

The

Knickerbikers

of

San Diego County

www.Knickerbikers.com



"The bicycle is its own best argument. You just get a bike, try it, start going with the thing and using it as it suits you. It'll grow and it gets better and better and better." ~ Richard Ballantine – cycling writer

THE BULL-A-TON

MARCH 2010

Vol. 36 No 10

Pedouins – A 7,000 Mile Journey of Discovery

"Pedouin, like bedouin," Bill Harrison stated, and that describes Bill, his wife and their three daughters, who are pedaling 7,000 miles from their home in eastern Kentucky to Alaska, via Florida and San Diego.

One of the Knickerbikers spotted them headed south on Torrey Pines hill in February and stopped them long enough to get a business card, a picture and the short version of their trip. "We started with \$300 and are grateful for any donations we receive along the way," Bill said. Charming guy with a charming family. The girls are 3, 5, and 7 (note the 3-year old making faces!).

You can listen to weekly reports on IMAXradio.com Fridays at 2:00 ET, Saturdays at 11AM and 8 PM ET and Sundays at 4 PM ET. Alternatively, visit www.pedouins.org to keep track of their journey.



Photo: Ken King

Cyclists come in all shapes and sizes. Here's a guide to the menagerie:

Climber

Body type: lung on a stick

Distinguishing bike characteristic: single water bottle cage, no valve caps

If not a cyclist, would be: runner, supermodel or loincloth-wearing ascetic

Favorite conversation topics: weight in grams of cable end caps; long-forgotten taste of ice cream

In the peloton, likes to: hide

Sprinter

Body type: quads the size of beer kegs, elbows sharper than a stiletto, multiple road-rash scars

Distinguishing bike characteristic: 11-tooth cog, shredded front-tire sidewall from sticking wheel into tight places such as others' cassettes

If not a cyclist, would be: street fighter

Favorite conversation topics: anything involving smack talk

In the peloton, likes to: yell at everyone to "Close that gap!" but never takes a pull

Time Trialist

Body type: flexible enough to join Chinese acrobat troupe

Distinguishing bike characteristic: aerodynamic frame, wheels, handlebar, water bottle, cable end caps

If not a cyclist, would be: computer programmer or engineer

Favorite conversation topics: drag coefficients, most recent visit to wind tunnel, slipperiness of skinsuit

In the peloton, likes to: get on the front and ride, dammit

Commuter

Body type: N/A

Distinguishing bike characteristic: grime

If not a cyclist, would be: NASCAR driver

Favorite conversation topics: carbon footprints, climate change, recyclability of objects not commonly known to be recyclable

In the peloton, likes to: ring handlebar bell

Ultradistance Rider

Body type: all of the above

Distinguishing bike characteristic: lights, handlebar bag and/or large seat bag, comfy saddle

If not a cyclist, would be: institutionalized

Favorite conversation topics: food, miles/kilometers ridden, food, extreme weather experiences, food

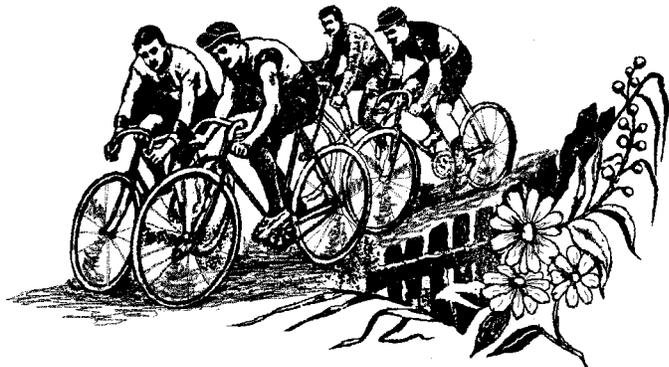
In the peloton, likes to: "Peloton?"

The City of San Diego is moving forward with their bike rack program, and has some racks that they are willing to install for free if the location is right. Here's the deal –

- Has to be in the City of San Diego
- Has to be on public right of way (no installing them in your garage...)
- Has to be a spot where the rack and/or bike would not prevent people from walking or wheeling around it (usually needs 5 feet of clear space in all directions around the rack).

If you have a location that would be a great place to put a bike rack, please let Kathy Keehan know! execdir@sdcabc.org (858 487 6063)

Outings:



MARCH							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				

TUE MAR 02 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
 6:45 PM DINNER RANCHOS MEXICAN&VEGETARIAN CUISINE #1
 1830 Sunset Cliffs Blvd
 (between Narragansett Ave & Niagara Ave)
 Ocean Beach (619 226 7619)

Gail Roberts (619 942 2093). 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

Ranchos is a beautiful happy place where you can enjoy creative healthy dishes with unforgettable flavours at a reasonable price. Ranchos food is made fresh daily with only the finest ingredients. When oil is required, they use a little olive or veggie oil. Their rice and beans are vegetarian and vegan, Their mole and sauces are made from scratch. They try to get as much organic fruit and vegetables as possible. They carry fresh fish and organic coffee.



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 MAR 06

7:00 AM

125 MILES

**

DEAN'S GRAND TOUR

(HIGH MILEAGE TRAINING RIDE)

North County Fair, Escondido

On The Border Mexican Restaurant parking lot

Dean Natwick (760 532 0239) (dnatwick@sbcglobal.net). If coming from the south, take the Interstate 15 freeway to Escondido 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.

We will be meeting at the On The Border Mexican Restaurant parking lot. Bring lights and reflective wear in case delays cause us to finish after sunset. Dean has a shorter route mapped out (still 70 miles) that those wanting to do a shorter route can follow. The first 30 and the last 30 miles of both rides are the same routes, so starting together would still be fun.

Average 15 MPH pace over 125 miles. This is a full day in the saddle. Only 4 rest stops planned. Brunch at Coronado 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 try and make it back to the North County Fair with as much sunlight as possible.

This is a great ride that Dean has done many times. We'll have dinner and Dos Equis Ambers after the ride at On The Border at the North County Fair start/end point 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.

SUN MAR 07

9:00 AM

45 MILES

**1/2

EL CAJON EXCURSION

Lindo Lake Park

Lakeside

Jeff Gianformaggio (619 255 2890). Take I-8 east, exit Los Coches Road. Exit north to Main Street in Lakeside. Right on Lakeshore to Lindo Lake Park. Lindo Lake parking lot will be on the right.

Jeff will have us explore the streets of Lakeside, El Cajon, Rancho San Diego, and La Mesa. Some hills, Lunch will be towards the end of the ride, so bring snacks. There will most likely be a coffee break somewhere along the route.

TUE MAR 09 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
6:45 PM DINNER MIMI'S (619 491 0284)
5180 Mission Center Road

Sandra Zinn (619 464 3457). 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



The Simms family opened the first Mimi's Cafe in Anaheim, California. Son, Tom Simms, brought an innovative spirit in introducing a new type of restaurant concept that combined the quality, ambience and personal service of a dinner house with the convenience and value of a coffee shop. Father Arthur J. Simms brought his lifetime of experience in restaurants along with inspiration from his memorable time in Europe during WWII. He named Mimi's Cafe after a remarkable French woman and borrowed from the appeal of French country cottages to develop the restaurant's unique design and décor.

SAT MAR 13 9:30 AM 32 MILES *** COOK'S CORNER (PART ONE)
Laguna Niguel
Crown Valley Community Park, near Mission Viejo

Jeff Gianformaggio (619 255 2890). Take I-5 north past San Juan Capistrano. Turn left on Crown Valley Parkway. Continue 3 miles west to Crown Valley Community Park; entrance on right into parking lot.

The Aliso Creek bikeway is a gentle grade, paved bike path with no cars, except for a few traffic crossings. The half-way point of the 32-mile ride is the lunch stop at Cook's Corner, an earthy little cafe/bar with outside seating (please - no rain!)

Coast Highway (Carlsbad Blvd.) southbound is temporarily closed between Palomar Airport Road and Poinsettia Lane.

The safest means of taking the detour is to turn east on Cannon Road just after you pass the power plant. Then, go about 1/2 mile to Avenida Encinas (stop light just before the freeway). Go south on Avenida Encinas until you reach Poinsettia Lane, then go west to rejoin Carlsbad Blvd. There is a "bonus" to this route -- you bypass the big hill as you approach the South Carlsbad State Beach Campground. This will add 0.7 miles to your ride, but is much safer than any other route.

Northbound lanes are fully open. The southbound lanes are closed to replace a bridge that has been in place since 1918. The lanes are expected to reopen before June.

Steve Gebler

bentriider@stevegebler.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
- 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!



**Just as sunflowers turn their heads to catch every sunbeam,
so too have we discovered a simple way to get more from our sun.**

Daylight saving time begins on the second Sunday in March.
At 2:00 AM on Sunday March 14 2010 move clocks ahead one hour.

SUN MAR 14 **7:15 AM** 100 MILES ** 5th ANNUAL SEA LEVEL CENTURY
Carmel Valley Park & Ride
(RAIN CANCELS)

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!!!!

TUE MAR 16 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
ST. PATRICK'S DAY DINNER
THE FIELD (619 232 9840)
544 Fifth Avenue
between Market Street and Island Avenue

Rhonwyn Curtis-Nicholson (858 453 3687). There is ample parking within a block or two, or on the street itself. There is a Trolley Station less than 3 blocks away on Harbor Drive and Fifth Avenue. Celebrate St. Patrick's Day in a turn of the century Irish pub shipped literally piece by piece from Ireland and relocated in the heart of San Diego's Historic Gaslamp Quarter. Of course there is also terrific Irish food!

THU MAR 18 7:00 PM 0 MILES **** KNICKERBIKER GAME NIGHT
RITA'S RANCH
4371 Vivaracho Ct., Tierrasanta

Rita Cohen (858 268 3150). Rita's turn! Come on over and play and play Rummy Q, Murder ala Carte, Guesstures (a game of split second charades), Trivial Pursuit, Scrabble or work on an Anne Geddes puzzle. Not enough choices? Bring anything you'd like to play. Please bring something tasty to share. RSVP. Thanks! Need directions? Highway 52, exit Santo Road, left on Clairemont Mesa Blvd, right on Seda Drive, right on Calle de Vida, right on Vivaracho Way, left on Vivaracho Court.

SAT MAR 20 9:30 AM 25+ MILES *** LA JOLLA - MISSION BAY LOOP
Coste Verde Shopping Center
La Jolla Village Drive and Genesee
La Jolla Strip Club Parking Lot, University City
(formerly Trophy's)

Gary Kehle (760 294 4246). From I-5 take La Jolla Village Drive east. Turn right on Genesee and right on Espanade Court. From I-805, take La Jolla Village Drive west. Turn left on Genesee and right on Espanade Court. Park at the north end of the center behind the La Jolla Strip Club (It's a restaurant!)

We will start at the Costa Verde Center and ride to UCSD, then cycle past the Birch Aquarium and regroup at the restrooms at La Jolla Shores. We will continue to La Jolla Cove, La Jolla Childrens Pool, the new traffic circles and re-group at Crystal Pier in P.B. From the pier, we will travel the "ocean side" boardwalk to the jetty and "bayside" to the bicycle path by the flood control channel with a re-group at the visitors information center. The return ride will follow the Rose Canyon Bike path back to the Costa Verde Center. Lunch will be available at the food court after the ride.

SUN MAR 21 9:00 AM 50 MILES *** THE GREAT ALPINE RIDE
5630 Lake Murray Blvd.
Corner of Lake Murray Blvd. and Baltimore
La Mesa
South east side of Vons parking lot

Guy & Carolaine Laronche (619 466 0359). From I-8 take Lake Murray exit and continue for about one mile to Baltimore. The Vons supermarket will be on your left.

We will go around Mt. Helix to reach Rancho San Diego then we will take Willow Glen to Dehesa and Tavern Road. Lunch will be in Alpine (restaurant to be determined). Return via Harbison Canyon to catch Dehesa and head back to the start via the same routes.

TUE MAR 23 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
CHOPSTIX TOO (858 565 1288)
4380 Kearney Mesa Rd

Gail and Arthur Markiewicz (760 518 3617). Chopstix Too is a Japanese restaurant that has many wonderful and reasonably priced meals. Soups, tempura, teriyaki, sushi, rice bowls, noodles. Yumm!

Chopstix Too is near where Mercury turns into Kearney Mesa Rd. We, the Knickerbikers, have eaten in the big Asian grocery store that has a small fast food type restaurant in the front of the store. Chopstix Too is on the corner, in its own building, across the parking lot from the grocery store. Sound familiar?

Get there by taking I-805 to Balboa Avenue. Go east on Balboa Avenue until Mercury (it's a block or 2 after crossing Convoy Street.) Go right/south on Mercury, after it turns into Kearney Mesa Road. Chopstix Too will be on the right side, on the corner.

SAT MAR 27 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 Ye Olde Bicycle Shoppe.

SUN MAR 28 10:00 AM 26.3 MILES *** BUCKMAN SPRINGS LAKE MORENA
Buckman Springs Park & Ride

Joi Brewer (619-990-9219). To meet up with Joi and your fellow riders, hop on I- 8 all the way to Buckman Springs Park & Ride. Look for screamin' yellow!

Join Joi on the 5th anniversary of her first ride with the Knickerbikers (a month late but it was too cold in February) . The ride includes some rolling hills and a loop ride near Lake Morena. Lunch will be at La Posta diner after the ride, but bring snacks just in case...

TUE MAR 30 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIGHTERS
MIAMI GRILL RESTAURANT (858 552 0668)
4353 La Jolla Village Drive, UTC

Bob Cameron (858 456 3862). Please join the Knickerbikers as they dine on some romantic Cuban dishes. Just imagine a long list of delightfully different dishes of beef, chicken, seafood and salads all prepared in the unique Cuban manner. To round out the menu, there are American style cheeseburgers, Korean style short ribs and culminating with an array of vegetarian salads, tapas and sandwiches. For those who wish to be politically correct, they can tip their Cuba Libre drinks to Fidel and Raul.

SAT APR 03 9:30 AM 25 MILES *** MISSION BAY TO MISSION VALLEY
Mission Bay Visitor Center
North parking lot
E. Mission Bay Drive & Clairemont Drive
Mission Bay

Rhonwyn Curtis-Nicholson (858 453 3687). 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.

Rhonwyn will lead us around Fiesta Island, to Linda Vista and Mission Valley. Lunch will be at Pei Wei Asian Diner in Mission Valley. Pei Wei is a faster and more casual take of P.F. Chang's China Bistro.

SUN APR 04 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!

Wheely Good Recipes

A Simple Dip/Spread



- 16 oz can white beans
- 1 jar roasted red bell peppers
- 1 clove garlic
- 1 tbs. olive oil
- 1 tsp. lemon juice
- salt & pepper to taste

Drain and rinse white beans (great northern, cannellini).
Place in a bowl with roasted red bell peppers, crushed garlic clove, olive oil and lemon juice.
Mash with a fork, or gently blend.
Use as a spread on a pita or as a dip with veggies.

from: *101 Optimal Life Foods*
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..

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



Coming Events:



FRI APR 30
through
SUN MAY 02

WARNER SPRINGS RESORT TRIP

The Knickerbikers have been invited to join the Sierra Club on their Warner Springs trip. They still have rooms left on the trip to Warner Springs. They are staying Friday and Saturday nights at the resort, and will offer scenic rides in the area all three days. Dinner Friday evening is on your own, but they will gather beforehand near their cabins for a no-host Happy Hour. The club will provide Saturday and Sunday breakfast at their group of cabins, and dinner Saturday evening will be a potluck. For bike section members, the rate per person for both nights is \$125 for double occupancy, and the rate is \$250 to take the entire room for both nights, with a \$5 surcharge for an extra person in the room. For non-members, the rate per person for both nights is \$131 for double occupancy, and the rate is \$262 for the entire room, with the same surcharge for an additional roommate. To reserve a place on this trip, send your check for the full amount, payable to the Sierra Club Bicycle Section, to David Johnson at 4676 Morrell St, San Diego, CA 92109. Your payment is refundable until April 1 with substitution for your places. To receive trip information, let David know your e-mail address or enclose a legal-size SASE with your payment. Please e-mail David at [DavSamJohn@aol.com](mailto:DavidSamJohn@aol.com) if you have any questions.

THU MAY 20
through
MON MAY 24

PASO ROBLES

Rhonwyn Curtis-Nicholson (858 243 4662). Rhonwyn is heading to Paso Robles with a couple of biking friends in May to check out the Paso Robles wine festival and to do some biking in the area. This a scoping-out mission and might lead to a club tour in the future. They are leaving Thursday, May 20th, biking on the 21st and 23rd, attending the local wine festival on Saturday the 22nd, and returning to San Diego on Monday the 24th. Lodging will be at the Holiday Inn Express in Paso Robles. If anyone in the club is interested in joining in, please contact Rhonwyn by March 21st.

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/>



Merle meets Susan, Marshall meets Deborah. We all meet Niguel Trotter, famous Scottish writer England, Scotland ~ Push Bike Tour ~ August 9 - 23, 1998



Canada 2003



January 2010



Hiking - Marge, Susan & Ken



2nd Annual Flat Level Century



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.

