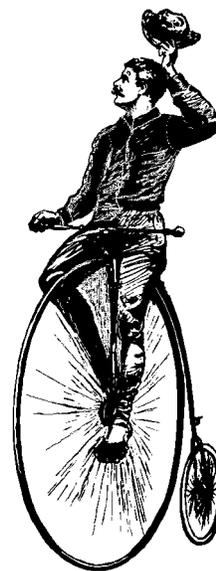


The
Knickerbikers
of
San Diego County

www.knickerbikers.com



"Most people tend to gauge their cycling progress in terms of "how far?" or "how fast?" But probably the most important question a rider can ask is "How soon?" Recovery, your ability to recuperate from a cycling effort, is the most important indicator of overall fitness, but it's something people tend to ignore." *Thurlow Rogers – U.S. pro road racer*

THE BULL-A-TON

JANUARY 2011

Vol. 37 No 9

2010 Round Up AKA Words from Ken

First and foremost, let's thank Sharon for encouraging people to lead rides during the year, and for the editing and production of the Bull-A-Ton. We know it takes a lot of time, and we're very grateful for her hard work. It's so good to be able to count on her to get an interesting Bull-A-Ton out! She's under a lot of pressure each month, so this will help to make sure she doesn't overdo it. Another way to thank her and make her job easier is to sign up to lead a ride. We have several repeat ride leaders, but spreading the fun around a little more would be good.

Speaking of that, we had 30 ride leaders this year. That shows the depth and dedication of our volunteer group. Keep it up!

Let's thank Lois and especially Cindy Tozer for arranging this new place to have our Holiday Potluck. It works well, so let's be sure and behave and clean up after ourselves so we can have it here next year. Thanks, Cindy!

And isn't it nice to have potlucks? This year our hosts were Cindy, Joi, Molly and Sheryl. Game nights are fun, too, and our hosts for those were Eric and Sharon, and Lois and Al.

We didn't have our usual complement of out-of-town trips this year, but we did have some: Jeff's Paso Robles tour was well-received, and I had a group for the second tour of Tucson. Marge's Anza-Borrego campout, is always a hit, too. Will had a overnight to Doheny Beach State Park, and the desert, and Ken had the annual campout at Aqua Caliente County Park to support the Stagecoach Century. A special thanks to Merle Vogel for organizing a dozen routes for our Tucson riders! We ARE a touring club, so it's important that our members step up to lead out-of-town tours next year. Go for it--it's easy! People who have led tours will be happy to show you how.

There were lots of memorable rides this year, but especially Fern's ever more popular annual Sea Level Century, and Judy and Al's Cinco de Mayo, Dia de los Muertos celebration, and the Oktoberfest rides. Robert Leone continues with good but offbeat rides. Barbara Dorris and Gayle Z took us to the Air show again this year, and Gail R and Rita took us to the Balboa Park concert series and we continue to have the pre-dinner walks on Tuesday nights. Steve Gebler's Cool Coastal Bicycle Rally, complete with teams and prizes, celebrated its second year; we hope it continues! Dean had a couple of amazing rides, including a rainy century and a Lightning Brewery ride. Dave C led three interesting rides as well.

Now for the perpetual awards: This year's winner of the Gear Grinder Award for leading the most rides was, once again, Jeff Gianformaggio, with an amazing 31 rides! The award contains a chain ring whose teeth are pretty much worn to a nub. It was Larry Zinn's, and it gave out in Idaho in 2007. Thanks for donating it, Larry. If we kept track of the number of miles ridden like most clubs, we could award it for that, but we don't. Rhonwyn led 21 rides, not counting her many Tuesday night dinners. She gave us some interesting Tuesday meals this year, including Himalaya food and a Mongolian Hot Pot meal. Way to go, Rhonwyn. Here's a "Way to Go" patch. Others were fun too; for instance, the Blue Grass night at Today's in Encinitas.

The Golden Tire Iron, which is award for exceptional innovation in on-the-road repair, will not be awarded this year because I never got any news of a creative repair.

Finally, the Knickerbiker Service Award, our long-standing perpetual award, is given to the person who has done the most for the club. Six years ago it was Sharon, for agreeing to take over the Bull-A-Ton editing, and five years ago it was Fern for leading a great tour. Four years ago, Rhonwyn led the Sideways tour and wine tasting, so she won the award. Three years ago it was the person responsible for our web site, which is where most of the new riders learn about us: Doug Paulson. Two years ago the recipient led several overnight tours and an Alaska tour: Will Cronyn. Last year, Jeff won it due to his leading of many many rides, ranging from long out-of-town rides to short local rides.

This year's winner not only led several creative rides this year, but he also serves an important role for the club, keeping us apprised of cycling advocacy in town. What routes are closed for repair? Which should be repaired? What routes are new? Our recipient knows all that, since he serves as our representative on the Board of the San Diego County Bicycle Coalition. And all of you are dues-paying members of that organization. Thanks, Robert Leone!

Thanks to all of you, and here's to more riding in 2011!

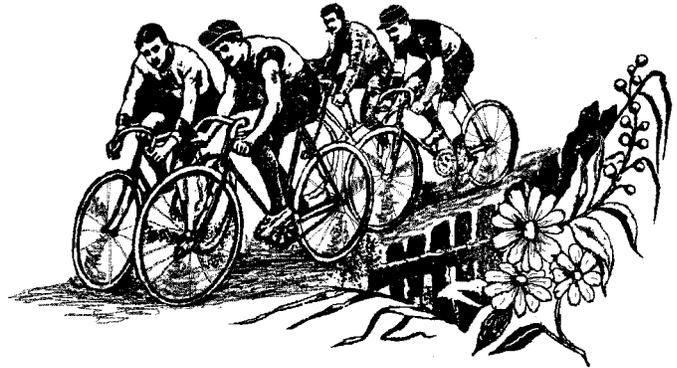
Ken King

The editor and all Knickerbikers would like to thank Ken for his years of care and dedication. Truly appreciated by all!

Sharon

Go to www.knickerbikers.com. Click on "Outings" and check out our new Google 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 to Doug for adding this to our site!

Outings:



JANUARY						2011
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



- 1) Clean bicycle after every ride
- 2) Oil bicycle chain every month
- 3) Check brakes
- 4) Check wheels and tires
- 5) **Ride more often with the Knickerbikers of San Diego County!**

SAT JAN 01 9:00 AM 30 MILES * EASY FIRST RIDE OF THE YEAR**
 Mission Bay - South Shores Boat Ramp
 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 2010 off to a good start! Take I-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 and 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

SUN JAN 02 9:00 AM ±30 MILES * A GOOD 30 MILER**
 Penasquitos Town Center
 Black Mountain Road & Paseo Montalban

Lois. Meet up with your fellow yellow jackets near Vons. The shopping center is a few blocks north of the Black Mountain Road turnoff from I-56, right hand side going north. We'll go down to the racetrack in Del Mar and back. Generally... The ride will cover about 28 - 30 miles. Lunch will be back at the Town Center.

TUE JAN 04 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
 6:45 PM DINNER
 Pat & Oscar's Restaurant (619 295 6200)
 8590 Rio San Diego Drive

Joi and 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 JAN 08 8:45 AM ±25 MILES * SPIN THOSE WHEELS!**
 Old Town Trolley station parking lot
 4005 Taylor Street

Belle Jour (619 787 7427). Today, we'll join the Saturday Lite Riders. The ride leaves from the Old Town Trolley station parking lot at 9 AM. The ride is usually about 25 miles at an easy pace. First stop is a coffee stop in Ocean Beach where we'll decide where to ride and enjoy lunch!

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

SUN JAN 09 9:00 AM 50 MILES * LAS PULGAS TO SAN JUAN CAPISTRANO**
La Pulgas Road exit parking lot, off I-5

Jeff. We were rained out on this ride in December.. but Jeff is determined. So we'll try again today! 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, Hoosgow Day, pancake breakfast, and the annual Swallows Day Parade & Mercado.

TUE JAN 11 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Filippi's Pizza Grotto (858 279 7240)
5353 Kearny Villa Road

Susan and Merle. In 1925 Vincent (from Italy) and Stefani (from France) met in New York. They moved to San Diego in 1950 and opened a deli grocery on India Street called Filippi's Cash and Carry. That was the beginning... Every Filippi location is still owned and operated by family members of the original founders. The Filippi family tradition is to serve only the freshest and finest Italian ingredients. Come on out and enjoy!

FRI JAN 14 Your choice * DESERT CAMPING ADVENTURE**
through
SUN JAN 16 with a CYCLING CENTURY
Anza-Borrego State Park

Ken. Once again, Ken would love to see you in the desert for the weekend of January 14-15th. He has a campsite reserved (#120) at Agua Caliente County Park on S-2 26 miles north of Ocotillo, which is on I-8 about 90 miles east of San Diego. The park has an indoor "therapy pool" that's clean and hot, just the way we like it! Hot showers are available, as well, good hiking. We will coordinate and share meals. You can check out the park and make reservations at <http://www.co.san-diego.ca.us/parks/>. Each site can take only two or three tents, so make a reservation near #120 soon because the place is filling up fast. It IS a three-day holiday weekend.

Why this weekend? It's great weather in the desert this time of year, that's why. AND, because we get to help out the 2011 Wells Fargo Stagecoach Century ride. Take a look at this site for more information: [Stagecoach 2011](#). About 1,000 riders show up, and we take care of them at one of the rest stops, which is about a mile away from our campsite. The site above shows the history of temperatures in an attempt to dispel the popular myth that the weather's cold out there. Yes it was -- once -- many years ago.

We will support the riders on Saturday and ride or hike on Sunday. Come on out Friday noon and stay until noon Sunday if you want, or just come out for either Saturday or Sunday. We will hike either Blair Valley or Moonlight Canyon. If you are interested, let Ken know right away. For those who come out, there is some \$ to subsidize the cost of gasoline to get out there (provided by Shadow Tours, the sponsor).

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

SAT JAN 15 9:30 AM 25 MILES * SAN MARCOS RIDE**
Woodland Park

Rhonwyn. To get to Woodland Park, take I-5 or I-15 to Highway 78 (the starting point for the ride is actually closer to I-15). From 78, take the Barham/Woodland Parkway exit ramp. Go north on Woodland Parkway. The second traffic light is at the corner of Woodland Parkway and Rock Spring Road. Continue about a half block and turn right into Woodland Park. We will meet in the long thin parking lot parallel with Woodland Parkway. The park has restrooms. Once we meet up, we will ramble through the San Marcos area and have lunch towards the end of the ride at The Old Spaghetti Factory.

SUN JAN 16 9:00 AM ±25 MILES * THREE ISLANDS RIDE**
Mission Bay Visitor's Center
North parking lot
E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Joi and Paul. 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. Joi and Paul will lead us on a ride that will take us around three San Diego islands. A Knickerbiker Klassic!

TUE JAN 18 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Joe's Crab Shack (619 574 8617)
7610 Hazard Center Drive, Mission Valley

Rhonwyn. Once upon a time there was a cool little seafood restaurant on Richmond Avenue in Houston. Its beach-side shack appeal attracted tons of people right from the get-go. They heard Joe's was a place where they kick back, strap on a bib and could enjoy awesome crabs, seafood and jam to rockin' tunes on the many picnic tables. Word spread about Joe's cool joint and soon, folks were dancin' on the tables and chairs – with their servers! Joe's Crab Shack now has over 120 locations in 28 states across the good ol' US of A. It is one of the largest, most-successful seafood restaurant chains in America.

SAT JAN 22 8:45 AM ±25 MILES * SPIN THOSE WHEELS!**
Old Town Trolley station parking lot
4005 Taylor Street

Belle Jour (619 787 7427). Today, we'll join the Saturday Lite Riders. The ride leaves from the Old Town Trolley station parking lot at 9 AM. The ride is usually about 25 miles at an easy pace. First stop is a coffee stop in Ocean Beach where we'll decide where to ride and enjoy lunch!

SUN JAN 23 9:45 AM 25 MILES * EASY SUNDAY RIDE:**
A Little Bicycle Adventure in San Diego Suburbia
Vons parking lot (South east side)
5630 Lake Murray Blvd. La Mesa.
(corner of Lake Murray & Baltimore)

Guy and Carolaine. From I-8, take the Lake Murray exit and continue for about 2 miles to Baltimore. Turn left on Baltimore. Vons will be on your right. We will go around Lake Murray, down to Allied Gardens, then to the Stadium. We'll take the bike path to Murphy Canyon. We will go through Tierrasanta and take the 52 bike path to the Mission Trail Regional Park. There we will have the option to pedal across the Flatlands of the park (dirt road) or take the road around depending on your bike and your preferences. Then we will take the Father Junipero trail (paved) and it will be up to Jackson and back to Lake Murray. We will have a well deserved lunch at the Lake Murray Cafe before going back to our departure point.

TUE JAN 25 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**

Chopstix Too (858 565 1288)
4380 Kearney Mesa Road

Gail. Chopstix Too is a Japanese restaurant that has many wonderful and reasonably priced meals... soups, tempura, teriyaki, sushi, rice bowls, noodles. Yumm!

Chopstix Too is near where Mercury turns into Kearney Mesa Road. We, the Knickereaters.. oops Knickerbikers, have eaten in the big Asian grocery store that has a small fast food type restaurant in the front of the store. Chopstix Too is on the corner, in its own building, across the parking lot from the grocery store. Sound familiar?

Get there by taking I-805 to Balboa Avenue. Go east on Balboa Avenue until Mercury (it's one or two blocks after crossing Convoy Street.) Go right/south on Mercury, after it turns into Kearney Mesa Road. Chopstix Too will be on the right side, on the corner.

SAT JAN 29 8:45 AM ±25 MILES * SPIN THOSE WHEELS!**
Old Town Trolley station parking lot
4005 Taylor Street

Belle Jour (619 787 7427). Today, we'll join the Saturday Lite Riders. The ride leaves from the Old Town Trolley station parking lot at 9 AM. The ride is usually about 25 miles at an easy pace. First stop is a coffee stop in Ocean Beach where we'll decide where to ride and enjoy lunch!

SUN JAN 30 9:30 AM ±25 MILES * LAZY LADY LOOP**
La Jolla Colony Shopping Center
meet near Leucadia Pizzeria & Italian Restaurant
7748 Regents Road

Sharon. Sleep in today or relax and read a newspaper. We'll meet at 9:30 AM to do a loop down to Mission Bay, around Crown Pointe and back to the start. We'll enjoy lunch at the end of the ride.

TUE FEB 01 6:30 PM 0 MILES *** KNICKERBIKER KNIGHTRIDERS**
Little Italy Spaghetteria (619 398 2974)
1953 India Street (between Fir St & Grape St)

Gail. Joe and Lisa Busalacchi created this spaghetteria with the idea of adding a casual, relaxed eatery to their family of restaurants in Little Italy and around the county. Casual and spirited food and drinks are served throughout the day.

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.

JUL 2011

CYCLE RUSSIA

Mark. Golden Ring Tour (ancient cities around Moscow) July 3 - 14 – or – Moscow to Saint Petersburg July 17 - 27. Approximately \$1600 includes meals, accommodations, SAG wagon, museum tickets. We cycle on smaller roads over easy terrain thru picturesque villages. Tour is hosted by the Russian Cycle Touring Club in Moscow. More info: markcriswell@hotmail.com

Wheely Good Recipes

Smoked Salmon and Cheese Mini Twice-Baked Potatoes



- 6 small Yukon gold or red potatoes (about 2 pounds)
- 1 teaspoon olive oil
- 1/2 teaspoon salt, divided
- Cooking spray
- 2 tablespoons fat-free milk
- 1 tablespoon butter
- 1/2 teaspoon black pepper
- 1/2 cup (2 ounces) finely grated white cheddar cheese
- 2 tablespoons finely chopped smoked salmon (1 ounce)

Preheat oven to 400°.

Rub potatoes with oil; sprinkle with 1/4 teaspoon salt. Place potatoes on a jelly-roll pan coated with cooking spray. Bake at 400° for 35 minutes or until tender. Remove from oven; cool 10 minutes.

Cut potatoes in half crosswise; cut off a small portion of the rounded edge so the potato will stand upright. Carefully scoop out about 1 teaspoon pulp from each half, leaving the shells intact. Combine potato pulp, milk, butter, pepper, cheese, and remaining 1/4 teaspoon salt in a bowl. Spoon about 1 heaping teaspoon potato mixture into each potato shell. Arrange stuffed potatoes on a jelly-roll pan; top each with 1/2 teaspoon chopped salmon. Bake at 400° for 15 minutes or until thoroughly heated.

Submitted by *Sandra*



Can you identify this young rider. She is a current Knickerbiker. Who do you think she is?

Send your guess to Sharon - editor@knickerbikers.com

First person to get it right... gets a prize!

Send your childhood photo with your bike too!

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 a \$45 deposit or \$91 full price) from thirteen people. They have been patient so far, but we still need **TWO** 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..



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!

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



**Thanksgiving Campout
2010**



APPLICATION FOR MEMBERSHIP

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.

Please make check payable to Knickerbikers and mail to 8590 Cliffridge Ave., La Jolla, CA 92037
Or, easier still, just send it via PayPal to treasurer@knickerbikers.com. It's easy!

Name(s) _____

E-mail address _____

Phone _____

1-year e-mail subscription \$10.00

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

