

The

# Knickerbikers

of

## San Diego County

[www.Knickerbikers.com](http://www.Knickerbikers.com)

"Great riders don't make the Tour. The tour makes great riders." ~ *Ralph Hurne – The Yellow Jersey*

### THE BULL-A-TON JULY 2010

Vol. 37 No 2

#### Tour de France 2010

INCLUDEPICTURE "http://www.letour.fr/PHOTOS/fr/vignetteTourFrance.gif" \\* MERGEFORMATINET

Running from **Saturday July 3** to **Sunday July 25**, the **97<sup>th</sup> Tour de France** will be made up of 1 prologue and 20 stages and will cover a total distance of 3,642 kilometres.

#### **Distinctive aspects of the race**

le Tourmalet climbed twice  
a hint of the Classics and cobblestones  
2 rest days  
25 level 1, level 2 and highest level mountain passes

*You know you've been watching too many stages of the Tour de France when you:*

1. Throw both hands in the air at the top of every climb.
2. Fling your water bottle up over your head and downwind after taking a swig.
3. Keep your front wheel less than 4 inches away from the wheel in front of you.
5. Have a flat you stand by the by the side of the road waiting for a mechanic to fix it.
6. Ride with no hands at 35 mph while resting.
7. Pee (downwind) while riding.
8. Hold on to a nearby car expecting someone to lean out and adjust your saddle or bandage a wound.



| <b>EXCURSION RATING KEY</b>  |  |
|--|--|
| ****   | <b>SIGHTSEERS</b> - Leisurely riding. Destination and scenic oriented. Frequent stops. No extreme grades. 8 - 12 mph     |
| ***  | <b>TOURISTS</b> – Moderate to brisk pace. Scenic roads including hills. Stops every hour. No one gets dropped. 12 mph    |
| **   | <b>SPORTS RIDERS</b> - Vigorous, peppy pace. Possible steep grades. Good workout. Stops every hour or two. 15 -17 mph    |
| *  | <b>MASTER RIDERS (Animals)</b> - Anything goes. Possible pace lines. Slower riders dropped. Ready for competition. ? mph |
| <b>PROMPT DEPARTURES</b>   |  |
| Rides depart 15 minutes past scheduled assembly time. Please be ready and waiting for departure. |  |
| Greet your ride leader!  |  |

**Cameron, Robert M. b. November 12, 1936 in Newport, Rhode Island. d. June 16+/-, 2010 in San Diego**

Bob had lived in the Panama Canal Zone in high school, went to college in San Diego and earned his masters degree at Wright Patterson AFB, Ohio. He worked in San Diego and Huntsville, AL. More recently he lived in Imperial Beach, La Jolla, and San Diego. He had been a cyclist with the Knickerbikers of San Diego County for many years. Additionally, he served as a volunteer docent at the San Diego Air & Space Museum in Balboa Park.

He is survived by his sister Joan Dudley of Coronado, her husband Paul, and her three daughters: Elizabeth, Marilyn and Patricia.

**In memory of Bob, please bring your stories and photos of Bob to share.**

TUE JUL 06 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
 Hong Kong Chef Chinese Restaurant  
 3310 Governor Drive (858 457  
 3533)  
 University City Shopping Center

Bob Cameron (858 456 3862). Hong Kong Chef is in the northeast corner of the University City Sopping Center. This shopping center is on the north side of Governor Drive, about one block east to Regents. Hong Kong Chef is a family type restaurant with an extensive menu that displays almost every type of Chinese dish. There are also numerous non meat dishes. Prices are moderate, quality is high and parking is not a problem.

|                  |         |          |          |                                 |
|------------------|---------|----------|----------|---------------------------------|
| SAT JUL 10       | 9:00 AM |          | ***      | PICK A SIZE RIDE AROUND THE     |
| BIG BAY          |         |          | 48 MILES | Madison Square                  |
| Shopping Center  |         |          |          |                                 |
|                  |         | 35 MILES |          | Old Town Trolley Stop (Taylor & |
| Pacific Highway) |         | 25 MILES |          | County Administration Building  |

Merle Vogel (858 279 9863). Let's try a slightly different twist on this ride. All riders start at the same time.

Expert riders start at Madison Square Shopping Center (Joe's Pizza).

Intermediate riders start at Old Town Trolley Station.

Leisurely riders start at County Administration Center.

We'll all ride around the Big Bay. We should all arrive at the ferry landing about the same time. We'll regroup there, have lunch at Spiros Gyros, and ferry back to San Diego together.

Directions to each start:

Madison Square Shopping Center: 5583 Clairemont Mesa Blvd. South West quadrant of I-805 & Clairemont Mesa Blvd. From I-8 exit Clairemont Mesa Blvd West. Make a U-turn at the light. Enter the parking lot past the motel.

Old Town Trolley Stop: Old Town Trolley is located at 4010 Twiggs Street and San Diego Avenue, Old Town exit off I-5.

County Administration Building: Try to find a place to park in the parking lot between Hawthorn St. and Grape St. on Harbor Drive, just north of the County Administration Building.

|            |         |          |     |                              |
|------------|---------|----------|-----|------------------------------|
| SUN JUL 11 | 9:00 AM | 32 MILES | *** | SAN LUIS REY and SLEEPING    |
| INDIAN     |         |          |     | Oceanside Harbor parking lot |

Helmut Kiffmann (858 967 8808). I-5 to Oceanside Harbor; park and meet in large parking lot to east of railroad. Helmut will lead us along the San Luis Rey Bike Path, to North River Road, Bonsal, Olive Hill Road, and Sleeping Indian Road. Lunch will be at a local Mexican restaurant on way back to Oceanside. Great country scenery! Cool coastal breezes! Mostly flat.. except where it's not.

|            |         |         |      |                           |
|------------|---------|---------|------|---------------------------|
| TUE JUL 13 | 6:00 PM | 7 MILES | **** | KNICKERBIKER KNIGHTRIDERS |
|            | 7:00 PM | DINNER  |      | Hot Dogs in the Valley    |
|            |         |         |      | 8539 Foothill             |
|            |         |         |      | Bld., Pine Valley         |

Merle Vogel (858 279 9863). Take I-8 to the Pine Valley turnoff. Left at the bottom of the ramp. Left onto Old Highway 80. Right onto Pine Creek Road after crossing Pine Creek. Right onto Pine

Creek Crossing. Pine Creek Crossing bears right and becomes Valley View Trail. Left onto Foothill Blvd.

It's time again for Ernie & Eileen's Hot Dogs in the Park, only this time it will be Hot Dogs in the Valley, Pine Valley. Yes, it's a ways out there but all the Pine Valley Knickerbikers will be there, Ernie, Eileen, Marge, and maybe even the elusive Vern "Blue" Denim. Meet at Marge's, 8539 Foothill Blvd., Pine Valley. Bring your own beverage. Night riders meet at 6 PM and ride a lap around Pine Valley. Non riders meet at 7 PM.

SAT JUL 17 9:30 AM 25 MILES \*\*\* ROBB FIELD TO LA JOLLA  
Robb Athletic

Field

2525 Bacon Street  
Ocean Beach

Rhonwyn Curtis-Nicholson (858 243 4662). Rhonwyn will lead us on a ride from Robb Field in Ocean Beach, up Mount Soledad, down into La Jolla. We'll lunch in Pacific Beach at The French Gourmet on Turquoise Street.

SUN JUL 18 9:00 AM 27 MILES \*\*\* BOAT HOUSE FOR  
BRUNCH

Drive

Mission Bay Visitor's Center  
North parking lot  
E. Mission Bay Drive & Clairemont  
Mission Bay

Will Cronyn (619 823 0070). A spin around Fiesta Island (and not the short cut!), then Nimitz to Harbor Drive and Harbor Island to the Boat House, 2040 Harbor Island Drive (619 291 8011). Check the brunch menu at HYPERLINK [http://www.boathouse  
http://www.boathouserestaurant.com/menus/menu-brunch.html](http://www.boathousehttp://www.boathouserestaurant.com/menus/menu-brunch.html)

TUE JUL 20 6:30 PM 0 MILES \*\*\*\*\* KNICKERBIKER KNIGHTRIDERS  
Himalayan Cuisine (619 461 2503)  
7918 El Cajon Blvd., La Mesa  
intersection of Baltimore and El

Cajon Blvd

Rhonwyn Curtis-Nicholson (858 243 4662). This is a wonderful and inexpensive restaurant that serves Nepalese, Indian, and Tibetan food. If you want more details (and a coupon) go to the restaurant website:

HYPERLINK "<http://www.himalayancuisine1.com>" \o "<http://www.himalayancuisine1.com/>"  
[www.himalayancuisine1.com](http://www.himalayancuisine1.com)

# Hot Summer – Cool Coastal Bike Rally

## ***What is it?***

Join your cycling friends for a clue-based rally that will take you to different scenic destination points throughout coastal north San Diego County. Use your clue and puzzle solving skills and knowledge of San Diego to navigate a fun course throughout coastal north San Diego County. Get your buddies together to form a “bicycling brain trust” to see who can solve the clues and navigate the course in the best time.

## ***When is it?***

**Saturday, July 24<sup>th</sup>. Sign up from 8:30 to 9:15 A.M.. The contest begins at 9:30 A.M. sharp!**

## ***Where is it?***

It starts at Glen Park in Encinitas. 2149 Orinda Drive, Encinitas, CA. I-5 to Manchester Dr. West about 1 mile. Manchester becomes San Elijo Ave. Corner of San Elijo & Orinda.

## ***How does it work?***

Come to the park, grab a couple of buddies and form a team. Don't have a teammate? No problem! Stop by and we'll find you one! Each team captain will be assigned a clue that will describe a destination in and around coastal North County. The first clue will direct you to the first destination. Each subsequent destination will lead you to the next, and so on. The first three teams that finish the contest in the best time will win a prize! You'll also get bragging rights about how smart and fast you were until next year! Come in first or last, you'll still have a great time!

## ***What should I bring?***

Pack a picnic cooler lunch and something to drink for the post-rally party. To assist you in the rally, you will want to have one or more of the following:

- A good map (AAA North County San Diego will work great but others will do)
- A knowledge of general trivia (clues will be Jeopardy-style questions)
- A SMART teammate!
- A sense of adventure
- A compass or a GPS if you get lost easily
- A cell phone (if you get lost)
- About \$3. Some clues may require you to buy a little something.

## ***How far do I need to ride?***

The routing of the course will be well under 30 miles on a largely flat course.

## ***Who's Invited***

Any cyclist that is capable of riding 25-30 miles and that has at least a half a brain still in operation.

## ***What's it cost?***

Participation is free. It will cost you nada, zilch, zero.

Can't ride but want to help? We need some volunteers for setup and directing a few lost souls. Contact Steve if you can lend a hand.

## ***For more information***

Contact Steve Gebler at (760) 519-8163 or [HYPERLINK "mailto:rally@stevegebler.com"](mailto:rally@stevegebler.com)  
[rally@stevegebler.com](http://www.stevegebler.com/cycling/rally). Visit [HYPERLINK "http://www.stevegebler.com/cycling/rally"](http://www.stevegebler.com/cycling/rally)

[www.stevegebler.com/cycling/rally](http://www.stevegebler.com/cycling/rally) for more information.

SUN JUL 25 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 JUL 27 6:00 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
Balboa Park  
Spreckels Organ Pavilion

Gail Roberts (619 942 2093). We will meet behind the benches. Bring blankets, or chairs to sit on. Each person should bring their own picnic dinner and arrive before the concert which starts at 6:15 PM. The music this evening.. Klezmer by Klezmeds.

SAT JUL 31 9:00 AM 27 MILES \*\*\* CORONADO CYCLING  
HERSTORY CRUISE Old Town  
Transit Center Park & Ride

Robert Leone (858 272 4710). From the Old Town Transit Center Park & Ride lot we'll ride south to Coronado. Coffee Break at Ryan Bros. in Barrio Logan -- you'll like both the coffee and the floor! Instead of bike-lining to the Ferry Landing as soon as we reach Coronado, we'll take a slight jog to the Coronado Museum of History & Art (HYPERLINK [www.coronadohistory.org](http://www.coronadohistory.org), 1100 Orange Avenue) to see their new exhibit: Bicycles and Bloomers: Women's Emancipation and the Bicycle. By the way, it's now legal for women to wear shorts, skorts, or knickers when they cycle. The parking meters near the Museum have vinyl bike locking loops, so bring your locks! Dining opportunities include the Tent City Restaurant colocated with the museum, a Panera across the street, and a "Coffee Shop" across the corner. We'll take the ferry back to San Diego. Museum: Suggested donation of \$4. Ferry: \$3.75. A fun bike ride with friends, without corsets, bustles, or hoop skirts: Priceless.

SUN AUG 01 9:00 AM 25 MILES \*\*\* LA JOLLA HILL and FARMER'S  
MARKET  
Mission Bay Boat Ramp Parking Lot  
just east of Sea World

Robert Leone (858 272 4710).



|  |   |
|--|---|
| City _____ Zip _____   | City _____ Zip _____                                    |
| → Name _____<br>Address _____<br>City _____ Zip _____                | → Name _____<br>Address _____<br>City _____ Zip _____   |
| Please send this form to:<br>San Diego County<br><br>Avenue<br>92037 | Knickerbikers of<br>8590 Cliffridge<br><br>La Jolla, CA |

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 AUG 21  
AGAIN!

MIDNIGHT MADNESS RIDES

This year's fun night of cycling and crazy costumes will be on Saturday, August 21, 2010. Riders can join the madness for \$30 pre-registration or \$35 night of the event. Register online at HYPERLINK [www.active.com](http://www.active.com) [www.active.com](http://www.active.com) or visit HYPERLINK [www.sandiegomidnightmadness.org](http://www.sandiegomidnightmadness.org) [www.sandiegomidnightmadness.org](http://www.sandiegomidnightmadness.org) for more information.

NEW THIS YEAR: One of a kind Midnight Madness Jerseys will be available! Jerseys can be purchased when registering for the ride on active.com; \$66 + Active fee (6.75%).

SUN AUG 29

25 MILES

BIKE THE BAY

This event is for riders of all levels of riding ability, and features individuals, families, corporate teams and the serious and not so serious bike rider who experience a scenic bayside ride and

also enjoy a rare opportunity to ride over the San Diego-Coronado Bay Bridge. The 25-mile route passes through the cities of San Diego, Coronado, Imperial Beach, Chula Vista and National City and finishes at Embarcadero Mariana Park South with a festive celebration with food, entertainment and a Karl Strauss beer garden. [HYPERLINK http://www.bikethebay.net/](http://www.bikethebay.net/)  
<http://www.bikethebay.net/>

SUN OCT 10  
through

variable MILES

PASO ROBLES, CA  
FRI OCT 15

Jeff Gianformaggio (619 255 2890). Those of you who remember the Great Western Bike Rally, it was a great area to enjoy the excellent and numerous routes offered. The biggest drawbacks [in my opinion] were the hot time of the year, and the crowds from the Rally. We had to camp to enjoy the event.....BUT NO LONGER!! Now we will spend four days, October 10 through October 15, using the route sheets that I have collected over the years. That amounts to about 20 DIFFERENT DAY RIDES of varying distances and to choose from! Upon arriving on Sunday, October 10, check-in [after 3 PM] at the HOLIDAY INN EXPRESS, 2455 Riverside Avenue (800 238 6500). Call the hotel and reserve your room. Ask for Felix, but anyone can help you.... Refer to Knickerbikers so they can try to keep us together. The rooms are \$119/night for a king size bed, \$127/night for two queen beds [plus 12% tax]. This is with AAA discount. Otherwise, the rooms are about \$20 more per night. Amenities include: FULL BREAKFAST, heated indoor pool and Jacuzzi, smoke-free premises, coin laundry, and wireless internet. And freshly made cookies for our snacking pleasure! The drive up is around 350 miles, so expect about 5 hours 30 minutes behind the wheel. Those driving up US 101 will take exit 231B [at SR-46] to enter Paso Robles. If you opt for going Interstate 5 north, you'll be turning onto SR-46, heading west to Paso Robles, and crossing under US 101 to enter the town. After all the fun is done, you'll be departing on Friday, October 15. QUESTIONS? Call Jeff!

SUN NOV 14  
TURNABOUT  
through

~200 MILES

REPRISE THE TUCSON  
Tucson, Arizona SAT NOV 20

Since so many people enjoyed the Tucson trip last year, let's do it again! Recall that we stay in one location and take day trips all week. No packing and unpacking, no need to ride if you don't feel like it, and no sag wagon to worry about. Are we getting too lazy? Yes, but it's our vacation, right? The hotel is the Best Western Royal Inn and Suites, which has a full hot complementary breakfast, and has been recently upgraded and refurbished. It's centrally located and convenient to several pubs and restaurants since the University of Arizona is nearby.

We arrive in Tucson on Sunday November 14th and ride on the 15th, 16th 17th, 18th, and 19th. We check out Saturday morning November 20th UNLESS we want to do the famous [HYPERLINK "http://www.pbaa.com/!ETT/ETThome.html"](http://www.pbaa.com/!ETT/ETThome.html) \o "http://www.pbaa.com/!ETT/ETThome.html" [Tour de Tucson](http://www.pbaa.com/!ETT/ETThome.html), which is the 20th. If you do, then you can make your own reservations at the Best Western or another hotel of your choice and register for the ride. The price isn't determined yet, but is expected to be \$350, and includes six nights (two per room), a farewell dinner, and snacks for happy hour.

Since Ken doesn't want to turn anyone away, he's reserved rooms for 40 people again. If you are interested, and send your \$100 deposit per person to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037, but hurry!

June 19 2010 - Visitor center in Mission Trails Regional Park wasn't built particularly with cyclists in mind but it sure is a beautiful pit stop.



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 \_\_\_\_\_

1-year e-mail subscription                      \$10.00

All subscriptions include membership in the San Diego County Bicycle Coalition.

10/07

PAGE

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 [HYPERLINK "mailto:pezzie@san.rr.com" pezzie@san.rr.com](mailto:pezzie@san.rr.com)

[HYPERLINK "http://www.knickerbikers.com/" www.knickerbikers.com](http://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!