

The  
Knickerbikers  
of  
San Diego County

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



“Act Bicycle! Speak Bicycle! Write Bicycle! Advise Bicycle! Impact Bicycle! Meet Bicycle! Recruit Bicycle! Persist Bicycle! Subscribe Bicycle! Communicate Bicycle!” ~ Roger Hertz – cycling advocate

THE BULL-A-TON

SEPTEMBER 2010

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### Thanks – from Jim Sayer

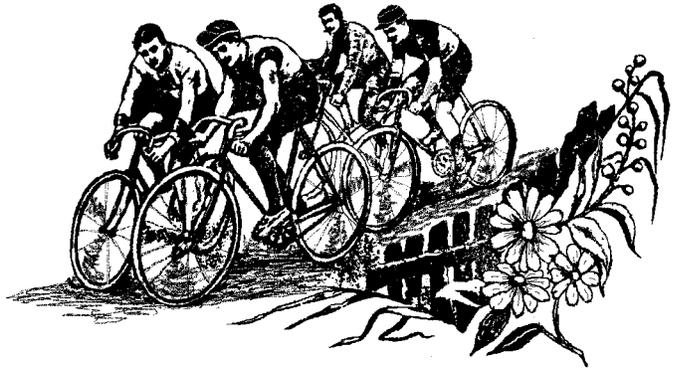
On Saturday, August 12 2010, the Knickerbikers organized a pot luck in honour of Jim Sayer, his wife Wendy and daughters Samantha, Lucy and Keilan. Sheryl and Ken were hosts while the family celebrated the completion of their tour in San Diego. Jim is executive director of the Adventure Cycling Association. Jim and his family had just completed a two month self-contained trip down Adventure Cycling’s Pacific Coast, from Canada to Mexico. Below is the thank you email we received from Jim on August 23 2010...

**Last Monday night, we arrived back in Missoula after our extraordinary trip down the Pacific Coast.** It was really something arriving at the Mexican border -- on a deserted stretch of the Border Field State Park, at the very southwest corner of the U.S. where it touched the Pacific -- and realizing that the five of us had traveled 1,854 miles under our own power, carrying our own gear, along one of the most beautiful stretches of coastal terrain anywhere in the world. That realization, and the memories of our bike trip, are really sinking in; on Thursday, Lucy and Keilan said they kind of wished we were back on the road, where every day brought new adventures and people. I hope to do a couple more blog posts and maybe something for *Adventure Cyclist* magazine. Right now, I'm just trying to get back into the workaday routine -- but it is really good to be back in Missoula.

**We could not have done it without you, our friends and family.** Thanks so much to all of you, especially those who so generously shared your homes and hospitality: Kathy and John, **Ken and Sheryl**, Stephanie and Rod, Louis and Kitty, Peggy and Dan, Larry and Marice, Catherine and Barry, Bill and Vicky, Joel and Debbie, Steve and Kim, Bart, Jim, Claudia and Chris, Robert and Brigitta, Jeff, Heidi and Jim, and of course, my mom Jean. Also thanks to everyone who hosted or organized all sorts of parties en route, including Marie and Doug and all, **Ken and Sharon and all**, Karen, Don (and thanks for the CD), Susan, Ashley (thanks for the dresses), Fill and Sharon, Connie and Peter, Andrea, and Ralph. The girls were treated like celebrities -- and that, too, is starting to sink in.

Thanks again and hope you enjoy the last bits of summer. We will never forget this journey.

# Outings:



SEPTEMBER							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			

Want to cycle more?

You'll find a group of Knickerbikers ready to ride every Wednesday morning at 9 AM at Mission Bay. The meeting spot is Mission Bay Visitor's Center in the North parking lot (E. Mission Bay Drive & Clairemont Drive). 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. Left towards Mission Bay Visitor's Center.

The ride is usually about 25 miles at an easy pace. First stop is usually a coffee stop in Ocean Beach. That gives us an opportunity to decide the ride route and lunch spot!

SAT    SEP 04    9:00 AM    25 MILES    \*\*\*    ALONG THE BAY with a stop at a HIDDEN GARDEN  
Mission Bay Visitor's Center  
North parking lot  
E. Mission Bay Drive & Clairemont Drive  
Mission Bay

Susie Stogsdill (619 840 3173). 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. Left towards Mission Bay Visitor's Center.

Susie will lead us out along the canal to Ocean Beach for a visit to Louie & Kathi's Hidden Garden. Then we'll head up to Point Loma, down around the two islands, downtown to the Tin Fish for lunch, and finally race back to the Bay.

## 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 SEP 05 **8:30 AM** 35 MILES \*\*\* SOUTH BAY MEANDERING  
Pepper Park, National City

Jeff Gianformaggio (619 255 2890). Take I-5 to Bay Marina Parkway. Head west to Tidelands and left to Pepper Park. Jeff will lead us along Sweetwater Bike Path and through Bonita, Hilltop, South Bay, Border Monument, Imperial Beach. Lunch at Border Monument Park (if the road goes through) or in Imperial Beach area.

MON SEP 06 **8:30 AM** 25 MILES \*\*\* LABOR DAY RIDE and POTLUCK  
15819 Bent Tree Road, Poway 92064

Barbara Dorris (619 920 3198). According to Barb, this will be the perfect Labor Day. Lois will lead us on a special ride around Poway. We'll end with a potluck at the starting point. Bring a dish to share, something to drink, your bathing suit and a towel if you would like to swim and ... Enjoy your friends. :)

TUE SEP 07 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDER  
6:45 PM DINNER RUBIO'S  
10460 Friars Road (619 285 9985)

Michael Goldman (619 995 9313). Let's get in a brisk walk before dinner. We'll meet at 6:00 PM and leave at 6:05 PM for a brisk neighborhood walk. We'll then join the non-walkers at Rubio's at 6:45 PM to enjoy dinner. Are YOU going to order a fish taco?  
Rubio opened his first restaurant in a converted Orange Julius near the San Diego Zoo. Today he is regarded as the man who introduced Baja-style tacos to the United States.



SAT SEP 11 9:00 AM ±25 MILES \*\*\* IT'S MY BIRTHDAY AND I'LL RIDE IF I WANT TO  
Old Distillery Site Parking Lot  
140 S. Sierra, Solana Beach

Sharon Goodis (619 787 7427). Take I-5 to Lomas Santa Fe exit and head west as far as you can go. At S. Sierra make a left. The Old Distillery Site Parking Lot is about half a block down on the left side. We will bike along the coast. On our return trip, we'll stop at Waters Fine Foods (125 S. Hwy 101, Solana Beach 858 509 9400), pick up lunch and ride around the corner to enjoy a picnic in Fletcher Cove.

SUN SEP 12 **9:30 AM** 25 MILES \*\*\* IMPERIAL BEACH  
Chula Vista Marina  
Boat Launch area, near rest rooms

Roy Lawrence (619 523 5522). I-5 to J Street. Go west to Marina Parkway. Roy will lead us south and west to Imperial Beach Wildlife Center. Lunch will be in Imperial Beach at the pier, or at your choice of eating spots along the Imperial Beach shore. We will return to the start via the bike path and Bay Blvd.

TUE SEP 14 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
6:45 PM DINNER Tender Greens (619 226 6254)  
2400 Historic Decatur Rd. Liberty Station

Gail Roberts (619 226 6254). Let's get in a brisk walk before dinner. We'll meet at 6:00 PM and leave at 6:05 PM for a brisk neighborhood walk. We'll then join the non-walkers at Tender Greens at 6:45 PM for a tasty dinner. In addition to wonderful food and a comfortable atmosphere, Tender Greens is working to reduce the demands for resources. They have eliminated the cardboard boxes lettuces came packaged in by replacing them with heavy duty re-useable plastic containers that are shuttled between the farm and their restaurants. They purchase packaging made of corn derivatives instead of plastic and are currently working on eliminating the majority of glass and plastic bottles they sell by creating their own line of freshly made sodas.



SAT SEP 18      **9:30 AM**      27 MILES      \*\*\*      RIDE TO SAN CLEMENTE PIER  
Las Pulgas parking lot

Rhonwyn Curtis-Nicholson (858 243 4662). Take I-5 north past Oceanside to the Las Pulgas exit. Park in the lot on the east side of the freeway. We will bike north to the beautiful San Clemente Pier for lunch at Fisherman's restaurant overlooking the ocean.

SUN SEP 19      9:00 AM      27 MILES      \*\*\*      DEL MAR/FAIRBANKS RANCH CIRCLE ROUTE  
Pat and Oscars Restaurant  
Piazza Carmel Shopping Center

Gary Kehle (760 294 4246). From I-5, take Highway 56 east. Exit on Carmel Creek Road. Turn left on Carmel Creek Road. From I-15, take Highway 56 West. Exit on Carmel Creek Road. Turn right on Carmel Creek Road.

From the Piazza Carmel Shopping Center, we will travel up the 56 Bike Trail until we get to Camino Del Sur. After a quick stop for coffee/restrooms, we will continue on Camino Del Sur to San Dieguito Road and 'enjoy' the downhill ride through Fairbanks Ranch. After the ranch, we will cruise to the fair grounds and Del Mar via Highway 101. We will end the trip by following Carmel Valley Road along estuary and return to the shopping center. For those interested we can eat at Pat and Oscars or Souplantation.

TUE SEP 21      6:30 PM      0 MILES      \*\*\*\*      KNICKERBIKER KNIGHTRIDERS  
Lido's Italian Foods (619 469 9901)  
7252 Broadway, Lemon Grove

Sandra Zinn (619 987 3457). Lido's is a family business. The menu features a good selection.. including old standbys - spaghetti and meatballs and lasagna. All dinners are served with a green salad and a choice of French fries, rigatoni or spaghetti, garlic bread, soup and coffee. Come on out and enjoy your dinner at Lido's tonight!

SAT SEP 25      **9:30 AM**      30 MILES      \*\*\*      MOUNTAIN BIKE RIDE or ROAD RIDE  
Parking lot south of 3830 Sunset Drive, Escondido

Paul Mitchell (cell 619 240 6659, home 619 741 7169, Paul662005@yahoo.com). For Paul's ride we'll meet in a parking lot at the end of Sunset Drive. The lot is just south of 3830 Sunset Drive. To reach the main staging area for the Mule Hill Historic Trail, exit Interstate 15 at Via Rancho Parkway in Escondido, heading east. At the first intersection, turn right onto Sunset Drive; continue to Sunset's dead end and the parking area. There is no fee to park.

The mountain ride is a lovely trail through boulder-strewn grasslands along the northern edge of Lake Hodges. There are placards along the way which tell the story of the Mule Hill Historic Trail and the San Pasqual Trail. There is also great road bike riding in the area. Lunch will be at Hernandez' Hideaway Restaurant, 19320 Lake Drive, Escondido.

Go to [www.knickerbikers.com](http://www.knickerbikers.com). Click on "Outings" and check out our new calendar!  
Click on a ride or event and get a full description, including Google map.  
This calendar includes current and future rides and Knickerbiker events.  
The calendar will also reflect updates or changes.  
Thanks Doug!

SUN SEP 26 **8:30 AM** 45 MILES \*\*\* COASTAL CRUISE and BACK ROADS  
Del Mar, Carmel Valley Park and Ride.

Jeff Gianformaggio (619 255 2890). Take I-5 to Carmel Valley Road exit. Go west under the freeway, Take the second left, then left into parking lot. This ride will include riding along Highway 56 Bike Path, [coffee break], through Rancho Santa Fe, Encinitas, Carlsbad, and along the Coast Highway.

TUE SEP 28 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
Little Sheep Mongolian Hot Pot (858 274 2040)  
4718 Clairemont Mesa Blvd

Rhonwyn Curtis-Nicholson (858 243 4662).

Q. What is Hot Pot?

A. Also known as Fire Pot (pinyin: huǒ guō); huǒ means "fire", while guō refers to "pot"; You can call it Chinese fondue which was an invention by Genghis Khan.

Q. Why Mongolian Hot Pot?

A. Fresh Ingredients: a colorful array of various fresh goodies.

Healthy Dietary: low in fat, sodium and calories.

Vivid atmosphere: it is great for friends and family gathering.

SAT OCT 02 9:00 AM 24 MILES \*\*\* TOUR DE FAT  
Jimmy Carter's Mexican Cafe  
3172 5<sup>th</sup> Avenue (619 295 2070)

Eric Goodis (619 997 9292). You got your Tour de France; 20 grueling stages of endurance. Then you got your King of the Mountain Century Challenge; 3 leg burning climbs named after serious medical conditions. But then there is the Tour de Fat. Not cycling for sport, but whimsical cycling for a change of lifestyle.

To set the mood we will first pedal through the neighbourhoods around Balboa Park at a whimsical pace. Then you can choose the optional lunch at Jimmy Carter's Mexican, or go straight to the park to join the festivities. Your San Diego Bicycle Coalition is one of the fine sponsors. <http://www.newbelgium.com/tour-de-fat> . It is permissible to buy your humble ride leader a New Belgium beverage.

SUN OCT 03 9:00 AM ±25 MILES \*\*\* TO THE MIRAMAR AIRSHOW – VIA THE COAST!  
Costa Verde Shopping Center  
La Jolla Village Drive and Genesee  
La Jolla Strip Club Parking Lot, University City

Gayle Ziaskas and Barbara Dorris (619 920 3198). From Costa Verde, we will head out to Mira Mesa for lunch. From there, we will head out to the Air Show. Entry is free and there is bicycle parking. Stay and enjoy the air show as long as you want.

TUE OCT 05 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS  
Kaiserhof Restaurant & Biergarten (619 224 0606)  
2253 Sunset Cliffs Blvd., Ocean Beach

Rhonwyn Curtis-Nicholson (858 243 4662). Enjoy Oktoberfest by enjoying great German food at the Kaiserhof restaurant in Ocean Beach. For those Knickerbikers that have not dined in this restaurant, Kaiserhof has an established reputation for serving some of the finest Central European cuisine in San Diego. Kaiserhof is located on the northeast corner of the intersection of Sunset Cliff Blvd and Lotus Street.



# Wheely Good Recipes

## Homemade Sports Drink



1/4 cup sugar  
1/4 cup salt  
1/4 cup hot water  
1/4 cup orange juice (NOT concentrate) plus 2 Tablespoons of lemon juice  
3.5 cups of cold water

1. In the bottom of a pitcher, dissolve sugar and salt in hot water.
2. Add the juice and remaining water; chill.

Nutritional Information: Total calories: 200  
Calories per 8 ounces: 50  
Carbs: 12 grams  
Sodium: 110 mg

from Nancy Clark's Sports Nutrition Guidebook  
Submitted by *Judith King*



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..



nortech.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](mailto:pezzie@san.rr.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!

# Coming Events:



SUN OCT 10  
through  
FRI OCT 15

variable MILES

PASO ROBLES, CA

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 e 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 JOHN ARNOLD, 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  
through  
SAT NOV 20

~200 MILES

REPRISE THE TUCSON TURNABOUT  
Tucson, Arizona

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 Tour de Tucson, 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!

THU NOV 25  
through  
SUN NOV 28 (NOON)

KNICKERBIKER THANKSGIVING PARTY  
ANNUAL BORREGO CAMPOUT  
TAMARISK GROVE CAMPGROUND  
ANZA BORREGO PARK

Marge Cooper (619 473 9621). We will be at our usual camping place "Tamarisk Grove" in the beautiful Anza Borrego Desert. The event starts at 2:00 PM, on Thanksgiving Day (Thursday) or whenever you can get out there. The campground has flush toilets and showers. We will have three nights of camping, three days of biking or hiking or just loafing. The meals will start Friday morning and will be provided through noon on Sunday. We usually have a Thanksgiving potluck on Thursday evening. The deadline to sign up is November 13, 2009. The cost for meals, snacks and campsite is \$55.00 per person. Please call Marge, if you have any questions. Mail checks to Marge Cooper, P.O. Box 145, Pine Valley, CA 91962.



SAT JAN 01

variable miles

BORREGO SPRING CENTURY

Judith King & Jackie Helleis (619 523 5504). Several Knickerbikers planning to ride the Borrego Springs Century. Contact Judith if you'd like to meet up with other Knickerbikers. Sounds like a great way to start the New Year. [Borrego Springs Century - julianactive.com](http://Borrego Springs Century - julianactive.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:

→ 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



This is a current Knickerbiker. Who do you think it is?  
Send your guess to Sharon - [pezzie@san.rr.com](mailto:pezzie@san.rr.com)  
Get it right... Get a prize!  
Send your childhood photo with your bike too!

Last month's photo:



We had several winners!  
Congrats to Barbara and Susie!

And the youngster in the photo is:

Doug Paulson



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 \_\_\_\_\_

A one year subscription is \$10.00. All subscriptions include membership in the San Diego County Bicycle Coalition.



10/09

