

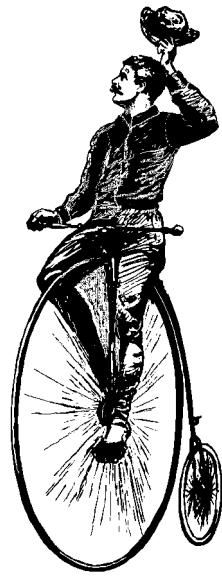
The

Knickerbikers

of

San Diego County

www.Knickerbikers.com



"Few people realize that when you move the seatpost an innocent inch or two you are changing the action of every muscle in the lower limb which is involved in the pedaling action." ~Peter R. Cavanagh – Biomechanics expert and professor

THE BULL-A-TON

DECEMBER 2009

Vol. 36 No 7

Thinking about Tucson

Cindy Tozer

What I do know is that you Knickerbikers laugh a lot - to me, that means you are good friends, and clever friends.

Pam & Dwight Filley

Just want to say how much Dwight and I enjoyed meeting you all last week - what a fun group you are! We look forward to lots more riding, traveling, eating & partying with you!

Joi Brewer

One of the really cool things for me was the bike church. I don't think we have any such commemoration for our fallen brethren.... I think it is special...and the fact it is made of welded bike frames, and really could be portable to anywhere is neat....I think we need one here ~

Ken King

1) Thanks to all the Tucson trippers for entrusting your vacation to me! And thanks for riding safely.
2) The weather gods looked favorably on us. Perfect temps and light winds. Let's hope that we'll be as lucky next year.

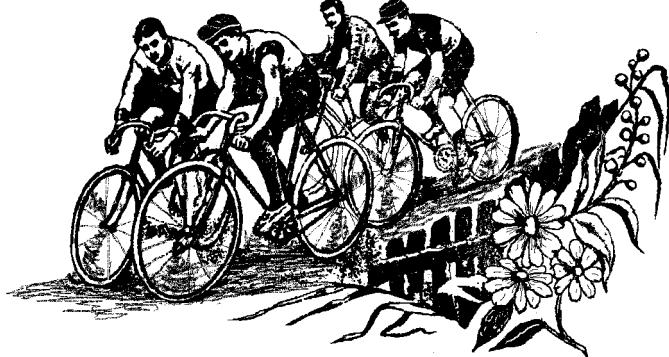


Outings:

DECEMBER

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 | | |



TUE DEC 01 **6:00 PM** **WALK**
6:45 PM **DINNER**

**** KNICKERBIKER KNIGHTRIDERS
 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.



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!

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 his 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 his house.

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 *** THE MOST BIKE PATHS IN NORTH COUNTY
CHRIS CAN FIND!
OLD MERVYN'S PARKING LOT, ESCONDIDO

Chris Polta (760 747 8622). To get to the old Mervyn's parking lot, exit 9th street off I-15. We'll cruise the back roads and streets of Escondido. Lunch will be at Panera at the end of the ride. (The originally scheduled Stone Brewery ride had to be cancelled because the Stone Brewery is closed for their Christmas party. Chris will lead the Stone Brewery ride another time. Promise!)

TUE DEC 08 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
KIKUYA SUSHI RESTAURANT (858 558 9555)
3949 Governor Drive (just east of Genesee Ave.)
University City

Bob Cameron (858 456 3862). Please join us in remembering Pearl 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 dishes. For a complete menu and a map showing the location of Kikuya, please go to their web page at www.kikuya-sushi.com.

FRI DEC 11 6:00 PM 0 MILES

HOLIDAY POTLUCK!

Mira Mesa Public Library, meeting room
8405 New Salem St

This year, the annual Knickerbiker Christmas Party will be held in the meeting room of the Mira Mesa Public Library at the corner of New Salem Street and Camino Ruiz behind Walgreen's Drug Store on Camino Ruiz. Park anywhere in the parking lot and head toward the main entrance to get to the meeting room which has three double doors that open onto the entryway.

The library is one block north of Mira Mesa Blvd. but it is strongly advised to avoid traveling east on Mira Mesa Blvd. due to rush hour and Friday night evening-out traffic. If you are coming from the west, take either Calle Cristobal or Miramar Road, then go north/south (depending on which of those roads you take) on Camino Ruiz directly to the library. If you're coming from I-15, the traffic flow should be much easier. Turn right on New Salem to get to the library from that direction. The library is at the end of a long block just before the next traffic light.

Singles, please bring one hot dish or one cold dish; couples, please bring one of each. Please bring your own beverage as well. Coffee and tea will be provided, along with paper plates and utensils. The room has long tables and each one seats approximately ten people. There is room for approximately six tables without crowding. There is a sink in the room but no other kitchen facilities so be prepared to bring all party supplies and to wash your dishes at home. We are responsible for leaving the room as we found it. There is also access to restrooms.

To celebrate the holiday season, we will again have our gift exchange: if you wish to participate, bring a wrapped bicycling-related gift, new or used (\$10 value, more or less). If you bring a gift, you will receive a gift, and the distribution will be decided by using a deck of cards. Official rules will be divulged in detail at the event.

For additional information, call Lois Horowitz (858 610 3444) or Sharon Goodis (619 787 7427)

SAT DEC 12

9:00 AM

28 MILES

POWAY/RANCHO BERNARDO RAMBLE
OAK KNOLL RD. at the corner of Poway Rd.
one block west of Pomerado & Poway Roads

Lois Horowitz (858 610 3444). To get to Oak Knoll Road, exit I-15 onto Poway Road (only goes east). Turn right at Oak Knoll which is one block short of Pomerado as you go east. (Do NOT park in the shopping center parking lot as it's very small - park on Oak Knoll.) Lois thinks there's a Denny's on the corner. Poway is called the city in the country and we'll be seeing that. Then we'll swing up towards Rancho Bernardo to swoop around some gorgeous neighborhoods in the Green Valley section. Don't miss it! We'll eat at the Mexican restaurant in the small shopping center near our cars after the ride. Call or email Lois (loalhoro@yahoo.com) if you want a route slip as she doesn't have a printer.



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
- 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!

SUN DEC 13 9:00 AM 48 MILES **1/2 OCEANSIDE TO FALLBROOK
OCEANSIDE HARBOR PARKING LOT
East of the railroad track through the tunnel
Oceanside

Jeff Gianformaggio (619 255 2890). Jeff will lead us from Oceanside to Fallbrook and back. Lunch will be at the halfway point; a deli in Fallbrook.

The community of Fallbrook began in the area known today as Live Oak County Park. The first permanent recorded settlement was in 1869, when the Vital Reche family settled here. They named the new community Fall Brook after their former homestead in Pennsylvania.

The present town site was plotted in 1885. The original Fallbrook School, though closed as a school in 1939, still serves the community as the Reche Clubhouse. One of the community's churches was constructed in 1890 and is still in use today.

Oak trees were the original primary trees in Fallbrook. Olives became a major crop by the 1920s and continued through World War II, but were eventually phased out in favor of the present avocado and floral industry.

TUE DEC 15 **6:00 PM** WALK **** KNICKERBIKER KNIGHTRIDERS
6:45 PM DINNER MALL CRAWL
UTC FOOD COURT
La Jolla Village Drive

Sharon & Eric Goodis (619 787 7427). Since it's too dark to ride but we do want to exercise, let's meet at 6:00 PM at the main entrance to the Food Court in UTC (near main outdoor eating area inside the mall). We'll depart at 6:05 PM for a walk through UTC, and then join the non-walkers back at the Food Court at 6:45 PM. Once inside the Food Court, you'll have a tough choice deciding what to eat. Eateries include Fish n Grill, Great Khan's Mongolian Festival, Kebab Cafe, Panda Express, Royal India Express, Sizzling Eggrolls, Saigon Noodles and many more.....



SAT DEC 19 **8:45 AM** 25 MILES *** JIM W. 80TH BIRTHDAY RIDE
OLD TOWN TROLLEY STATION

Jim Willis (619 275 4511). The Old Town Trolley Station is at Rosecrans Avenue and Pacific Coast Highway. Join Jim to celebrate his 80th. Meet at the Trolley Station parking lot or come from wherever. Jim is buying coffee and cookies at Kevin's coffee stand on Bacon Street near West Point Loma Blvd. Coffee and cookies will be from 9:15 till 10:00AM. Then we will ride to different locations depending on the groups. Come for coffee even if not riding. Happy Birthday Jim!

SUN DEC 20 **9:30 AM** 25 MILES *** SIX BERNARDOS RIDE
ALBERTSONS PARKING LOT
Rancho Bernardo Road

Rhonwyn Curtis-Nicholson (858 243 4662). To get to the Albertson's parking lot, take I-15, exit Rancho Bernardo going east. Turn right into the Albertsons parking lot after about a mile or two. Lunch is at a Greek restaurant near the end of the ride. The ride is called Six Bernardos because we bike on six different roads with Bernardo in their name.

MON DEC 21 **6:00 AM** 3 MILES **** HIKE! COWLES MOUNTAIN WINTER SOLSTICE
NE CORNER GOLFCREST DRIVE & NAVAJO RD
Map 1250 F4

Judy Peacock (619 562 7677). Take Navajo Road to Golfcrest. Park on street or in parking lot if there is room. Get there in plenty of time to park. Join the Canyoneers on this hike part way up Cowles Mountain to view the sunrise at Kumeyaay solstice site; it is about half-way up the mountain. BRING A FLASHLIGHT, as start of hike is dark. Also dress accordingly as it can be cold that time of morning Please RSVP to Judy so she can look for you (in the dark, no less!)



TUE DEC 22 **6:00 PM** **WALK**
6:45 PM **DINNER** **** KNICKERBIKER KNIGHTRIDERS
PAT & OSCAR'S RESTAURANT (619 295 6200)
8590 Rio San Diego Drive, Mission Valley

Belle Jour (619 787 7427). 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 around the area, and then join the non-walkers at the restaurant at 6:45 PM.



When Pat & Oscar opened their first restaurant in 1991, they had a great vision of creating a family escape they couldn't find in San Diego - one similar to their special dining experience at home. They wanted a good value, where one night a week the cooking and dishes were left behind. The recipes had to be the highest quality, true to family tradition and fun to share. The kitchen had to be the "Heart of the House". The atmosphere had to be casual yet relaxing, where something is always happening. And the décor had to be warm yet family-friendly, where nothing is "fancy" so that a kid can be a kid. With almost 20 locations later, this dream has been brought to millions of people who have stopped to smell the breadsticks.

FRI DEC 25 **10:00 AM** ±25 MILES *** A FESTIVUS FOR THE RESTIVUS
MISSION BAY VISITOR'S CENTER
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Belle Jour (619 787 7427). It's a wonderful day to ride a bike – the stores are closed and we'll pretty much have the roads to ourselves! So come on out! Finding an open (and tasty) restaurant might be a challenge, but it is one we Knickerbikers relish!

SAT DEC 26 **9:00 AM** 46 MILES *** MEET ME AT PEPPER PARK
PEPPER PARK, NATIONAL CITY

Jeff Gianformaggio (619 255 2890). To get to Pepper Park, take I-5 to Bay Marina Drive. Go west to Tidelands and south to Pepper Park. Jeff will lead us from Pepper Park to Eastlake, Otay Lakes and the Olympic Center. Lunch will be at Otay Ranch at the half way point.

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 DEC 27 | 9:00 AM | 45 MILES | *** | CUYAMACA LOOP RIDE (TAKE 2) AKA THE MOST BEAUTIFUL RIDE OF THE YEAR MAJOR'S DINER (619 473 9969) 28870 Old Highway 80, Pine Valley |
| | 8:00 AM | BREAKFAST | | |

Paul Mitchell (cell 619 240 6659, home 619 741 7169, Paul662005@yahoo.com). Put on your climbing gear and meet up 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 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.

| | | |
|-------------------------------------|------------|---|
| 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 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 were released on November 30. CALL THE HOTEL SOON IN CASE THEY SELL OUT. 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!

| | | | | |
|------------|---------|---------|------|---|
| TUE DEC 29 | 6:30 PM | 0 MILES | **** | KNICKERBIKER KNIGHTRIDERS THE VENETIAN RESTAURANT (619 223 8197) 3663 Voltaire Street |
|------------|---------|---------|------|---|

Rhonwyn Curtis-Nicholson (858 243 4662). This little Italian Restaurant has stayed true to their family recipes for over forty years pleasing generations of families. Throughout the years the Venetian was part of the prestigious Zagat Rating, featured in San Diego Magazine, and revealed to numerous viewers of various local television channels. Even after receiving numerous awards this local Point Loma restaurant is still humbled by the fact that many professional athletes, TV personalities, established chefs, and food critics enjoy their delicious Italian cuisine.



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 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.

THU JAN 01 9:00 AM 30 MILES *** EASY FIRST RIDE OF THE YEAR
MISSION BAY
South Shores Boat Ramp
located along Seaworld Drive, just East of SeaWorld.

Jeff Gianformaggio (619 255 2890). Take I-5 to Seaworld Drive. Park in the designated spaces in the parking lot of the Mission Bay South Shores Boat Ramp. Let's get the New Year off to a good start – and touring San Diego's finest spots is a great beginning! Jeff will take us through Fiesta Island, Mission Bay Park, Liberty Station and Harbor Island.

SAT JAN 02 9:00 AM 50 MILES *** DULZURA BICYCLE RIDE
BONITA MALL
near Outback Steak House

Alan Calvert (619 545 2229). Take 805 south to the 'E' Street/Bonita Road exit. Turn left at the light (going east on Bonita Road.) Turn left on Plaza Bonita Road and Outback Steak House will be on your right. Look for the group in the nearby parking lot. Alan has offered to lead this ride. It has some hills but nothing steeper than Torrey Pines. The scenery is great and Dulzura Diner is a blast from the past, complete with a path to the rest rooms.

SUN JAN 03 **9:30 AM** 25+ MILES *** MEANDER AROUND INLAND NORTH COUNTY
TWIN PEAKS PLAZA
Thomas Brothers Guide page 1190 C1

Stogs & Susie Stogsdill (619 840 3173). Ted Williams/Highway 56 or Del Dios will bring you over from the coast. Ted Williams will bring you to Pomerado Road, make a left and right into the Plaza. Del Dios will bring you to 15, go south on 15 exit Camino Del Norte east . Right turn on Pomerado Rd and left at 1st signal into Plaza.

Join Stogs and Susie at 9:30 at Twin Peaks Plaza on Pomerado Road, just north of Ted Williams or south of Camino Del Norte. Park near Chicken Pie Diner the southwest corner of shopping center. We will meander around the RB and Poway area for 25+ miles and eat at the Chicken Pie Diner.

Wheely Good Recipes

Sweet & Spicy Deviled Eggs



12 eggs
1/2 cup light mayo
3 tablespoons apricot preserves
1 tsp curry powder
1/2 teaspoon salt
1/8 tsp cayenne pepper

Hard boil the eggs your favorite way, peel & let cool.
Cut eggs in half lengthwise and scoop out yolks into a bowl.
Mash yolks with mayo, apricot preserves, curry, salt & cayenne pepper until smooth.
Spoon the mixture into the white halves & chill for about an hour.

Per half: 59 calories, 4 g fat, 3 g protein, 2 g carb 123 mg sodium

Submitted by *Sandra Zinn*

Don't Make Drivers Pass You Twice

Here's a common situation that can easily result in annoyed motorists and dangerous driving if handled the wrong way:

A number of cars have rolled past you and now they're stopped at a red light. You have 2 choices:

---You can stop behind the last car, move forward when it does -- and maybe get caught by the light again, losing another couple of minutes.

---You can ride up the edge of the road to the front of the line, passing all the cars that just passed you.

We're as guilty as the next roadie of making the second choice, even though passing like this is unsafe if not illegal. (We're talking about roads *without* wide shoulders or bike lanes.)

Now at the front of the line again, you have 2 more choices when the light turns green:

---You can push off immediately and resume riding.

---You can stand still to let the drivers move ahead or turn in front of you, then go before the green light changes.

To ensure peace on Earth, the second way is recommended. Because if you don't let the traffic go, you'll be forcing each driver to pass you a second time.

Trade places with one of them. He just managed to get around you, and now you're in front of him again. He was considerate once but got nothing in return. Maybe this time he'll use the horn and squeeze past. Maybe he'll swerve and cut in to "teach you a lesson."

If you want a guaranteed hassle, leave first again at the third light.



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..

Knickerbiker Klassified



FOR SALE Shimano SH-MT40 US Size 7. Oops! Too tight! Tried on and worn indoors only but never used on bike. The shoes were bought on sale and could not be returned. Best offer. Contact Joi 619 990 9219

Coming Events:



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).

SAT MAR 13 **7:15 AM** 100 MILES *** 5TH ANNUAL SEA LEVEL CENTURY
CARMEL VALLEY PARK 'N RIDE

Fern Kissel (760 525 6833). Pack up your bike and your gear and head along I-5 to Carmel Valley Rd. exit. Turn west and go to the first traffic light after the freeway bridge. Turn left into the Park 'n Ride. Meet at 7:15 AM - ready to ride by 7:30 AM. This is the 5th Annual Sea Level Century! We will ride up the coast through Camp Pendleton to Dana Point Harbor, have lunch at Proud Mary's on the harbor and turn around and come back. If you don't want to ride the entire 100 miles, please join us along the way.

This is an 'easy' 100 and you'll have fun no matter which route you choose - so come ride with us!
Details to follow!

Rita Cohen (left) proudly wearing
our Knickerbiker jersey in the Negev, Israel





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.