

# The Knickerbikers of San Diego County

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



"When I go biking, I repeat a mantra of the day's sensations: bright sun, blue sky, warm breeze, blue jay's call, ice melting and so on. This helps me transcend the traffic, ignore the clamorings of work, leave all the mind theaters behind and focus on nature instead. I still must abide by the rules of the road, of biking, of gravity. But I am mentally far away from civilization. The world is breaking someone else's heart." ~ *Diane Ackerman*

## THE BULL-A-TON

## DECEMBER 2010

Vol. 37 No 8

### Tucson Tour Two

The second annual Tucson Tour, in November 2010, had 18 lucky participants: Pat and Hans Boerst, Rona Djeddah, Joe Estey, Gene and Shirley Flatt, Jeff Gianformaggio, Dee Griffin, Marty Hambright, Helmut Kiffmann, Ken King, Ron Manherz, Kathy Strege, Merle and Susan Vogel, Martin and Chris Wascher, and Jim Willis. Lucky? Well, the weather was ideal for one thing. No mishaps and only a few flats for another. And of course we all had great rides and great companions!

Merle took on the task of preparing over a dozen routes for us, including trips to the Arizona Sonora Desert Museum, Saguaro National Park, Mission San Xavier del Bac, the Pima Air and Space Museum, including the "boneyard," and Sabino Canyon. Thanks, Merle; superb job!

Every night featured a happy hour, after which folks broke up into three or four groups to dine on the variety of cuisines (mostly Mexican, it seemed) featured in Tucson. And at every breakfast the motel gave us a hot meal! On the first day of riding, many of us climbed Gates Pass on the way to the Desert Museum. It's a huge place, and contains just about every plant and animal that calls the Sonora Desert its home. The raptor show, which featured Harris Hawks, was a highlight.

On day two many went to the Mission San Xavier, the beautifully restored "White Dove of the Desert" that has a nice museum nearby. The ride back included a delightful path along the river.



The popular ride on the next day was out to the Pima Air Museum, which also featured a nice long bike path there and back. About 300 aircraft are on display! The nearby "boneyard" has another 4,700 mothballed planes. On the fourth day most of us rode out to Saguaro National Park, which serves to protect the beautiful tall, slow-growing cactus whose flower is Arizona's State flower. Of course each participant can tell you about his or her rides and experiences, but on the final full day, five of us hiked in Sabino Canyon, just outside of Tucson. It's a popular spot for many of the area's hiking clubs.

After happy hour on the last night, we held our traditional farewell dinner, but this one was a little different. A month or so earlier, Merle and Susan had met a couple in Washington who had toured Viet Nam, Cambodia, China and Laos by bicycle. When Merle and Susan found out they live in Tucson, they invited them to have dinner with us and show slides of their adventures. Of course they each received a nice thank-you and a Knickerbiker patch.

On reflection, Tucson is a perfect spot for a "loop" tour. It's an easy day's drive, there's lots to see, and the weather is good in November. Thanks to all who participated, and who made it so much fun.

*Ken King*

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 a Google map. This calendar includes current and future rides and Knickerbiker events. The calendar will also reflect updates or changes.  
Thanks Doug!



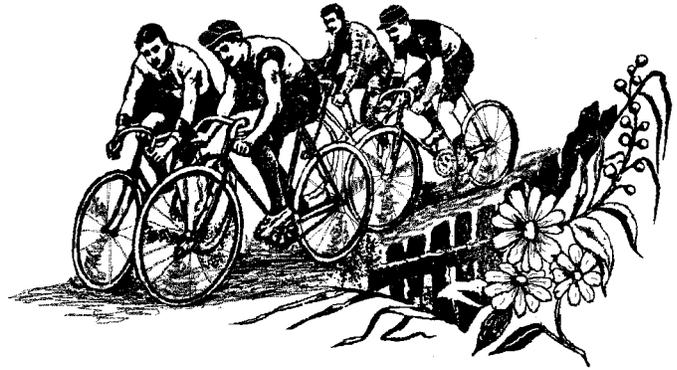
#### **LAST CHANCE FOR A KNICKERBIKER JERSEY**

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..

# Outings:



DECEMBER							2010
SUN	MON	TUE	WED	THU	FRI	SAT	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

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 (East Mission Bay Drive & Clairemont Drive). The ride is usually about 25 miles at an easy pace. First stop is usually a coffee break in Ocean Beach. The rest stop 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. Go west to Mission Bay Visitor's Center. Turn right on East Mission Bay Drive, then make an immediate left into parking lot, and another 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 Town Trolley station parking lot**. The Old Town 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 DEC 04**      **9:00 AM**      **30 MILES**      **\*\*\***      **RIDING THE ROADS**  
Starbucks parking lot  
corner of Jamacha Road and Willow Glen Drive  
Rancho San Diego

Carmen. After meeting at Starbucks, we will ride along Willow Glen Drive to Dehesa Road. We'll then bike along Harbison Canyon Road to Old Ironsides County Park and then to Alpine Blvd. If you want more than 30 miles, Carmen can direct to you another cut off that can add a few more miles. We'll all meet up for lunch at Al Panchos Mexican Restaurant at 2139 Alpine Blvd. (619 659 8987)

**SUN DEC 05**      **9:30 AM**      **DIRT 15 MILES \*\*\*\***      **DIRT ROAD RIDE/**  
**ROAD 30 MILES \*\*\***      **IN CASE OF RAIN ROAD RIDE**  
(NO FRESH MUD ALLOWED)  
Costa Verde Shopping Center  
La Jolla Village Drive and Genesee  
La Jolla Strip Club Parking Lot, University City

Dave. La Jolla Strip Club is located on the west side of Genesee Avenue across from University Towne Center.

This ride will involve 2 miles or so of pavement. We will go to Los Penasquitos Canyon open space via a little know dirt road to Sorrento Valley. (Knowledge of this road is, well, part of my youth.) On through Sorrento Valley to the west end of the canyon for a ride past the old adobe wall and head east on the south side dirt road to the east end parking lot (and an ICE cold soda machine) off of Black Mountain Road after paying our respects to Johnny who was buried there in 18 hundred and something. On the return there will be a wet shoes, dry shoes contest at the water crossing for any willing riders! Contest winners may have their names posted in the newsletter! (Yes, there is a story behind this!) Return will be by the same route. This ride is easily ridden on a hybrid bike, mountain bike, or with a road bike with drop bars and street tires if you are experienced in such riding and is considered an easy ride by many. We will also stop to read the information signs about the plants and animals in the canyon. Lunch at the food court on the return!

In case of rain on this date or prior to the ride date check the San Diego Regional Parks web site for trail closures. (Soil compaction, ruts , etc.)

In case of official trail closures the ride will change to a pavement ride, same place, same time, but head up the coast through U.C.S.D., through the state park and up the coast. Lunch TBA by popular vote. Road only riders welcome to start and eat lunch with the rest of us.

P.S. 1. We will also stop at the waterfall in the middle of the park. Yes, a natural real live waterfall in the San Diego city limits.

2. Please note the water crossing is an optional short side trip for willing, consenting volunteers only & if you want or really must get to the other side there is a bridge to keep you & your shoes dry!

3. Check the discount page on the website of sdbikecommuter for details. Last time I looked, there was a business very close to our lunch stop offering a discount JUST because you rode your bicycle!

P.P.S. Please bring some snacks for yourself to ward of hunger pangs before lunch.

**TUE DEC 07**      **6:30 PM**      **0 MILES**      **\*\*\*\***      **KNICKERBIKER KNIGHTRIDERS**  
Little Sheep Mongolian Hot Pot (858 274 2040)  
4718 Clairemont Mesa Blvd

Rhonwyn.

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 DEC 11 9:00 AM 24 MILES \*\*\* HILLS OF CARLSBAD**  
Shopping Center parking lot  
Corner of Encinitas Blvd & Rancho Sante Fe Road  
Encinitas

Dan. To get to the shopping center where we are meeting, take I-5 Encinitas Blvd. exit and head east on Encinitas Blvd. for 3 miles. The shopping center is on the Southeast corner. Village Market and Original Pancake House are in the shopping center.

We will ride up Rancho Santa Fe and head to the Ryan's home for coffee and bagels. Then over the hills to the Leo Carrillo Ranch (originally the summer home of Poncho, the sidekick of the Lone Ranger.) Then we'll head west along part of the Batiquitos Lagoon to the Coast and down the coast to lunch at Pipes Cafe in Cardiff and finally along the San Elijo Lagoon back to the starting point.

**SAT DEC 11 6:00 PM 0 MILES \*\*\*\* HOLIDAY POTLUCK!**  
Evening Creek complex  
\*Check your email for address and additional details\*

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.

**SUN DEC 12 9:00 AM 50 MILES \*\* THE GREAT ALPINE RIDE**  
Vons (southeast side)  
5630 Lake Murray Blvd. La Mesa

Guy. We meet again! From I-8 Take Lake Murray Blvd exit. Continue for about 2 miles to Baltimore. Turn left at junction. (Baltimore & Lake Murray). The Vons market will be on your right. This is a good ride to get in shape for the holidays. We will go around Mt. Helix to Willow Glen and Dehesa Road to Alpine. We'll have a quick snack in Alpine (the days are short) and come back via Harbison Canyon.

**TUE DEC 14 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
STUDIO DINER (858 715 6400)  
4701 Ruffin Road

Rita. 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.

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

**SAT DEC 18 9:00 AM 50 MILES \*\*\* LAS PULGAS TO SAN JUAN CAPISTRANO**  
La Pulgas Road exit parking lot, off I-5

Jeff. From Interstate 5, exit at Las Pulgas Road and park in the parking lot. Jeff will lead us from Las Pulgas Road to San Juan Capistrano and back.

The Swallows Festival or "Fiesta de las Golondrinas" is a two-month long celebration of the return of the swallows (Cliff Swallows) to San Juan Capistrano on March 19 of each year. The festival begins in late February with the "Taste of San Juan Reception". In mid-March, Swallows Week is kicked off with the President's Ball followed by a week of events such as the Hairiest Man Contest, Pets on Parade, Hat Contest, Hoos'gow Day, pancake breakfast, and the annual Swallows Day Parade & Mercado.

**SUN DEC 19 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).

**TUE DEC 21 6:00 AM 3 MILES \*\*\*\* HIKE! COWLES MOUNTAIN WINTER SOLSTICE**  
San Carlos, Mission Trails Regional Park  
NE CORNER GOLFCREST DRIVE & NAVAJO RD  
Thomas Bros. Map: 1250 F4

Belle Jour (619 787 7427). From Interstate 8, exit north on College Avenue then turn right (east) onto Navajo Rd. Drive 2.5 miles to Golfcrest Drive. Turn left on Golfcrest Drive and park on street or in parking lot if there is room. Get there in plenty of time to park. Meet near the northeast corner of Golfcrest Drive and Navajo Road. Join the Canyoners on this hike part way up Cowles Mountain to view the sunrise at Kumeyaay solstice site; it is about half-way up the mountain. BRING A FLASHLIGHT, as start of hike is dark. Also dress accordingly as it can be cold that time of morning.



**TUE DEC 21 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
Madras Cafe (858 695 6229)  
9484 Black Mountain Road

Gayle. Madras Cafe is in the Little India shopping complex at the corner of Miramar Road and Black Mountain Road, on the west side of Black Mountain Road. If you come by way of the I-15, exit Miramar Road and turn west, and then go to Black Mountain Road and turn right. Then turn left into the shopping area. Madras Cafe serves very tasty South Indian vegetarian food.

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

**SAT DEC 25 8:45 AM ±25 MILES \*\*\* A FESTIVUS FOR THE RESTIVUS**  
Old Town Trolley station parking lot  
4005 Taylor Street

Belle Jour (619 787 7427). It's a wonderful day to ride a bike – the stores are closed and we'll pretty much have the roads to ourselves! So come on out! Finding an open (and tasty) restaurant might be a challenge, but it is one we Knickerbikers relish!

**SUN DEC 26 10:00 AM ±25 MILES \*\*\* BOXING DAY RIDE**  
Mission Bay Visitor's Center  
North parking lot  
E. Mission Bay Drive & Clairemont Drive  
Mission Bay

Belle Jour (619 787 7427). The meeting spot is in the parking lot just north of the Mission Bay Visitor's Center. To get to Mission Bay Visitor's Center, take I- 5 to exit Clairemont Drive. Go west to Mission Bay Visitor's Center. Turn right on East Mission Bay Drive, then make an immediate left into parking lot, and another left towards Mission Bay Visitor's Center.

Those who show up will decide where we will ride and where we will enjoy lunch. An enjoyable day for sure!

**TUE DEC 28 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
**6:30 PM DINNER**  
Mitch's Seafood (619 222 8787)  
1403 Scott Street

Gail & Forrest. 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 Mitch's Seafood at 6:45 PM for a tasty dinner. Gail and Forrest stopped in for lunch recently and saw that on Tuesdays tacos are \$2.00 and tap beer is \$2.00 (bottle Tecate - \$1.00), so they decided that is where the Knickerbikers should dine tonight! The menu does include other items including salads, vegetarian and meat items. Mitch's is casual dining with a view, near Point Loma Seafood.



**FRI DEC 31 7:00 PM 0 MILES \*\*\*\* KNICKERBIKER POT LUCK & GAME NIGHT**  
Horowitz Hideout  
\*Check your email for address & telephone number\*

Lois & Al. We'll start off the last night of 2010 with a pot luck. Each person should bring a dish to share with others and your favorite beverage. 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.) Staying 'til midnight is neither mandatory or likely since most of us usually ride Saturday morning. But anyone can stay as long as they want. Please, please **RSVP!**

**SAT JAN 01 9:00 AM 30 MILES \*\*\* EASY FIRST RIDE OF THE YEAR**  
MISSION BAY  
South Shores Boat Ramp  
located along Seaworld Drive, just east of SeaWorld

Jeff. Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. Let's get 2011 off to a good start! Take Interstate 5 to Seaworld Drive. Park in the designated spaces in the parking lot of the Mission Bay South Shores Boat Ramp. Meet up with your fellow cyclists; enjoy a great bike ride and some tasty food! Jeff will take us through Fiesta Island, Mission Bay Park, Liberty Station and Harbor Island.

**SAT JAN 01**

**variable miles**

**BORREGO SPRING CENTURY**

Judith & Jackie. Several Knickerbikers are 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://BorregoSpringsCentury-julianactive.com)

**TUE JAN 04**

**6:00 PM  
6:45 PM**

**WALK  
DINNER**

**\*\*\*\***

**KNICKERBIKER KNIGHTRIDERS**

Pat & Oscar's Restaurant (619 295 6200)  
8590 Rio San Diego Drive

Joi & Paul. 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 Pat & Oscar's at 6:45 PM to enjoy some breadsticks, salad, soup, chicken, pizza, sandwiches. Pat & Oscar's offers a lot of good and reasonable food! Enjoy!



**SAT FEB 05**

**9:00 AM**

**50 MILES \*\*\***

**BORREGO TO THE SEA**

**BORREGO SPRINGS AIRPORT**  
three miles east of Christmas Circle Borrego Springs

Eric & Sharon. Is it that time already? Time to ride across the desert to the Salton Sea! The 50 mile ride is mostly flat with some rolling terrain. Awesome desert scenery, warm winds and great company are all included. This is a desert ride, so please remember to bring extra water.

For those who want to make it a weekend escape, accommodation information will follow.

## Wheely Good Recipes

### 10 Minute Tuscan Tomato Soup



- 24 oz. marinara sauce
- 14 oz cannellini beans, rinsed
- 7 oz roasted red peppers
- 2 T. olive oil
- 1 clove garlic
- Blend in blender or food processor until smooth.
- Place in saucepan.
- Add 2 cups chicken or vegetable broth.
- Stir and bring to a simmer for about 5 minutes.
- Add basil for garnish, salt and pepper to taste.

Submitted by *Sandra*



Keep guessing!

This is a current Knickerbiker. Who do you think she is?  
Send your guess to Sharon - [editor@knickerbikers.com](mailto:editor@knickerbikers.com)

First person to get it right... gets a prize!  
Send your childhood photo with your bike too!



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!



These photos were taken by Sheri on Dave's Leaf Peepers ride of November 14. One photo is the fall colors and two are below the tree line while viewing the desert 6,000 feet below. It was a wonderful day for fall colors and desert views. For leafpeepers, the colors were at their prime; timing couldn't have been better. The riders were Sheri, Carmen, Larry, Paul, Robert and ride leader Dave.

**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](mailto:knickerb@san.rr.com)**



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.



10/12

