

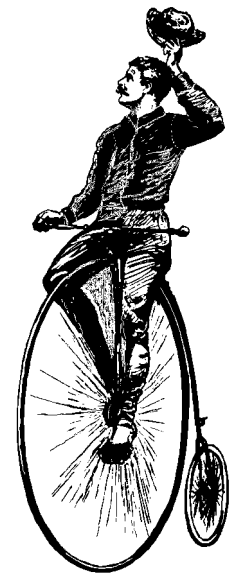
The

Knickerbikers

of

San Diego County

www.Knickerbikers.com



"The bicycle is ergonomically tailored to the human form and psyche, yet I wonder if a hitherto "undiscovered" native tribe, when presented with a bicycle, would ever be able to determine what on earth it was for." ~ *Boris Van Loon – cartoonist*

THE BULL-A-TON

OCTOBER 2010

Vol. 37 No 6

On the move...

The photo below is of a "steam generator" being carted along the old 101 access north of Las Pulgas to the San Onofre nuclear power station. Apparently there's a bit of beach that is too ecologically sensitive for this 1,280,000 pound part to be hauled over, even though the trailer had 256 tires to lower that ground pressure. I'll note here the riggers seemed to be prepositioning trench plates to protect the road surface from cracking and spread that pressure around when they do the move during the week.

The bad news: They've got another one in the harbor to haul, and two more in Japan they'll be bringing over.



What is it? OK, a little nuclear power plant talk: San Onofre's nuclear plants are all Pressurized Water Reactors (PWRs). This tech jargon means the water that is directly heated by the nuclear reactions is kept under pressure to keep it from boiling. This "primary coolant"

or "primary water" flows into a heat exchanger or "steam generator." The secondary water that picks up the heat from the primary water is what boils, producing steam, to push around turbine blades attached to the electrical generator. By the way, this is "live" steam, under pressure, makes for very nasty burns.

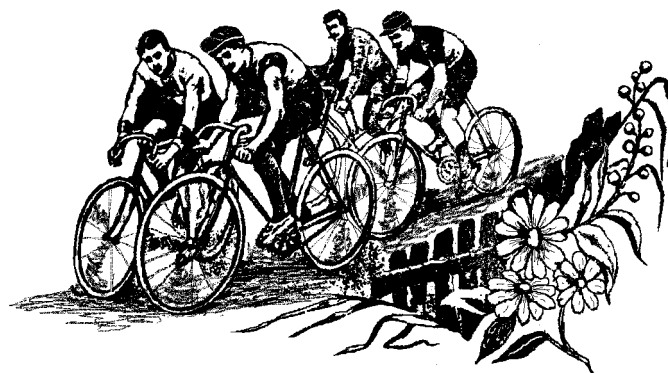
There's another type of reactor called a Boiling Water Reactor (BWR) where the primary water fresh off the reactor core is allowed to boil to drive the turbine blades that actually make the electricity.

You can tell this all is engineering stuff because they didn't notice how easy it is to mix up PWR and BWR in speech, especially while riding a bike.

The photo is from Rhonwyn's Saturday September 18 2010 ride from Las Pulgas to San Clemente Pier and back.

Robert

Outings:



OCTOBER							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 9:00 AM** at **Mission Bay**. The meeting spot for the **WEDNESDAY LITE RIDE** is Mission Bay Visitor's Center in the North parking lot (E. Mission Bay Drive & Clairemont Drive). 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! 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.

Bill and Jim welcome riders to join their **SATURDAY LITE RIDE** which leaves every **Saturday at 8:45 AM** from the **Old Towne Trolley station parking lot**. The Old Towne Trolley is located at 4005 Taylor Street. The ride is usually about 25 miles at an easy pace. First stop is a coffee stop in Ocean Beach where Bill and Jim decide where to ride and 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!

Need ride details or additional information?
Call Ken: 858 450 0373 or Sharon: 619 787 7427

SAT OCT 02 9:00 AM 24 MILES *** TOUR DE FAT
Jimmy Carter's Mexican Cafe
3172 5th AVENUE (619 295 2070)

Eric - 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 and Barbara - 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 - 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.



SAT OCT 09 9:00 AM 33 MILES *** LET'S WORK UP AN APPETITE
RIDE and POT LUCK
Molly's house, Clairemont
Check your email for the address

Molly - Get ready to have some fun heading north to Solana Beach and coming back on the coast and the Rose Canyon Bike Path. Halfway point is a stop at Java Depot. The reward is a BBQ at Molly's house. BYOB and a side, Molly will provide the burgers, veggie burgers, hot dogs, horse shoe pits and bocce ball. RSVP would be appreciated!

SUN OCT 10 9:30 AM 25 MILES **** OKTOBERFEST IN EL CAJON
SANTEE TROLLEY SQUARE
corner of Mission Gorge & Cuyamaca

Judy - To meet your fellow riders, head east on Mission Gorge to Cuyamaca, make a left and take the first right turn into the parking lot by Chili's. We will bike out to El Monte Park and then on over to the annual Oktoberfest in El Cajon at the German American Club. Good music, good food, good times! To learn more about the festivities check out the website at www.germanclubsandiego.org
Here is the official beer menu for Oktoberfest! There are a lot of good ones to choose from, look 'em up on line for more details! Warsteiner - Pilsner, Dunkel, and Oktoberfest beers, Spaten - Lager and Oktoberfest Franziskaner Weissbier, Köstritzer Schwarzbier, Stiegl Paracelsus Zwickl (Kellerbier), Coors Light and Miller Genuine Draft.

SUN OCT 10
through
FRI OCT 15

variable MILES

PASO ROBLES, CA

Jeff - 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!

TUE OCT 12 6:30 PM 0 MILES **** KNICKERBIKER KNIGHTRIDERS
World Curry (858 270 4455)
1433 Garnet Avenue, Pacific Beach

Sheryl - World Curry is located in the heart of Pacific Beach on Garnet Avenue between Gresham and Haines Streets. Come sample their curries! The chefs have travelled the world to offer the most authentic recipes. Their curries are made with fresh, high quality ingredients and crafted with exotic spices. For a detailed menu see the World Curry website: <http://www.worldcurry.com>

SAT OCT 16 9:00 AM 25 MILES *** TIERRASANTA TO SANTEE LAKES
Tierrasanta Recreation Center
11220 Clairemont Mesa Blvd.

Keith - We will go over the Route 52 Bike Path, take Mast Blvd. to Santee Lakes, re-group briefly there at the restrooms, and then go to and through the Mission Trails bike path, re-grouping at the visitor center. Then it will be back on Mission Gorge to the Qualcomm bike path, over to Ruffin Road to climb into Kearny Mesa, and stopping to eat at the Rubio's on Clairemont Mesa near the YMCA. Finally it will be 2.6 miles back to the start.

Bad news and good news..

Bad news first. The SR 56 Bike Path, from Carmel Valley Road to Carmel Country Road (though the residential development) will be closed due to a water line replacement starting as soon as September 13 and run as long as February 2011. It might not take that long, but that's the proposed construction schedule at the moment.

Good news is that there will be a signed detour specifically for bicyclists (although it's a seriously long way around that closure). The second piece of good news is that when the pipeline project is finished, the bike path will have new pavement and all the existing humps and ruts from the tree roots along there will be gone.

Additional information about this project can be found online at <http://www.sandiego.gov/water/recycled/> by selecting Carmel Valley RW pipeline under Recycled Water Projects. You may also obtain more information by calling the Engineering & Capital Projects Department Public Information Line at (619 533 4207).

SUN OCT 17 9:00 AM 25 MILES *** A LITTLE HILLY RIDE
 Vons
 3850 Valley Centre Drive (858 792 4186)

Michael - It's a little hilly. Yep! That's Mike's info on this ride. Mike has planned his ride to avoid the SR 56 Bike Path due to the construction. Instead Mike will lead us from Valley Centre Drive to Del Mar Heights Road and eventually to San Dieguito Road, along El Camino Real and back to the start.

TUE OCT 19 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
 6:45 PM DINNER The Fish Bucket Seafood Market and Grotto
 6030 Santo Road (at Portobello Dr) (619 226 6254)

Rita - 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 The Fish Bucket at 6:45 PM for a tasty dinner. The Fish Bucket is a hidden gem in Tierrasanta! All the fish served is fresh and when they are out, they are out!



THU OCT 21 7:00 PM 0 MILES ***** KNICKERBIKER GAME NIGHT
 GOODIS HIDEOUT
 Check your email for the address

Sharon & Eric - Time to exercise your mind! Backgammon? Scrabble? Checkers? Spades? Dominos? Let's play games for a few hours tonight! Bring your own game (be sure you are familiar with the rules ahead of time and can explain them.) Sharon and Eric will provide light munchies. Please, please **RSVP!**

SAT OCT 23 9:30 AM 25 MILES *** POWAY/RANCHO BERNARDO
 Shopping center on Pomerado Road, Poway

Lois - The shopping center on Pomerado Road is between Twin Peaks (north side) & Ted Williams Parkway (south side). Park in front of Target (in the middle of the center), in the spaces furthest from the store entrance. This is a 25 mile ride with rollers. We'll eat back at the start. There are lots of cafes and fast food type places to eat in the center plus a major market for deli and salads. Please email Lois (loalhora@yahoo.com) for a route slip since she doesn't have a printer.

SUN OCT 24 9:00 AM 35 MILES *** NATURE CENTER IMPERIAL BEACH
 COUNTY ADMINISTRATION BUILDING
 Harbor Drive & Hawthorne Street

Roy - To get to the meeting spot, take I-5 North or South toward the airport, then head either north or south on Pacific Highway. Roy will lead us along Pacific Highway South to Bay Blvd. This ride will be an easy pace with no major hills.

TUE OCT 14 6:00 PM WALK ***** KNICKERBIKER KNIGHTRIDERS
 6:30 PM DINNER Shopping & Dinner at Gonzalez Northgate Market
 1410 S. 43rd Street (619 266 6080)

Al and Judy - Take 805 South to the 43rd Street off ramp...you will see the market on the right...we will do a walk at 6 (for those that want to walk) and return by 6:30 to tour the market and pick out our meal...bring your shopping bags! The market is a good place for lots of Mexican delights... bakery, ceviche, home-made tortillas, good produce section....salsa, chips. ...it will be like shopping south of the border without the hassle of having to wait in long lines...



SAT OCT 30 **10:00 AM** 33 MILES *** Bob Cameron Memorial Ride
Woodrow (Wildrow) Park in Irvine

Rhonwyn - Take 5 North to 405 North. Exit right on Jeffrey. Cross Alton and turn left on Barranca. Turn left again on E. Yale Loop. Turn left into Windrow Park, which is in the corner. (Some signage says Woodrow, some Wildrow (?). If you see either, you're in the right place!) We will meet near the restrooms. Bob Cameron led this unique club ride in December of 2005. It is a great route! A good portion of the ride is flat and encompasses bike paths. We will traverse an ecological estuary, cross from Balboa Island on a quick ferry over to the Newport Peninsula (bring money for the ferry; \$1.25 each way), and have lunch at Charlie's Chili Restaurant on the boardwalk (which has been open since 1967).

SUN OCT 31 **9:30 AM** 25 MILES *** DAY OF THE DEAD RIDE
COUNTY ADMINISTRATION BUILDING
Harbor Drive & Hawthorne Street

Al and Judy - Get out your best costume and join the fun!! Prizes will be awarded for most original and scariest costume. To meet other costumed riders, take I-5 to Hawthorne Street to Harbor Drive. Park along the road or by the County Administration Building. We will visit some of the old cemeteries of San Diego and then tour the Sherman Heights area to view altars for Dia de los Muertos (Day of the Dead). Lunch will be at the Farmer's Market on Imperial Ave. Come on out and celebrate!!

TUE NOV 02 6:00 PM WALK **** KNICKERBIKER KNIGHTRIDERS
6:30 PM DINNER CHEVY'S FRESH MEX (619 297 5667)
1202 Camino Del Rio North, Mission Valley

Sharon and Eric - 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 Chevy's at 6:45 PM for a tasty dinner. Chevy's makes a big deal out of the "fresh" in its name, and with good reason - no cans in the restaurant, fresh salsa blended every hour, fresh avocados smashed every day for guacamole, and watch-them-made tortillas. All oils are trans fat - free, and the Mexican-style fare has lots of healthy options including Grilled Fish Tacos.



SAT NOV 06 9:00 AM 40 MILES *** PEPPERING THE ROADS
Pepper Park, National City

Jeff - To meet your ride leader and the rest of the gang, take I-5 to Bay Marina Parkway. Head west to Tidelands and left to Pepper Park. Jeff will lead us around Eastlake and the surrounding area.

**Need ride details or additional information?
Call Ken: 858 450 0373 or Sharon: 619 787 7427**

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

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 send their name and email address to knickerb@san.rr.com

Wheely Good Recipes

Blueberry Cornmeal Pancakes

1/2 cup all purpose flour
1/2 cup yellow cornmeal
2 Tablespoons sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1 cup plain nonfat yogurt
3 Tablespoon skim milk
1 Tablespoon canola or other vegetable oil
1 egg, lightly beaten or 1/4 cup egg substitute
1 cup blueberries



Combine dry ingredients. Combine yogurt, milk, oil, and egg. Add to the dry ingredients and stir until smooth. Fold in the blueberries. Use 1/3 cup per pancake in a nonstick skillet heated as above. Turn when the tops are covered with bubbles and the edges are cooked. Makes 9 big pancakes.

<http://recipe.kaiser-permanente.org/>
Submitted by *Sandra*



LAST CHANCE FOR A KNICKERBIKER JERSEY

About 60 lucky Knickerbikers have been enjoying their club jerseys for many months now, but we still have a few people who want one. It's taken some time to get to the minimum order of 15, and Ken now has checks and cash (either \$5 deposit or \$91 full price) from eleven people. They have been patient so far, but we still need five more deposits! Act now, and the ones who are waiting for their jerseys will be grateful.

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..

Rita in her Knickerbiker jersey in the Negev



nvtech.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!

Coming Events:



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.

The Tucson trip now has 20 participants. Since Ken needs to make final arrangements with the motel; **the deadline is set at October 5**. Those who have already paid the \$100 deposit will be notified about when to send in the final payment and other trip details.

We have good group going, and we know from last year how much fun it is to ride in and around Tucson, so if you are interested and haven't signed up yet, now's the time!

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 - 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 DEC 11 6:00 PM 0 MILES ****

HOLIDAY POTLUCK!
Evening Creek complex
Check your email for the address

Hold the date! This year, the annual Knickerbiker Holiday Party will be held in the Evening Creek complex. Singles, please bring one hot dish or one cold dish; couples, please bring one of each. Please bring your own beverage as well. Coffee and tea will be provided, along with plates and utensils. There is an oven, a microwave and a non-human dishwasher! And a heated pool and a hot tub to enjoy!

To celebrate the holiday season, we will again have our gift exchange: if you wish to participate, bring a wrapped bicycling-related gift, new or used (\$10 value, more or less). If you bring a gift, you will receive a gift, and the distribution will be decided by using a deck of cards. Official rules will be divulged in detail at the event.

Judith and Jackie. 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

The popular bicycle and pedestrian bridge, the Kreitzer Bridge (full name - San Dieguito River Park David Kreitzer Lake Hodges Bicycle Pedestrian Bridge) across Lake Hodges will be closed for repairs from **October 4 through October 18.**



A decision to use cheaper sealant on the \$10 million Lake Hodges Bicycle Pedestrian Bridge has forced San Dieguito River Park officials to close the popular bridge for two weeks in October, less than 17 months after it opened. Because the surface of the bridge is disintegrating, park officials will spend \$72,000 to coat it with a seal of textured polyurethane, said Susan Carter, the river park's deputy director. Initial design plans included a textured polyurethane seal, but it was replaced by a less expensive seal when park officials made several changes to the design aimed at reducing the overall cost of the bridge, she said. "When the bridge first opened, we thought the seal would last," said Carter, explaining that such confidence was based on information from the

project's engineers. "But it disintegrated really fast, so much so that you don't know it's there. It just looks like plain concrete." The new seal for the bridge will create a more textured, stable surface because the polyurethane will have sand in it. The bridge's surface will also change from gray to brown, she said. One benefit of the closure is the opportunity it will create to begin work on a \$1.8 million second phase of the bridge project, which will connect the southern edge of the bridge to a new half-mile bicycle path that will be built between the bridge and Rancho Bernardo Community Park. This new phase, scheduled to open Jan. 15, will allow cyclists and pedestrians to more safely and conveniently travel from the southern edge of the bridge to the park.

From 2010 North County Times - Californian



This is a current Knickerbiker. Who do you think it is?
Send your guess to Sharon - pezzie@san.rr.com
First person to get it right... gets a prize!
Send your childhood photo with your bike too!

Last month's photo
We had several winners!
Congrats to all!

And the youngster in the photo is: Susie





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.

