

The Knickerbikers of San Diego County



www.knickerbikers.com

"Bicycles may change, but cycling is timeless." *Zapata Espinoza – cycling writer, inducted into Mountain Bike Hall of Fame*

THE BULL-A-TON

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How to Ride in a Group

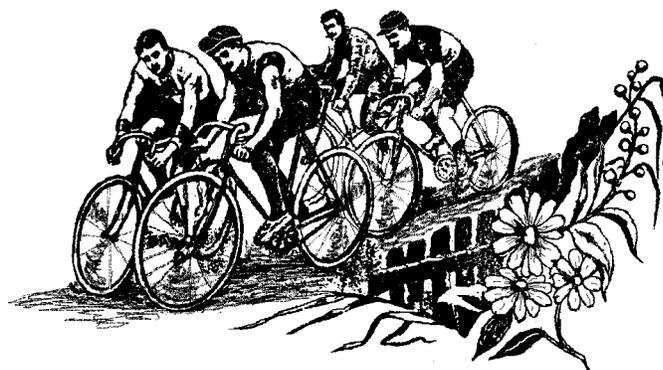
Riding in a group is one of life's most enjoyable activities. Cycling with friends, traveling rapidly and safely with confidence in your companions, is a joy. However, there is a certain cycling etiquette, or rules of the road, which you should know whenever you're cycling with a group.

- Be predictable. Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.
- Use signals. You know them: left turn, right turn, stop.
- Give warnings. Warn cyclists behind you of changes in direction or speed. The lead rider should call out turns well in advance of the intersection so riders can be prepared.
- Change positions correctly. This means passing on the left. Under those rare conditions where you must pass on the right, say "on your right" clearly since this is an unusual maneuver.
- Announce hazards. When riding as a group, most riders do not have a good view of the road surface ahead, so it's important to announce holes, glass, gravel, grates, railroad tracks and other hazards. Pointing is usually sufficient, but calling out is sometimes required.
- Watch for traffic and announce possible dangerous situations. You will see experienced riders occasionally saying "car up" or "car back" if they want to advise fellow riders of a potential hazard. One exception to pointing out traffic: the practice of a cyclist saying "clear" at an intersection to allow others to blast through is to be discouraged, since it encourages riders to blindly follow the leader, letting others do their thinking for them. Each cyclist is responsible for verifying that the way is indeed clear.
- Leave a gap for cars. When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four riders. It keeps the drivers from being irritated at the cyclists, and is safer all around.
- Move off the road when you stop! Whether you are stopping for mechanical problems or to regroup with your companions, move well off the road so you don't interfere with traffic. When you start up again, each cyclist should look for, and yield to, traffic.
- Ride one or two across. Riding three or more (would you believe five recently?) abreast is dangerous, and really angers drivers. We ride many roads where double file is OK, but courtesy dictates that you single up when cars are trying to pass you, if the lane is wide enough for them to do so safely.

The main reason for cycling etiquette is safety: yours and your fellow riders. But the goal of fostering improved relations between cyclists and drivers is important, too. We would all be safer and happier if more cyclists demonstrated to all those people with whom we share the road that we ride with maturity and manners!

Thanks for reading, now ride forth and have fun!

Outings:



FEBRUARY							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						

Want to cycle more?

You'll find a group of Knickerbikers ready to ride every **Wednesday 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 which 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 usually a coffee spot 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

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 **1/2 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 upon request.

SUN FEB 06 9:00 AM 20 MILES * THE HILLS AND PARKS OF LA MESA**
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.

Check your gears and your brakes for this short but energizing ride. Don't forget your cameras. We will go to the top of Mt. Helix then down to Eucalyptus Park and to Collier Park and the old La Mesa train depot/museum before climbing to Summit Drive then stopping at Highwood Park before climbing Madra and relaxing around Lake Murray. Lunch will be at the Lake Murray Cafe.

TUE FEB 08 6:00 PM WALK ** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
Pomegranate Russian-Georgian Restaurant
2312 El Cajon Blvd. (619 297 4007)

Ken. 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 Pomegranate at 6:45 PM to enjoy some Russian-Georgian fare.



Once upon a time in the West ... on the corner of El Cajon Boulevard and Louisiana Street, there appeared a Russian-Georgian restaurant. The food is robust, for heroes of the table, as their motto amply testifies: "Borscht by the bucket, vodka by the inch." The service is "Allegro ma non troppo!" As for parking, it is positively Darwinian: survival of the fittest.

**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!**

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

SAT FEB 12 9:00 AM 36 MILES * BIKE SOME BAYS AND AIR PARADE RIDE**
 Mission Bay Visitor's Center
 North parking lot
 E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Robert. 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.

This is a little longer than most rides around San Diego Bay, but that's because we do not want to park downtown today, due to the Parade of Flight air parade over San Diego Bay. Instead, from the Mission Bay Park Visitor's Center North Parking Lot we'll head to Barrio Logan for coffee at Ryan Brothers (come for the coffee, but don't forget to admire the floor). Then we'll roll around the Bay, with sights that include lumberyards, car carriers fresh from Japan, and the picturesque Western Salt Works. Lunch will be at the ferry landing in Coronado. The Parade of Flight is scheduled to take place from 1 PM to 3 PM. Riders have the option of heading back directly to the start, or hanging out by the harbor until the planes all pass. Bring money for the ferry (\$4.25 one way), lunch, and perhaps a camera or binoculars.

Distance: 36 miles. Pace: Tourist. Elevation: Flat, no starch.

SUN FEB 13 9:00 AM ±25 MILES * LOVE ON WHEELS**
 Glen County Park
 San Elijo Avenue, Cardiff-by-the-Sea

Sharon. Where is Glen County Park? Take I-5 to the Manchester Avenue exit and go west to the junction with San Elijo Avenue. Continue straight on San Elijo and turn right on Orinda Drive (tennis court on your right). Park in Glen County Park or on neighbouring streets.

We'll ride north from Glen County Park and enjoy some sensual chocolate along the way. Then we'll return to charming Encinitas to partake in a romantic lunch at St. Tropez. Dessert will be chocolate, of course!

TUE FEB 15 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
 Brians' American Eatery (619 296 8268)
 1451 Washington Street (between Lincoln Ave & Lark St)

Paul and Joi. 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 Brians' at 6:45 PM to enjoy some comfort food. Make sure you have an appetite, because the food is bigger than the plate. You get more than you bargain for. Theme restaurants spend millions trying to re-create what this unashamed coffee shop really is: a holdover from the 1950s, relatively unscathed by remodeling. This restaurant's charm is in its simplicity. It is plain, fun and comfortable, with "genuine Naughahyde" booths lining the windows, a counter in the rear and cooks on parade behind the pass-through window.



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

THU FEB 17 7:00 PM 0 MILES ** KNICKERBIKER GAME NIGHT**
 Joi and Paul's Pad
 Check your email for address & telephone number

Joi and Paul. 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.) Please bring a little snack to share. Please, please **RSVP!**

SAT FEB 19 9:00 AM ±40 MILES **1/2 RAMONA RAMBLE
 Collier County Park, Ramona

Jeff. To get to Collier County Park, on Main Street (Highway 67/78) in Ramona turn right on 7th Street, then left on E Street. The park is on the corner of 7th and E Street. We'll meet south of the south of the main drag.

Jeff will lead us on a ride that will circle the city of Ramona and San Diego Country Estates; the distance may be around 40 miles, give or take. Lunch will be about half-way through the ride. There will be some little rolling hills, and a good-sized one upon leaving the Country Estates.

SUN FEB 20

9:00 AM	38 MILES	***	SAN DIEGO RIVER RUN Mission Bay South Shores Boat Launch
			OR
9:30 AM	27 MILES	****	Target parking lot 1288 Camino Del Rio North at Mission Center Rd.

Merle. If starting at Target, take the Mission Center Road exit from I-8. Turn into Target parking lot on right. If starting at Mission Bay, South Shores Boat Launch, take the Sea World exit from I-5. Head south, then west on Sea World Drive. Pass the exit to Friar's Road on the left. The next right, at the light, will take you into South Shores boat launch. Park close to the restrooms.

Let's ride along the San Diego River to Santee. Mostly we'll follow along the river. Riders who want to get a few more miles in can start at the South Shores Boat Launch, close to the bathrooms. Those riders will start 30 minutes earlier at 0900.

We'll follow along the San Diego River and pass Mission Basilica San Diego de Alcala, the first mission in California. The present mission is the third or fourth, depending on how you count, mission in San Diego. The first was built on a site overlooking the bay. There wasn't enough water and the soil was infertile for sustaining crops. After five years the mission was moved to the present site, the second mission. According to the mission's web site, "two of the mission Indians became discontented with the rules and regulations necessary for an orderly unit and they incited hundreds of Indians in remote villages to riot." The "Indians stormed onto the grounds in the middle of the night on November 4th, 1775. They pillaged the mission, burned it to the ground and massacred Father Jayme who became California's first Christian Martyr and who is buried under the altar in the present church." Fearing there would be another raid, the padres rebuilt the mission according to the specifications of an army fort, the third mission. (Do you really believe the padres rebuilt the mission? Don't you think they supervised the rebuilding of the mission with security provided by the military?) The mission was eventually abandoned then rebuilt in 1931 to represent the 1813 church (the fourth mission?).

Past the mission we will cross the San Diego River and ride to Father Junipero Serra Trail. We'll regroup and refresh at the Mission Trails Regional Park Visitor's Center.

Refreshed we will take the Junipero Serra Trail along the San Diego River to Santee and on to Lakes Market and Deli to pick up a sandwich for lunch al fresco alongside one of the Santee Lakes. After lunch we'll return the way we came.

TUE FEB 22 **6:00 PM** **WALK** ******** **KNICKERBIKER KNIGHTRIDERS**
6:45 PM **DINNER** World Curry (858 270 4455)
1433 Garnet Avenue

Robert. 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 World Curry at 6:45 PM to enjoy some tasty curry. 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 traveled 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 FEB 26 **10:00 AM** **25 MILES** ******* **SIX BERNARDOS RIDE**
Meandro Drive, Rancho Bernardo

Rhonwyn. Take I-15 North to the Rancho Bernardo Road exit. Go east about 1-2 miles. Just west of the intersection with Poway Road and the Albertsons shopping center, there will be a small street called Meandro Drive. Turn right on Meandro Drive before you get to the Albertsons. There is plenty of street parking there. We can no longer meet at the Albertsons parking lot, because they now have security personnel watching the area to prevent people from parking and leaving.

We will bike through areas of Poway and Rancho Bernardo, with lunch at a Greek restaurant near the end of the ride.

SUN FEB 27 **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!

Bike Sites

You can now map bike routes on Google Maps: Go to www.google.com/maps
Click on "Get Directions", there are 4 symbols; click on the bicycle.

Here's a good article on how to adjust your bike for best fit from the UC Cyclery web site.
<http://uccyclery.com/articles/how-to-fit-your-bicycle-pg170.htm>

The Bicycle Safety Guide

<http://www.guardianinsurance.com.au/ArticleLibrary/The-Bicycle-Safety-Guide.aspx>

Good article about where AI leads us on the Day of the Dead ride
http://www.voiceofsandiego.org/fact/article_4474cfc2-f821-11df-ace6-001cc4c03286.html?utm_source=Constant-Contact-MR&utm_medium=Morning-Report-email&utm_campaign=20101125&utm_content=the-final-resting-place-of-hundreds-of-people

Coming Events:



FRI APR 08
through
SUN APR 10

SAN DIEGO CUSTOM BICYCLE SHOW
San Diego Community Concourse
202 C Street

Bina Bilenky, perpetual marketing machine at Philadelphia PA's Bilenky Cycle Works, has teamed up with bicycling maestro and framebuilder extraordinaire Brian Baylis to infuse the San Diego Custom Bicycle Show with more energy and innovation than ever.

Local, national and international exhibitors will display their wares. These will include independent frame builders, larger manufacturers, and makers of fine bicycle components, accessories and apparel. Special activities include a pedal powered carnival, bicycle rodeo, tall bike jousting and a kinetic sculpture parade. Seminars, demonstrations, and parties with live music will round out the festivities.

The San Diego Custom Bicycle Show is scheduled to coincide with [The San Diego Gran Fondo](#), a massive group ride being held just a few blocks away.

Brian Baylis has been building, painting and restoring fine bicycles since 1973. He is also an avid collector. This action-packed weekend will delight and intrigue cyclists and non-cyclists alike with the endless possibilities of two-wheeled fun.

SUN APR 16

10:00 AM

6 MILES

RETRO DAY AT LAKE MURRAY

Lake Murray. Boat ramp area

Guy & Carolaine. From I-8 take the Lake Murray exit continue for about 1.5 miles to Kiowa Drive. Turn left on Kiowa and proceed to the lake entrance and the boat ramp area. If you cannot find a parking spot exit the lake and turn left on Lake Murray to Baltimore (about 1/2 mile) turn left on Baltimore and park at Vons at the corner of Lake Murray & Baltimore. Unload your bike and proceed to the entrance of the lake via the path at the corner of Baltimore and Bertro (about 1/4 mile from Vons.)

If you have a bike which is 20 year old or older you are welcome to participate at the 1st Retro Day at Lake Murray. We will gather near the boat ramp and proceed for a lap of the lake. If you have period clothing so much the better. Take your camera for a lot of photo ops around the lake. We will have plenty of time to socialize, admire each other's bikes and swap some interesting stories.(Guy will to dust off his 1975 Peugeot [AKA the Purple Dinosaur].) We will take it from there and decide if we want to have lunch at the Lake Murray Cafe or just enjoy the lake.

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

SUN AUG 29

25 MILES

BIKE THE BAY

Registration for Bike The Bay 2011 is now open. SAVE the date August 28, 2011 or go ahead and register now at <http://www.active.com/cycling/san-diego-ca/bike-the-bay-2011>! A \$10 discount is available until February 20, 2011. Please use the coupon code "early11" when registering. We hope to see you then.

Wheely Good Recipes

Easy Chili Soup



- 1 28 oz can diced tomatoes, undrained
- 1 15 oz can kidney beans, rinsed
- 1 14 oz can chicken broth
- 2 stalks celery chopped
- 2 carrots chopped
- 1 onion chopped
- 2 tsp. chili powder
- 1 cup mexican style 2% shredded cheese (divided)

Put all ingredients except cheese in saucepan. Bring to a boil and then simmer for about 20 min until vegetables are tender.

Add 1/2 of the cheese

Ladle into bowls, top with remaining cheese.

Submitted by *Sandra*



Now we've got two Knickerbikers that have not been identified..

Both riders are current Knickerbikers.

Send your guesses to Sharon - editor@knickerbikers.com

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

Send your childhood photo with your bike too!



Congratulations and thanks to SANDAG, who finally decided on a 'revenue constrained' scenario to analyze in the 2050 RTP, and it contains the \$2.58 billion for walking, biking, and smart growth that we have been advocating for!

Now they take the scenario back, analyze the environmental, transportation, and economic impacts, figure out which projects can go first and which have to wait, and bring all that info back for final adoption (probably summer 2011).

Thanks to all of you who called or emailed the SANDAG Board weeks ago - this was the big hurdle, and you got us over it! Thanks!

Kathy Keehan, former Executive Director, San Diego County Bicycle Coalition



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

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 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.

