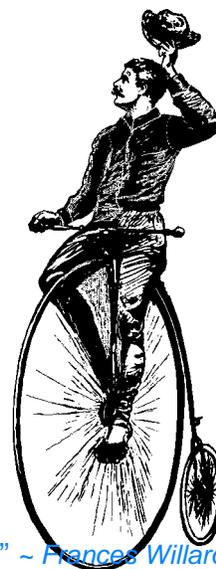


The Knickerbikers of San Diego County

www.Knickerbikers.com



"Sighing for new worlds to conquer, I determined that I would learn to ride the bicycle." ~ *Frances Willard*
- 19th Century feminist; author of [How I Learned to Ride the Bicycle](#)

THE BULL-A-TON

FEBRUARY 2010

Vol. 36 No 9

WHAT DAT?

On a typical glorious San Diego morning, the Knickerbikers gathered; a sea of screaming yellow jackets, interspersed with colours as bright as the tail feathers of the NBC peacock, chatted a while and then headed off towards the Cabrillo National Monument. Although it is a climb many of us begrudge, it is certainly worthwhile; from the top we get a breath-taking view of San Diego's harbor and skyline, as well as Coronado and Naval Air Station North Island. On clear days (most days!), a wide expanse of the Pacific Ocean, Tijuana, and Mexico's Coronado Islands are also visible. (Hey non-San Diegans are you jealous yet? This is our winter!) But I digress...

Climbing to Cabrillo is a Knickerbiker Klassic so we have established a routine. Along our way, we stop at Kevin's for coffee. Kevin's is a small coffee stand in Ocean Beach run by.. Kevin, a very personable gentleman. A little shack, large round white plastic tables with colourful umbrellas, countless white plastic garden chairs all jumbled onto a corner parking lot. Kevin's serves up liquids and treats to many passersby and loyal customers whenever he is open...

While patiently waiting for my coffee (not a big coffee fan, but needing the caffeine boost to get me up the hill, I go for the most disguised drink I can get – lots of soy milk, half caf [I learned that expression from more experienced non-coffee fans], chocolate, whipped cream, sugar and whatever else Kevin may suggest.) And oh yes, this coffee (can it really be called coffee?) does give me the boost I require throughout the ride, and long after... Its affects usually don't wear off until about 3 AM! But once again, I digress..

That morning in particular, I noticed a gnarly canary-yellow object on the counter. Kevin said a customer had given it to him earlier that morning. Kevin had simply left it on the counter because it was so interesting and hoped that one of his many patrons could identify it. Having my cell phone with me (great camera, poor communication device), I snapped a photo (Note: Tip jar and sugar dispenser as proof that this was taken at Kevin's.)



Any guesses?

Submitted by *Sharon* "don't let me drink coffee" *Goodis*

Bicycling Safety and Courtesy!

- Ride single file (in most cases). If you are going to ride two- abreast, do so in an area that can be done safely and without compromising other cyclists or other drivers. NEVER EVER ride more than two abreast. We all hate road-hogs when we are driving our cars, and there is simply no reason to have to take up whole non-bike lanes when riding in a peloton on city streets. Everyone has a right to the road, cars and cyclist alike. Let's not incite road rage.
- Come to a stop when the sign or light says STOP. No short-cut "fake" U-turns to avoid a light. Stop.
- When passing other cyclists, call out "on your left" when at an appropriate distance from other riders. Give them a chance to yield the road. They will comply. Just let them know that you are there.
- Never, ever, pass a cyclist on the right side. Never. Ever.
- If you are out for a training ride and need to ride at high speeds, the place NOT to do this is on shared bikeways that include roller skaters, dog walkers, and other, rookie, cyclists. We all need to get in good workouts from time to time. Choose your routes carefully.
- Wearing a Spandex club jersey does not give you the right to blow people off the road or abruptly cutting in front of a passed cyclist. Never. Ever.
- Look up from the road immediately in front of you from time to time. You'd be surprised at how much fun you will get if you are not grimacing all the time with your sole intent on speed competitions (either alone or in a peloton). You'll live longer and might afford a less experienced cyclists to enjoy their ride, too.
- Get in the habit of acknowledging other cyclists that are SHARING the road with you. If they say hello, say hello back! They might not have the fanciest, lightest, bikes or that really cool Spandex outfit, but they are your cycling brothers and sisters. Say hello - FIRST.
- If you don't like the way someone is riding near you, tell them IN A NICE WAY HOW THEY CAN IMPROVE. No barking. Never. Ever. A little education, delivered in a calm voice, goes a long way. The rookies are usually terrified being out in traffic. If you share with them the right way to ride, they will likely share this with someone else and look up to their more senior cyclists for offering good advice instead of disdaining their behavior. Sort of a Golden Rule thing, you know?
- SHARE the road, courteously, safely. Is it really that hard?

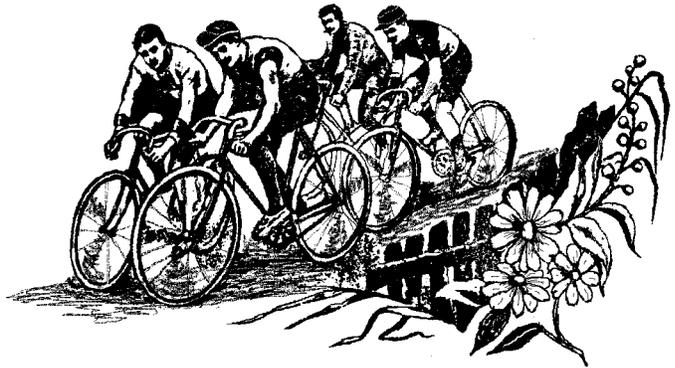
Steve Gebler

bentrider@stevegebler.com

Steve teaches adult cycling classes and makes every effort to teach the right way to cycle (courteously and safely). While on some of the "joy rides" with his classes, he's observed (and been the recipient of) some simply appalling behavior.

If you'd like to chat about this, give Steve a shout at 760 487 8723.

Outings:



FEBRUARY							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							

TUE FEB 02 **6:00 PM** **WALK** ******** **KNICKERBIKER KNIGHTRIDERS**
6:45 PM **DINNER** **SAFFRON NOODLES AND SATE**
3737 India St. (619 574 0177)

Robert Leone (858 272 4710). 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. Bring along a flashlight to brighten your path. We'll then join the non-walkers at the restaurant at 6:45 PM.



Su Mei Yu started her restaurant empire with a simple roasted chicken takeout storefront on India Street. Years and a few cookbooks (Cracking the Coconut, Asian Grilling) later, the local real estate market allowed her to branch out into the space next door with a more elaborate menu and casual dining seating. This second space is decorated with pieces by her late husband, UCSD Visual Arts Professor Italo Scagna. Go to www.saffronsandiego.com if you'd like to check menu selection beforehand.

SAT FEB 06 **9:00 AM** **30 MILES** ****** **MT. HELIX AND BEYOND**
YE OLDE BICYCLE SHOPPE (619 582 4024)
6792 University Avenue
West of 70th Street, across from Joan Kroc Center

Paul Mitchell (cell 619 240 6659 or home 619 741 7169). To get to Ye Olde Bicycle Shoppe take I-8. Exit to go south on 70th. Go west on University Avenue. Paul will lead us up Mt. Helix and then out to El Cajon over to Singing Hills. We'll go through Rancho San Diego over to Casa de Oro for lunch at Sunrise Deli and then back to the bike shop.

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 FEB 07 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. (Please 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 (loaloro@yahoo.com) if you want a route slip as she doesn't have a printer.

TUE FEB 09 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
6:45 PM DINNER LA CHINA (858 576 9898)
Tierrasanta Gateway Center
5910 Santo Road, Tierrasanta



Rita Cohen (858 268 3150). 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 neighborhood walk. Bring along a flashlight to brighten your path. We'll then join the non-walkers at La China at 6:45 PM.

2010 is the Chinese year of the Tiger and February 14 2010 is the Chinese New Year. Unlike western calendars, the lunar Chinese new year calendar has names that are repeated every 60 years. The fact that the date of Chinese New Year varies within a lunar month is a clue that it's linked to the new moon. A rough, and almost infallible guide, is that the Chinese New Year date falls on the second new moon after the winter solstice. The winter solstice always falls on December 21, the next new moon is January 15, and the second new moon February 14 2010. One problem with any lunar calendar system is that some years there are 13 new moons. The Chinese deal with this by slotting in an extra intercalary month. The Chinese have been calculating the New Year for a long time, and 2010 will be lunar year 4708 in the Chinese calendar system.

Wishing you good fortune!

SAT FEB 13 9:30 AM 27 MILES *** TWO RIDES TODAY: RIDE #1
RANCHO SANTE FE
SAN ANDRES DR., 0.3 miles East of I-5
and just south of Via de la Valle, Del Mar.
Parking curbside on San Andreas Dr.

Rhonwyn Curtis-Nicholson (858 243 4662). To get to the start of the ride, take I-5 to Via de la Valle. Go east about 1/8 of a mile. Turn right onto San Andreas and park on the street. Rhonwyn will lead us through Rancho Sante Fe. Lunch will be at Kealani's Hawaiian restaurant on the Coast Highway in Encinitas.

SAT FEB 13 varies varies *** TWO RIDES TODAY: RIDE #2
TOUR DE PALM SPRINGS
Downtown Palm Springs

Al Mireles and Judy Peacock (619 262 3969). Judy and Al invite you to join them on the Tour de Palm Springs. Call for more information. Sign up at www.TourDePalmSprings.com.

SUN FEB 14 9:00 AM 25 MILES *** TWO RIDES TODAY: RIDE #1
EASY SUNDAY RIDE
VONS PARKING LOT, south east corner
5630 Lake Murray Boulevard, La Mesa

Guy & Carolaine Laronche (619 466 0359). From I-8 take the Lake Murray Blvd. exit and continue for about 1 mile on Lake Murray Blvd. Vons will be on your left at the corner of Lake Murray Blvd. and Baltimore. This is a nice easy ride in San Diego suburbia. From Lake Murray to the San Diego Mission/Stadium, then to the 52 bike path to Mission Trails Regional Park and back to Lake Murray. Options: For the riders who feel they can tackle a bit of dirt road we will cut across the Grasslands of Mission Trails Park (others will follow the normal paved road). For those who want a bit more mileage we will do another lap of Lake Murray. Lunch will be at the Lake Murray cafe.

SUN FEB 14 9:00 AM 50 MILES **½ TWO RIDES TODAY: RIDE #2
BORREGO TO THE SEA
BORREGO SPRINGS AIRPORT
1816 Palm Canyon Drive, Borrego Springs, CA
3 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.

For those who are staying over Saturday night, arrangements have been made with Stanlunds Resort Inn & Suites, (760 767 5501), email: frontdesk@stanlunds.com, <http://www.stanlunds.com/>. Ask for Al at the front desk and tell him you are part of the Knickerbiker Party, rates as low as \$80.00 for room for two.

Saturday night suggestion: http://theabf.org/event/astronomy/desert_skies_outdoor_lecture_series_2 .

TUE FEB 16 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
GULF COAST GRILL
4130 Park Blvd. (619 295 2244)

Rhonwyn Curtis-Nicholson (858 453 3687). Wear your beads! It's Mardi Gras! Enjoy wonderful Cajun food at the Gulf Coast Grill. The menu is inspired by the flavorful and diversified cuisines of the Gulf Coast. This area, from the Gulf of Mexico to the Gulf of Campeche, offers a wide variety & style of cooking with Cajun, Creole, French, Latin American, Spanish & Caribbean influences.. creating the "Best of Both Gulfs". Gulf Coast Grill is on Park Boulevard between University to the south and El Cajon Blvd to the north. There is ample street parking.



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!

THU FEB 18 7:00 PM 0 MILES **** KNICKERBIKER GAME NIGHT
KINGS' 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 Kings are gamey people. They will provide some munchies, but please let them know if you are coming!

SAT FEB 20 9:00 AM 40 MILES *** COASTAL BACKSTREETS
GLEN PARK
2149 Orinda Drive, Encinitas

Jeff Gianformaggio (619 255 2890). To meet your ride leader and riders, take I-5 to Manchester Avenue. Go west to junction with San Elijo Avenue for a few blocks, turn right on Orinda Drive (tennis courts will be on your right), and park in Glen Park or on neighboring streets. Jeff will lead us along coastal backstreets. Lunch will be in Carlsbad.

In 1881, Jabez Pitcher settled in Encinitas and is considered to be the father of the town. Pitcher came to San Diego and filed a claim for 160 acres on a mesa near the railroad tracks where the Encinitas Civic Center is now located. In 1870, a few miles north of the railroad tracks, English spiritualists named their settlement Leucadia after one of the Greek Isles. The name means "Isle of Paradise" or "Place of Shelter." The five-acre tracts were named after Greek gods and mythical figures.

SUN FEB 21 9:00 AM 25 MILES *** IT'S FUN TO BE A KID AGAIN
MISSION BAY VISITOR'S CENTER
North parking lot
E. Mission Bay Drive & Clairemont Drive
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. To get to Mission Bay Visitor's Center, take I- 5 to exit Clairemont Drive. West to Mission Bay Visitor's Center, right on East Mission Bay Drive, immediate left into parking lot, another left.

It's fun to be a kid again. It's one of our founding principles. We'll do a slow ride around Mission Bay, seeing the sights and smelling the smells. Bring a camera. There will be a photo contest and we all will be the judges. We'll be looking for a photo that best expresses that founding principle, "It's fun to be a kid again". If 25 miles isn't enough one can add as many loops as necessary around Fiesta Island. Each loop is 4 miles.

TUE FEB 23 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIGHTERS
MANDARIN PLAZA RESTAURANT (619 224 4222)
3760 Sports Arena Blvd (at Hancock St)

Merle and Susan Vogel (858 279 9863). 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 neighborhood walk. Bring along a flashlight to brighten your path. We'll then join the non-walkers at Mandarin Plaza Restaurant at 6:45 PM.



Not only does Mandarin Plaza offer a full service menu, but it also has a terrific buffet. The cuisine includes American-Chinese, Cantonese and Asian fusion. Come on out and enjoy!

SAT FEB 27 7:45 AM 60 MILES *** REALLY BEACH'N CAMPING RIDE
 through NORTH CLAIREMONT to
 SUN FEB 28 DOHENY BEACH STATE PARK
 2967 Havasupai Avenue, 92117

Will Cronyn (619 823 0070). Take Route 52 to Regents exit. South to light at top of hill. Turn right on Luna, quick right on Jutland, first right onto Hidalgo, first left on Havasupai (Have A Soup Pie). Straight ahead takes you into Will's front door. The usual coastal/beach ride through Del Mar, ...Oceanside, Pendleton, San Clemente to Doheny with a coffee break at Java Depot, stops at our favorite restrooms (Power Plant, Swami's, etc.), and a BYO picnic lunch in San Onofre State Park. At the campground, those who want to "rough it" can prepare their own dinner and breakfast; others can go to the nearby restaurants. Check-in time is 4 PM, check-out is 9 AM. The unreserved, walk-in camping area is \$6/person but has a limit of 5 people (not tents). There is a table and fire ring (volunteers are welcome to bring wood in their panniers for a nice evening camp fire and s'mores). If you are planning to go, send your checks to Will. If there are more than 5 campers including Will, Will will willfully sign up for a reserved camp site. If more than 4 campers show up unannounced at Will's house, they can decide among themselves who gets to camp. Non-campers are welcome to join the ride and return to San Diego by either making a U-turn or continuing on to the San Juan Capistrano AmTrak station 3.5 miles away where trains depart at about 3:20, 4:20 and 5:20, with a 1.5 hour ride back to SD.

SAT FEB 27 8:30 AM 61 MILES **1/2 SEASIDE SLOPEY METRIC HUNDRED
 MISSION BAY
 South Shores Boat Ramp
 located along Seaworld Drive, just east of Seaworld

Robert Leone (858 272 4710). Take I-5 to Seaworld Drive. Park in the designated spaces in the parking lot of the Mission Bay South Shores Boat Ramp. Early (8:30 AM) start due to distance. Check your fitness level for the long rides of Spring with this run up the coast to Carlsbad for coffee and snacks at Vinaka Cafe. Keep the snacks light, because we shall lunch at Kealani's in Encinitas on the way back. This is a long ride, but it will feature a lot of regroupings. We're leaving no one behind.

SUN FEB 28 9:00 AM 24 MILES *** CLAIREMONT CAFFEINE & DOWNTOWN KEBABS
 TARGET parking lot, Mission Valley (619 542 0025)
 1288 Camino Del Rio North, at Mission Center Rd.

Robert Leone (858 272 4710). We'll start from Mission Valley and head up to Clairemont for coffee. From there we'll drop down to Mission Bay Park, do a lap about Fiesta Island and head to the Kebab Shop on Market Street for lunch. From there we'll head up Park Boulevard and drop back down into Mission Valley via Bachman.

SUN FEB 28 6:30 PM 10 MILES **** FULL MOON OB DINNER RIDE
 MISSION BAY VISITOR'S CENTER
 North parking lot
 E. Mission Bay Drive & Clairemont Drive
 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. To get to Mission Bay Visitor's Center, take I- 5 to exit Clairemont Drive. West to Mission Bay Visitor's Center, right on East Mission Bay Drive, immediate left into parking lot, another left.

Bring your bike lights – we're taking advantage of the full moon for a short ride to Ocean Beach for dinner. Call Robert for restaurant info.

Wheely Good Recipes

A Tasty Trail Mix



- 1 cup whole almonds
- 1 cup pecan halves
- 1/3 cup plain oats
- cooking spray
- 2 tablespoons honey
- 1/2 teaspoon cinnamon
- 1 cup orange-flavored dried cranberries (craisins)
- 1 large package dried apricots

Preheat oven to 350°F. Place nuts and oats in a bowl and spray evenly with cooking spray (about 3 shots). Drizzle with 1 tablespoon honey and add cinnamon, stirring to coat. Spread nuts evenly on a pan and toast for 15 minutes, stirring occasionally. Once they've cooled, stir in the second tablespoon of honey and mix in the dried fruit. Divide into 1/4-cup servings and place each into a zip-top bag.

Stolen from Rodale and submitted by *Sharon Goodis*

Knickerbikers on the go often need fast fuel. Sometimes we want nutrition, and sometimes – let's face it – we want junk. What's your favorite cycling snack? RSVP Sharon – pezzie@san.rr.com

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:

<p>→ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>	<p>→ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>
<p>→ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>	<p>→ Name _____</p> <p>Address _____</p> <p>City _____ Zip _____</p>

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:



SAT MAR 06

7:00 AM

125 MILES

**

DEAN'S GRAND TOUR
(HIGH MILEAGE TRAINING RIDE)
North County Fair, Escondido

Dean Natwick (760 746 4375). If coming from the south, take the Interstate 15 freeway, and exit on Via Rancho Parkway. The main shopping center entrance will be directly in front of you.

If coming from the north, take the Interstate 15 freeway, exit on Via Rancho Parkway and head east to the shopping center's main entrance, which is located off East Via Rancho Parkway.

Average 15 MPH pace over 125 miles. This is a full day in the saddle. Only 4 rest stops planned. Brunch at North Island is the longest break which includes waiting for the ferry to cross San Diego Bay back to San Diego. The other three scheduled breaks will be short - estimated 20-30 minutes to make sure we make it back to the start/end point under sun light.

This is a great ride that Dean has done many times. We'll have dinner after the ride at North County Fair either at BJ's (if they're open) or On The Border (if they're not) and believe it, a Dos Equis Amber will never taste as good as the one you have after this ride.

Although Dean is new to the club, his only adage is that 'no one finishes unless we all finish'. But be realistic on this ride. You should have done 75% of the mileage estimated for this ride on a single ride in the last few months. Have your bike mechanically ready. And let's get out and mash some peddles. Dean is excited about this and is looking forward to leading this ride. If you're a long range saddle newbie, Dean is excited to challenge the tour veterans of the club join him to offer mentorship to those who want to learn how to manage such a challenging one day ride. All are welcome, but please be trained and prepared. Again, no one finishes if we all don't finish - we will stay together and offer support to one another. This ride is not a race and no one will be dropped. Dean will offer a very high level description of the ride and then go to work producing the route sheet for the ride. Dean really hopes those of you who this challenge even begins to tickle some interest in will throw down and get the base training in needed to participate. Group riding for Dean is a social event. Let's tack this one back and move on to greater challenges as a club.

General Course: South inland from North County Fair to Seaport Village for 1st rest break. South past naval station to National City, across through Imperial Beach and up The Strand to the ferry Landing at North Island for 2nd break and brunch. Ferry back to San Diego, then north to Ocean Beach, Mission Beach, La Jolla and UCSD and 3rd break for carried provisions. North coastal to Encinitas for 4th break and quick late lunch/smoothie refreshment. North to Palomar Airport Road and inland to Escondido and back to North County Fair for finish and dinner at BJ's (if open) or On the Border (if not).

Knickerbiker Klassified

LOOKING TO BUY: Used/Old BIKE RACK that fits on trunk of 2001 Honda Accord. Collapsible & small, only needs to carry one bike. Idea is to keep it inside of car trunk while on rides as a backup to my bigger bike rack in case it is stolen. Contact Martha Way Home 858 581 9292 Cell 858 761 8400 MWay@way2retire.net.



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

SUN MAR 14

7:15 AM

100 MILES

**

5th ANNUAL SEA LEVEL CENTURY
Carmel Valley Park & Ride

Fern Kissel (760 525 6833). Please come out and join the riders on the 5th Annual Knickerbiker Sea Level Century. We will be leaving promptly at **7:15 am** from the Carmel Valley Park and Ride. To get to the start 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.

If you get there late, just head up the coast and catch up with us. This year, we will be doing the Sea Level Century a little differently. Since it has become a popular ride, it is too difficult for the ride leader to stay behind and sweep or to try and keep us somewhat together as a group. Fern will try to have route slips available, however, if you are inviting people that are not Knickerbikers or who have not done the ride from Oceanside Harbor through Pendleton to San Clemente and Dana Point, please either lead the way up and back for them or provide directions to them. We'll be stopping at the Oceanside Harbor free parking to pick up the riders that are doing part of the ride. It is 22 miles to the harbor and Fern estimates that the fastest riders should be at the harbor parking lot around 8:45 - 9:00 AM. Please be ready to ride as soon as you get there - even if you have to wait 15 minutes or so for us. When Fern gets to the harbor parking lot, she'll gather up everyone and we'll leave within 5 minutes of her getting there. Or, you can also just start riding north on your own. We'll head north through Camp Pendleton and stop at the Las Pulgas parking lot at approximately 9:45 - 10:00 AM to pick up any riders going from Las Pulgas to Dana Point and back. We'll do the same thing at this stop – as soon as Fern gets there, we will leave, or you can start riding north on your own. Last year we had to split into several different groups when we got to Dana Point Harbor because, unfortunately, since the rebuild of Proud Mary's, there just isn't enough seating there for all of us any more. ☹ So, we are all on our own again for lunch. We will not be coordinating a time to meet after lunch and head back south to do our other 50 miles. If we happen to all be in the same place to head back together, well that would be wonderful! OR – you don't have to go to lunch, you can bring your own food and turn around at Dana Point Harbor for your last 50 miles! But what's a Knickerbiker ride without lunch??? BRING YOUR ID to get onto Camp Pendleton or you will have to take the 5 freeway to the Las Pulgas exit. Please don't hold Fern to the time estimates or email or call her that her estimates are incorrect. Some riders are faster than what she has estimated for. Also, Fern does not have plans to organize any type of training ride(s) for the Sea Level Century. This is a **fun, social** ride for those that don't want to pay for or can't do the harder century rides or have never done a century ride. If you want to time yourself on the ride, go for it! **There is no charge for this century ride and you will be completely and totally responsible for yourself, your bike, your food, your water, etc.** Above all else, LET'S HAVE A GREAT TIME AND BE SAFE!!!!

SUN JUN 06
through
SAT JUN 12

~ 545 MILES

AIDS/LifeCycle
San Francisco to Los Angeles

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/> .

Cornering on Wet Roads

What's the matter? Road cycling becomes a whole new game when the pavement is wet. In extreme conditions, traction can be almost non-existent. In the Giro d'Italia a few years ago, a sudden rainstorm turned the Italian roads into a skating rink. The best bike handlers in the world were sliding across the pavement at every corner.

Here's help: Although cornering on wet roads will never be as secure as on dry pavement, these 5 techniques can help keep you upright:

---**Slow down**, particularly when rain starts. The road will be slipperier in the early minutes of a shower than after the rain has had time to wash away the film of oil and dust. Even pro cyclists will slow almost to a stop in sharp turns when rain begins.

---**Reduce tire pressure**. If it's raining when you begin a ride, let some air out of your tires. If you normally run 100 psi, go down to 85 or 90 psi, depending on your weight. The theory is that a tire at lower inflation compresses more under load, increasing its contact area. Lower pressure also reduces the risk of tires chattering and losing traction on rough roads.

---**Watch out for slick things**. When they're wet, painted lines and markers are very slippery. Turning while on them could easily cause tires to slide out. If you can't avoid riding on paint, do it with your bike as upright as possible. Other damp dangers include manhole covers, metal plates, steel-deck bridges, railroad tracks, fallen leaves and tarry crack filler.

---**Be smooth**. Don't make any abrupt movements that might break traction. Initiate all turns smoothly in a wide arc instead of heeling the bike over all at once.

---**Try a tripod**. Although this technique is relatively recent, we're seeing pro roadies using one leg as an outrigger in slow-speed slippery corners. They emulate MTB downhillers by unclipping the foot that's on the inside of the turn, holding that leg out through the corner and "dabbing" if they start to lose traction. Practice this technique and you can also use it on gravelly or sandy turns.



Photo: *Ron Powell*



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.



10/02