

The
Knickerbikers
of
San Diego County

www.Knickerbikers.com



"If you desire to be groovy and flowing instead of battling and conquering, miles-per-hour is the last equation you want to pay attention to." ~ Bob Roll – U.S. pro road and cross-country mountain bike racer, freaky personality and author of *Bobke: A Ride on the Wild Side of Cycling*

THE BULL-A-TON

JANUARY 2010

Vol. 36 No 8

**Our inspiration!
The Eighties Crowd!**



Jim Willis, Bea Stoyla, Bill Lakin, Joan Slote, Roy Lawrence

Photo: Susie Stogsdill

2009 Round Up AKA Words from Ken

First and foremost, let's thank Sharon for encouraging people to lead rides during the year, and for the editing and production of the Bull-A-Ton. It's so good to be able to count on her to get an interesting Bull-A-Ton out!

Thanks to the 40 ride leaders this year. That shows the depth and dedication of our volunteer group.

Let's thank Lois for arranging this new place to have our Holiday Potluck. It works well, so let's be sure and behave and clean up after ourselves so we can have it here next year.

And isn't it nice to have potlucks? Thanks Priscilla, Will, and Sheryl for hosting those.

We had a few out-of-town trips this year: Rhonwyn's "Sideways" tour, my Tucson tour and Anza-Borrego campout, Martha's Lake Morena campout--the first KB tour she's organized--Will's Alaska, Los Angeles and Death Valley trips, and probably one or two from Jeff, although I'm not sure about that. A special thanks to Steve Gebler for organizing a dozen routes for our three dozen riders in Tucson! We ARE a touring club, so it's important that our members step up to lead out-of-town tours next year.

Special rides included Fern's ever more popular annual Sea Level Century, GWBR, Tecate-Ensenada, Marge's Thanksgiving, Borrego campout, and Judy and Al for the Cinco de Mayo, the Dia de los Muertos celebration, and the Oktoberfest rides. Merle and Will led us on the "Bike the Bay" ride, a fundraiser for the Bike Coalition, and Robert Leone continues with the good but offbeat rides (Nobel, Flag Day cow parade, stamp show, book on hold). I don't understand most of the ride titles, but they are still fun. Barbara Dorris and Gayle Z took us to the Airshow while Merle and Susan took us to the velodrome. Rita took us to the Balboa Park concert series and we started pre-dinner walks on Tuesday nights. Oh yes, Paul and Jeff are even introducing us to mountain biking again! Finally, there was Steve Gebler's Cool Coastal Bicycle Rally, complete with teams and prizes. A sure winner!

Now for the perpetual awards: This year's winner of the Gear Grinder Award for leading the most rides was Jeff Gianformaggio. The award contains a chain ring whose teeth are pretty much worn to a nub. It was Larry Zinn's, and it gave out in Idaho in 2007. Thanks for donating it, Larry. If we kept track of the number of miles ridden like most clubs, we could award it for that, but we don't. The first recipient was Jeff and last year Rhonwyn won it. Keep up the good work, Jeff!

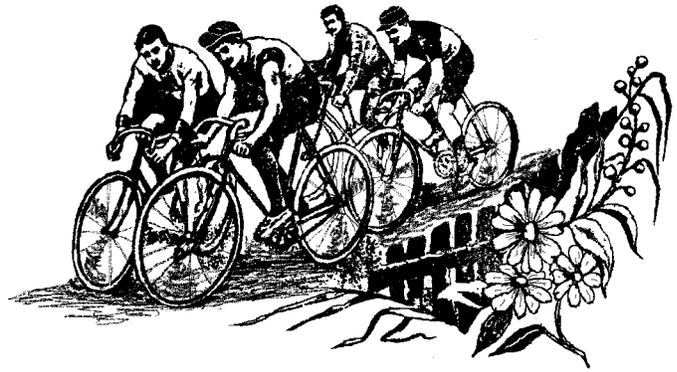
The next award, the Golden Tire Iron, is award for exceptional innovation in on-the-road repair. Will Cronyn instigated this award last year, and awarded it to Bill Bailey, who used a zip tie to hold his rear cluster together when it exploded in a remote area of Alaska. This year Will presented the award (complete with a band-aid over the golden tire iron) to Joi Brewer, who stanching the blood flow from a fallen rider so that he could ride home without staining the roadways with blood. The award covers ANY kind of on-the-road repair, including repair to humans!

Finally, the Knickerbiker Service Award, our long-standing perpetual award, is given to the person who has done the most for the club. Five years ago it was Sharon, for agreeing to take over the Bull-A-Ton editing, and four years ago it was Fern for leading a tour. Three years ago, a new tour leader, Rhonwyn Curtis-Nicholson, led the Sideways tour and wine tasting, so she won the award. Two years ago it was the person responsible for our web site, which is where most of the new riders learn about us: Doug Paulson. Last year's recipient led several overnight tours, including the popular LA-San Diego ride, only he led it backwards! His main effort, though, was his Alaska tour. He also led a total of seven rides, and led the pack in total mileage with 1,142: Will Cronyn. This year's recipient has led many dozens of rides over the years, ranging for very long out-of-town rides to short local rides. Some are overnights, and some are a real adventure, just exploring new territory. He's even led some mountain bike rides. Our 2009 winner is Jeff Gianformaggio!

Thanks to all of you, and here's to more riding in 2010!

Ken King

Outings:



JANUARY							2010
SUN	MON	TUE	WED	THU	FRI	SAT	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

FRI 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). Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. Let's get 2010 off to a good start! Take I-5 to Seaworld Drive. Park in the designated spaces in the parking lot of the Mission Bay South Shores Boat Ramp. Meet up with your fellow cyclists; enjoy a great bike ride and some tasty food! Jeff will take us through Fiesta Island, Mission Bay Park, Liberty Station and Harbor Island.



- 1) Clean bicycle after every ride
- 2) Oil bicycle chain every month
- 3) Check brakes
- 4) Check wheels and tires
- 5) **Ride more often with The Knickerbikers of San Diego County!**

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 JAN 02 9:00 AM 40 MILES *** DULZURA BICYCLE RIDE
BONITA MALL
near Outback Steak House

Eric Goodis (substitute leader) (619 997 9292). 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. It has some hills but nothing steeper than Torrey Pines. The scenery is great and The Dulzura Café is a blast from the past, complete with a path to the rest rooms. Because we are not 100% certain the Café will be open, bring a snack, and we will have lunch back in Bonita.

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 Twin Peaks Plaza. Del Dios will bring you to I-15, go south on I-15, exit Camino Del Norte east. Right turn on Pomerado Rd and left at first signal into Twin Peaks 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 Rancho Bernardo and Poway for 25+ miles and eat lunch at the Chicken Pie Diner.

TUE JAN 05 6:00 PM WALK **** KNICKERBIKER KNIGHTRIDERS
6:45 PM DINNER FINS (858 270 FINS)
8657 Villa La Jolla Drive
Nobel Drive off I-5 at La Jolla Village Square

Ken King (858 450 0373). 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.

Fins specializes in fish tacos, shrimp and lobster burritos, but has a menu that caters to everyone. Come on out and enjoy!



SAT JAN 09 9:00 AM 28 MILES *** LOIS' 1300 DOLLAR RIDE
NORTH COUNTY FAIR, Escondido
In front of Nordstrom (farthest end from store)

Lois Horowitz (858 610 3444). Take I-15 to North County Fair in Escondido. Take the Via Rancho Parkway exit which goes directly into the mall. Nordstrom is straight ahead. At the T-intersection, turn either right or left and park on the other side of the cross bar.

We will go north out of the mall on side streets (traffic avoidance maneuver), shift over to Broadway, then pass Jesmond Dene park and continue on North Broadway 'til it dead ends. After the park, North Broadway goes another 3 miles of bucolic country road (watch for the mushroom farm) and it's flat! In fact the entire ride is fairly flat. We'll turn around and then go left on El Norte Parkway a round Escondido to Bear Valley Parkway and back to the mall.

I scoped out this ride when I was having my brakes and other work done on my car, did it with my TTBikers group and it was a success! Lunch at the food court after the ride. Send an email to Lois for a short route slip: loalhor@yahoo.com

SUN JAN 10 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 JAN 12 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
 6:45 PM DINNER PHO SAIGON STAR (619 640 2985)
 10450 Friars Rd # E

Joi Brewer (619 990 9219). 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. This highly rated Vietnamese restaurant serves traditional fare like pho, bahn mi sandwiches and rice dishes.



FRI JAN 15 ~ 20 MILES *** DESERT CAMPING ADVENTURE
 through WITH A CYCLING CENTURY
 SUN JAN 17 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 is out there, and Ken has reserved a camp site for Friday and Saturday 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 Friday noon 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). NEW! FOR THOSE WHO SHOW UP, THERE WILL SOME \$ TO SUBSIDIZE THE COST OF GASOLINE TO GET OUT THERE.

SAT JAN 16 9:00 AM 25 MILES *** RIDE TO THE EL CAPITAN RESERVOIR & BACK
 SANTEE TROLLEY SQUARE TOWN CENTER
 corner of Mission Gorge & Cuyamaca
 Park behind Chili's Grill & Bar
 9804 Mission Gorge Road (619 258 5811)

Jeanne Shupala (858 481 8278). To get to Santee Trolley Square Shopping Center take Mission Gorge Road. Santee Trolley Square is just east of Cuyamaca Street. We'll ride east to El Monte Road to the El Capitan Reservoir and return the same way. We'll enjoy lunch in Santee Trolley Square Town Center.

SUN JAN 17 9:00 AM ±25 MILES *** OUT AND ABOUT!
COSTA VERDE SHOPPING CENTER
La Jolla Village Drive and Genesee
La Jolla Strip Club Parking Lot, University City
(formerly Trophy's)

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

TUE JAN 19 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIGHTERS
HOB NOB HILL (619 239 8176)
2271 1st Avenue

Rhonwyn Curtis-Nicholson (858 453 3687). Hob Nob Hill is probably San Diego's oldest restaurant in the same location (since 1944) with the same ownership and management. Hob Nob Hill offers a menu that features the finest American cooking. Just about everything, from baking fresh muffins and cakes to curing corned beef, is done on the premises. And each recipe has been home-developed and home-tested!
Pssst! Go to: <http://www.hobnobhill.com> to get a coupon for \$2.00 off!

THU JAN 21 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! **B-I-N-G-O!** And we'll have prizes for the winners! Oh, such prizes! Please bring a treasure from your local dollar store as a prize. Sharon and Eric will provide light munchies. Please, please RSVP!

SAT JAN 23 8:30 AM 46 MILES **1/2 KNOCK OFF THE HOLIDAY WEIGHT
WITH LUNCH IN ESCONDIDO!
CARMEL VALLEY PARK & RIDE

Robert Leone (858 272 4710). 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. It's long enough to make starting early (8:30 AM) worthwhile, but the payoff is lunch at El Nopal on Kalmia Street in Escondido. You'll also be rid of the last of your holiday weight gain. The ride features a great downhill run along Del Dios Highway, lots of climbing, many regroupings and a coffee break at Cafe Positano in Rancho Santa Fe. Rain doesn't necessarily cancel!

SUN JAN 24 9:00 AM ±25 MILES *** PENASQUITOS CANYON LOOP
PENASQUITOS CANYONSIDE PARK

Gayle Ziaskas (858 484 7596). Take the I-15 to Mercy Road/Scripps Poway Parkway exit. Turn west and continue to Black Mountain Road. Turn right on Black Mountain Road and make a left at the first light into Canyonside Park.

We will go through the neighborhoods of Mira Mesa with a nice downhill to Sorrento Valley. Then we will loop around Del Mar to the 56 bike path back to Penasquitos. Lunch will be at Café 56 with, would you believe it, a downhill back to the start!

TUE JAN 26 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIGHTERS
APOLLONIA GREEK RESTAURANT
8650 Genesee Avenue #106
Costa Verde Center (858 455 1535)

Bob Cameron (858 456 3862). Apollonia is a Greek with a large selection of vegetarian offerings. This restaurant is located on the lower level of the Costa Verde Shopping Center, between Nobel Drive and La Jolla Village Drive. Two years ago, Apollonia's owners purchased the building that was previously occupied by the Aesop's Greek Restaurant. The first thing that the new owners did was to totally redecorate the interior. In Bob's opinion, the Apollonia is the most elegant Greek restaurant in San Diego. The Apollonia menu contains every conceivable Greek dish and many that Bob has never seen before, such as a dish called Vegetarian Phantasia. The ingredients for this dish are too numerous to relate here but this dish looks to be very intriguing. Another interesting dish is called Athenian Mahi Mahi. Bob was unaware that there was such a thing as Greek/Hawaiian cuisine.

SAT JAN 30 10:00 AM 27 MILES *** TEMECULA WINE COUNTRY
ADOBE PLAZA
Jefferson Avenue, Temecula

Rhonwyn Curtis-Nicholson (858 243 4662). Take I-15 to Temecula. Exit Rancho California and go west. Turn right onto Jefferson and head north about a mile. Turn left into the Adobe shopping center parking lot across from Wendy's.

We will head through Old Town Temecula, out and around the Redhawk Golf Club, and then into wine country. Lunch and wine tasting at Wilson Creek Winery.

SUN JAN 31 9:00 AM 50 MILES *** DULZURA BICYCLE RIDE
BONITA MALL
near Outback Steak House

Alan Calvert (619 545 2229). Alan's turn! 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.



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!

Wheely Good Recipes

Indigo Grill's Indian Corn Muffins



- 1 package corn bread mix
- 1/4 cup Plus 1-1/4 tablespoons milk
- 1/4 cup melted butter
- 1 tablespoon Tabasco Sauce
- 1 cup creamed corn
- 1 cup grated cheddar cheese
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 white onion thinly sliced

Preheat oven to 400

Line muffin tins with paper or grease well

Combine cornbread mix, milk, melted butter, Tabasco and creamed corn.

Mix well and fill the muffins tins about 2/3

In another bowl, Combine thoroughly cheese, sour cream, mayo and onion Top each muffin tin with this mixture.

Bake for 30 minutes. Makes about 10 not particularly low calorie, but very good..... muffins

Submitted by *Sandra Zinn*

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



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 FEB 07 9:00 AM 50 MILES *** BORREGO TO THE SEA
BORREGO SPRINGS AIRPORT
three miles east of Christmas Circle Borrego Springs

Eric (619 997 9292) or Sharon (619 787 7427). Is it that time already? Time to ride across the desert to the Salton Sea! The 50 mile ride is mostly flat with some rolling terrain. Awesome desert scenery, warm winds and great company are all included. This is a desert ride, so please remember to bring extra water.

Arrangements are currently being worked on for a Saturday night dinner and hotel accommodations in Borrego Springs. If you are interested, please contact the ride leaders by phone or at pezzie@san.rr.com.

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!

SUN JUN 06 ~ 545 MILES AIDS/LifeCycle
through San Francisco to Los Angeles
SAT JUN 12

Ever thought of riding your bike down California? Well then, we've got a ride for you: AIDS/LifeCycle! It's a 7-day, 545 mile bike ride from San Francisco to Los Angeles that raises money and awareness for the HIV and AIDS services of the L.A. Gay & Lesbian Center and the San Francisco AIDS Foundation. This marks the ninth year for AIDS/LifeCycle and the seventeenth for the event overall, and during the week of June 6-12, 2010, thousands of Cyclists and volunteer Roadies will come together to do something incredible. Something that will change lives. Something that YOU can be a part of! You only need to register; we'll help you train and fundraise. What are you waiting for?

Register today at <http://www.aidslifecycle.org/register/> or learn about the ride at <http://www.aidslifecycle.org/>

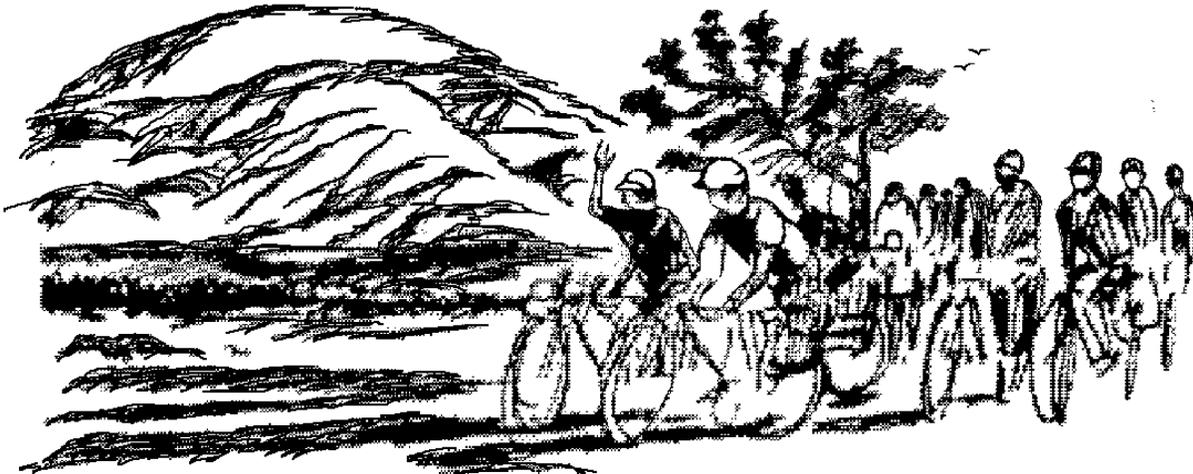
A Special Offer for the Knickerbikers

Adventure Cycling has been dubbed "America's bicycle travel experts". Adventure Cycling Association's nonprofit mission is to inspire people of all ages to travel by bicycle for fitness, fun, and self-discovery. Founded in 1974 as Bikecentennial, Adventure Cycling is the premier bicycle travel organization in North America with 44,500 members nationwide. For a limited time we are offering complimentary trial memberships to members of the Knickerbikers of San Diego. [Sign-up now!](#)
<https://www.adventurecycling.org/membership/freemembershipintro.cfm?r=Y6-C1A>

Knickerbiker Klassified

FOR SALE Shimano SH-MT40 US Size 8. Oops! Too tight! Tried on and worn indoors only; never used on bike. The shoes were bought on sale and could not be returned. Best offer. Contact Joi 619 990 9219





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.

