr.com)



Two bike term "gems" that came from Steve Gebler students during a recent ride.

"Extreme Cool Down" -- the nap you take after a long ride.

"Cross Training" -- when that hill is just so darned steep that you have to get off and walk for a while.

Both of these coined by Kathy Boone.



PHILOSOPHY. Our club, the Knickerbikers of San Diego County, was established on Friday, May 31, 1974. Forty-three charter members subscribed to the idea that a regular program of bicycle touring experiences could be offered without involving institutional encumbrances. In effect, our club was purposefully not organized. There are neither rules nor regulations, no club officers - aside from our tongue-in-cheek representative office of Knickercommander (the club servant) - and no business quorum. Everyone is still responsible for himself or herself. It was and still is a simple idea, which is to go ride our bikes! Two founding principles guide our group behavior: it's nice to be noticed, and it's fun to be a kid again.

## APPLICATION FOR MEMBERSHIP

Please make check payable to Knickerbikers and mail to 8590 Cliffridge Ave., La Jolla, CA 92037

Name(s) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Phone \_\_\_\_\_

Check:  1-year print subscription                      \$20.00

1-year e-mail subscription                      \$10.00

All subscriptions include membership in the San Diego County Bicycle Coalition.



09/11