

The

Knickerbikers

of

San Diego County

www.Knickerbikers.com



"Bathroom break? Nah. If it's in me and it's warm, I'm keeping it." ~ Dean Natwick – Knickerbiker

THE BULL-A-TON

APRIL 2010

Vol. 36 No. 11

Dean's Grand Tour – March 6 2010 – 125 miles

It was cold at 6:30 AM. The skies were hanging very heavy and the prospect of rain appeared eminent. The question in my mind was pretty much not IF we were to get rained on, but how much. I got to the On The Border parking lot at North County Fair in Escondido early and had a full airport of Pete's coffee and Styrofoam cups to share with riders who decided to brave the threat of rain and meet up for the ride. In the weeks leading up while riding and refining various parts of the ride, I'd bumped into a number of local riders, some with other clubs, who expressed an interest and intention of being there and joining in. Another real good friend of mine named Dano who I've done many unsupported bike tours throughout the south-west said he'd be there and would be willing to ride the whole ride with me so long as we at least didn't have to start out in the rain.

Another new Knickerbiker member Kathy Askin had been in touch and expressed great enthusiasm and planned to get dropped by her husband at North County Fair, then ride with us down to Imperial Beach, up The Strand, and then back to San Diego on the ferry to then ride home up in Normal Heights. I'd also gotten calls at home from two other bike clubs expressing interest to participate. So I was hopeful that others would show up, but seeing the threat of weather so prominently, and knowing I'd stayed home in the previous weeks from other club rides due to rain I knew it was very iffy as to whether or not anyone at all showed up for this one. My buddy Dano drove up from Chula Vista and showed up just after 6:30 and he was excited that it wasn't raining. So with at least him there with his enthusiasm to head out and deal with whatever comes thereafter, the ride was on. The start time of 7:00 came around, and giving the normal 15 minute grace, Dano and I started to get ready to head out. At 7:05 Kathryn sent an email and said the rain was looking too likely and she wasn't going to make it. 7:15 came around and Dano and I were ready to go. It would have been nice if others had shown up, but this wasn't a problem. Dano and I had faced a variety of challenges together on bikes over the years and had learned that over coming those challenges are what great rides and memories are made of. We were excited come wind, rain or whatever.

The route takes a southerly course all the way down through San Diego to Imperial Beach, generally utilizing surface streets and bike paths paralleling I-15 until you get into the Kearny Mesa area in which the route cuts a diagonal through Linda Vista down past USD and the Morena Blvd area. Then through Old Town into San Diego proper, a 20 minute rest break at Seaport Village, then staying on the mainland side of the bay past the 32nd St Naval Station continuing south into IB. During this part of the ride the wind had been blowing steadily out of the south. Pace was slow - low 13's - and our legs were burning a bit by time we got to IB. Dano and I were both riding our big touring bikes and were carrying handlebar and trunk bags with rain and reflective wear, lights, required nutritional aids (GU Chomps, Powerbars, Cytomax for Dano - 2 lb bag of Skittles, a bottle of Tylenol, and powdered Gatorade for me) so the slower pace wasn't really that surprising.

When we got through IB and started up The Strand the magic started to happen. Out there on your approach to the island you are completely unprotected by the wind, and it usually blows out of the north and just abuses you the whole way into Coronado. But today was just the opposite. The wind was blowing a steady 20 mph's out of the south directly at our backs, and Dano and I were easily carrying 22-23 mph average speed all the way to the ferry landing in Coronado. Traveling the same speed as the wind there was no wind noise. Dano and I talking casually the whole way. Easily pressing ratios two or three cogs bigger than we would have been without the wind helping. We got to the ferry landing at 11:15AM and decided to take the 11:30 ferry across and eat in Point Loma rather than eat in Coronado and have to wait until the 12:30 ferry. When we were getting on to the ferry at 11:30, it just started to drizzle. Amazingly, even with the threat of clouds all morning, it hadn't rained on us at all so far, and by time the ferry landed back in San Diego the drizzle had stopped.

Dano and I had lunch on Shelter Island (see attached pic of Dean's vegetarian sushi), then headed across Point Loma on Nimitz and continued north again up the coast. The wind remained at our back and the rain continued not to fall. It was turning into a great ride but we were fairly certain we'd get hammered by rain at some point. Feeling good we skipped the scheduled stop at UCSD and continued on figuring we'd stop somewhere in Encinitas or Leucadia. In Cardiff I flatted so we used that repair as our third break. Flat repaired we continued north and then headed inland on Palomar Airport Rd. At this point the wind was cutting across our faces which all of you know creates a standing wave of pressure that you do have to push through. The bicycling adage of "If the wind isn't directly at your back, its a headwind" comes to mind. So the effortless wheel spinning magic ended at that point (as we knew it would) and we had to start mashing peddles again. Filled up our water bottles right there near I-5 and continued east for the last stretch to the ride start/end point, beer and Mexican food waiting for us. As we got into Carlsbad the roads were wet from recent rain, as they would be when riding through San Marcos and Escondido. But here again, amazingly, it did not rain on us. Entering into Escondido my legs were pretty spent. There was still some power left, but absolutely no snap. I was at that point where I only wanted to exert enough power to keep the big touring bike rolling, but acceleration? Forget it. The only reason I was getting out of the saddle and standing on the peddles periodically was to relieve the pressure from the saddle. The last stretch south through Escondido on Centre City Parkway was fun in that its generally downhill, and the zig-zag secret passage through the Kit Carson park to the mall was pretty much a coast and glide. We treated it like a victory lap.



Back in the parking lot of On The Border, Dano and I were putting our bikes away and as we were closing the cars up and heading into the restaurant, real rain drops started to fall on us for the first time that whole day. Dano and I got inside, ordered a couple of large Dos Equis Ambers, a pair of the all-you-can-eat enchilada specials, and when toasting our accomplishment and a great ride with our first beers, were amazed to see an absolute torrential down-pour outside.

The Gods smiled on us that day. It turned out to be a great ride. I knew from the start it was going to be an



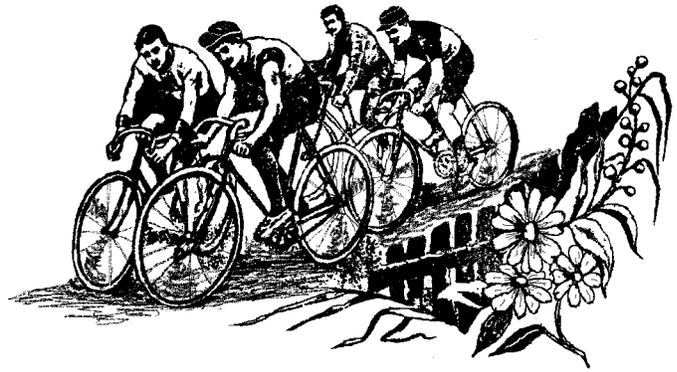
adventure, but rather than being dumped on it was cool, the wind was working with us when we needed it, and it was a truly memorable ride. I wish more of you could have been there. I was a great day, and my buddy Dano thinks I'm lying about belonging to a bike club.

Final stats from Dano's gps gizmo: 112 miles (he says this is sometimes short due to periodic loss of gps signal - but its close), 14.0 avg mph (not bad for 30 lb touring bikes and one flat).

Dean Natwick

Dano, Seaport Village

Outings:



APRIL						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	

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!

KNICKERBIKERS of SAN DIEGO COUNTY

EXCURSION RATING KEY

- **** SIGHTSEERS - Leisurely riding. Destination and scenic oriented. Frequent stops. No extreme grades. 8 - 12 mph
- *** TOURISTS – Moderate to brisk pace. Scenic roads including hills. Stops every hour. No one gets dropped. 12 mph
- ** SPORTS RIDERS - Vigorous, peppy pace. Possible steep grades. Good workout. Stops every hour or two. 15 -17 mph
- * MASTER RIDERS (Animals) - Anything goes. Possible pace lines. Slower riders dropped. Ready for competition. ? mph

PROMPT DEPARTURES

Rides depart 15 minutes past scheduled assembly time. Please be ready and waiting for departure.
 Greet your ride leader!

TUE APR 06 6:30 PM 0 miles **** KNICKERBIKER KNIGHTRIDERS
WAHOO'S FISH TACO (619 299 4550)
2195 Station Village Way, Mission Valley

Belle Jour (619 787 7427). The **wahoo** (*Acanthocybium solandri*) is a scombrid fish (**Scombridae** is the family of the mackerels, tunas, and bonitos) found worldwide in tropical and subtropical seas. It is best known to sports fishermen, as its speed and high-quality flesh make it a prize game fish. In Hawaii, the wahoo is known as **ono**, a term used to describe something good, or delicious. And so, you would expect this restaurant is named for the wahoo fish... however Wahoo's story begins in 1988, when the three Wahoo's brothers, Wing, Ed and Mingo, combined their love of surf and food to create a restaurant with an eclectic Mexican/Brazilian/Asian menu and a Hawaiian north-shore vibe

SAT APR 10 8:00 AM 66 MILES ** MBVC-SAN JUAN CAP PRE-TAX TRAINING RIDE
Mission Bay Visitor Center
North parking lot
E. Mission Bay Drive & Clairemont Drive
Mission Bay

Will Cronyn (619 823 0070). Not sure where the Knickerbikers meet at Mission Bay? Take I-5 to Clairemont Drive, exit west to right (north) on East Mission Bay Drive to 1st left into parking lot; look to **left!** This will be a coast ride to a healthy lunch at Rose's Sugar Shack Café (healthy? doesn't sound possible, does it - but it's true), 2319 South El Camino Real, San Clemente. Then on to the Amtrak station in San Juan Cap for a return to San Diego. FD (Full disclosure): another 6.6 mi from Amtrak SD back to MBVC. San Juan - San Diego fare: \$18.00 adult, \$15.30 senior (62+). More FD: neither lunch nor train fare are tax deductible.

Note: there are options to shorten the ride: join us at Solana Beach (49.8 miles, ETA 9:30) or Oceanside (33.8 miles, ETA 11:00) Amtrak stations but bring a cell phone to contact ride leader.

SUN APR 11 9:00 AM 35 MILES *** KEBABS OR BUST!
South Mission Bay Boat Ramp near Seaworld,
just off Sea World Drive.

Robert Leone (858 272 4710). Starting from the South Mission Bay Boat Ramp, we'll round Fiesta Island and climb into Clairemont for coffee at the Same Old Grind (ask the barista about the bathrooms!) After another urban hill we'll roll into Kearny Mesa, take in a short stretch of Aero Drive and drop down Mission Center Road into Mission Valley. From there, we'll roll over to downtown San Diego and dine at the Kebab Shop at 9th and Market -- www.thekebabshop.com. After the meal, a short climb up Park, a roll through Balboa Park and a drop down Bachman puts us back into Mission Valley and our triumphant return to the South Bay Boat Ramp via Ocean Beach.

TUE APR 13 6:00 PM WALK **** KNICKERBIKER KNIGHTRIDERS
6:45 PM DINNER STUDIO DINER (858 715 6400)
4701 Ruffin Road

Rita Cohen (858 268 3150). Let's get in a brisk walk before dinner. Meet at 6:00 PM, leave at 6:05 PM for a neighborhood walk. We'll then join the non-walkers at Studio Diner at 6:45 PM.

Do the time warp down Ruffin Road and feast your eyes on the neon-lighted Studio Diner. It's an authentic trip back to the '40s -- in the middle of the Kearny Mesa Business District. Wrapped in chrome, the diner is a welcome roadside stop. And, fittingly, it's set on the lot of a working movie and TV studio, Stu Segall Productions. (Remember "Silk Stalkings" and "Renegade"? Currently filming "Terriers".) Decorated with "behind-the-scenes" movie-making equipment and serving comfort food with an upscale vibe, Studio Diner is fun for the senses.



SAT APR 17 9:00 AM 29 MILES *** ROBERT'S PARENT'S CAT'S 15th BIRTHDAY RIDE
Mission Bay Visitor 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.

It's Panini Focaccia Leone's 15th Birthday, so we've got a theme for our ride. From the Mission Bay Park Visitor's Center north parking lot we'll round Fiesta Island, climb through Presidio Park (she likes to climb) and stop for coffee at Espresso Mio (almost Espresso Meow!). There, as we sip our drinks, we'll gaze out over the canyon out back for nasturtiums and small birds -- her favorite ambush is dropping on birds from above. We'll parade through North Park, roll through South Park, and drop into Downtown via Island Avenue. Then we'll take a short cut through Balboa Park to our lunch spot, Pizzicato at 2420 Fifth Avenue., www.pizzicatopizza.com. Yes, they have both panini and focaccia. After that it's all downhill as we'll drop down Bachman on our way back to the start.



SUN APR 18 9:30 AM 25 MILES *** NORTH PARK TO NATIONAL CITY
Morley Field, near the tennis courts
North Park, Texas and Upas

Rhonwyn Curtis-Nicholson (858 243 4662). We will head through South Park to the bay, take the bike path east, have a Filipino lunch at Villa Manila in National City (500 East 8th Street), and then return to North Park.

The rich Filipino flavor is generally sweet and salty, if not sour, and sometimes spicy. It is often lavishly exotic revealing the obvious influence of the Malay, Chinese, Spanish and American heritage. **Tuloy Po Kayo!**

SUN APR 18 EARTH FAIR
Balboa Park

Jim Baross (JimBaross@cox.net). Returnees and Newbies... we could use your help parking bikes and greeting attendees with encouragement and information about bicycling in San Diego. Contact Jim directly and/or sign up at the EarthFair web page: http://www.earthdayweb.org/EF/EF_Vol.html . Registered volunteers get a cool EarthFair 2010 T-shirt. Cover a shift of three to four hours, stay all day, or just stop in to say "Hi!" and see what goes on.

TUE APR 20 6:45 PM 0 miles **** KNICKERBIKER KNIGHTRIDERS
BJ's RESTAURANT & BREWERY (858 455 0662)
8873 Villa La Jolla Dr.

Rhonwyn Curtis-Nicholson (858 243 4662). BJ's is a high energy, casual dining restaurant that offers quality food and handcrafted beer at a good value. BJ's offers their signature deep dish pizza, complemented by generously portioned salads, sandwiches, soups, pasta, entrées, and their own line of handcrafted microbrewed beers and of course their famous Pizookie® dessert. Quality, flavor, value, moderate prices and sincere service remain distinct attributes of the BJ's experience.

THU APR 22 7:00 PM 0 MILES **** KNICKERBIKER GAME NIGHT
AL and LOIS' LAIR
8848 Centaurus Way, San Diego 92126

Al and Lois Horowitz (858 610 3444). Join us for a night of game fun and frolic at the home of Al and Lois Horowitz in Mira Mesa (mapquest is the best way to get directions). Lois has a selection of dice for Liar's Dice and a rousing game of Farkle - both deemed a success at previous game nights. Each game plays best with 4 - 5 people. Or bring a game of your choice. Also, please bring a snack to share. Please RSVP!

SAT APR 24 9:00 AM 28 MILES *** SUMMERS PAST FARM REVISITED
Navajo Shopping Center
Corner of Lake Murray Blvd and Navajo Rd.
Near Fresh & Easy Market

Sandra Zinn (619 464 3457) or cell (619 987 3457). Once again we visit Summers Past Farms on Old Highway 80 to enjoy their herbal garden, gift shop, soap store and wonderful Coffee Bar. Take a look at www.summerspastfarms.com Yes, there will be hills. Yes, it might be warm. Yes, we will have a good time.

SUN APR 25 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.

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

bentriders@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!

TUE APR 27 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
6:45 PM DINNER WORLD CURRY (858 270 4455)
1433 Garnet Avenue, Pacific Beach

Ken King (858 450 0373). Let's get in a brisk walk before dinner. Meet at 6:00 PM, leave at 6:05 PM for a neighborhood walk. We'll then join the non-walkers at World Curry at 6:45 PM.



At World Curry, all the food is prepared fresh to order using authentic, exotic recipes from all over the world. You can start with hot naan bread and a refreshing ice cold Thai Iced Tea. The menu combines various vegan, meat, and mild and spicy curry dishes from India, Japan, Singapore, Thailand and the Caribbean and is served with a pyramid of rice. For dessert, you can cool down with a bowl of World Curry's famous Coconut Ice Cream!

SAT MAY 01 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 MAY 02 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!

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@sdcbc.org (858 487 6063)

Wheely Good Recipes

An Easy Marinade Recipe



- 1 tbsp. grated orange peel
- 1 tbsp. olive oil
- 1/4 cup chopped fresh rosemary leaves
- 1/2 cup orange juice
- 1 tbsp. balsamic vinegar
- 1 can fat free reduced sodium chicken broth (or veggie)

Enough for 2 lbs. of poultry or fish. Refrigerate food to marinate and discard any leftover to avoid bacteria.

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 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 ASAP.

SUN JUN 06
through
SAT JUN 12

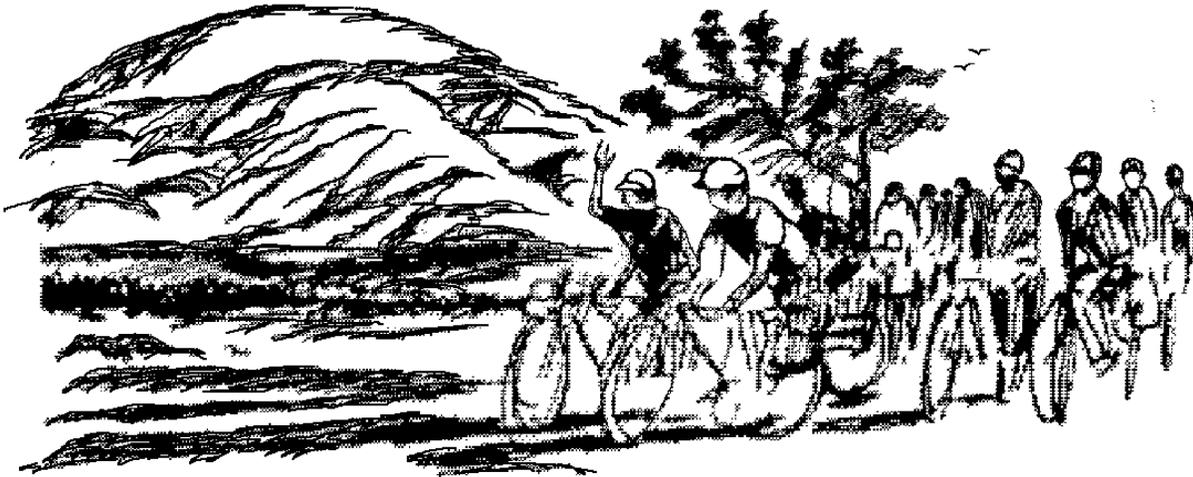
~ 545 MILES

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/>



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.

