

The
Knickerbikers
of
San Diego County



www.knickerbikers.com

"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle." - Ernest Hemingway

THE BULL-A-TON

MAY 2011

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Rose Creek Bike Bridge Ground Breaking

Jim recently attended the ground breaking for this long awaited project. This long awaited project goes through Campland on its extreme north along the south side of Mission Bay High School. The bridge over Rose Creek connects with the other side of Mission Bay near where we enter the bike path to go up Santa Fe. The cost of the project is about \$6,500,000.00. Councilman Faulconer rode to the dedication with bicyclers from the Bicycle Coalition. The project is scheduled to be complete in February 2012.



Jim

Rose Creek Bikeway and Pedestrian Bridge Project

Project Background

This project is the vital missing link between the existing regional bicycle network that connects the existing bicycle facility along Pacific Beach Drive to the Class I bikeway at North Mission Bay Drive. This project is described and in conformance with the Mission Bay Master Plan and the Pacific Beach Master Plan. This bridge and bikeway will create a safe and convenient route over Rose Creek and significantly help minimize the use of Grand Avenue as the only route over the Creek.

Project Overview

The project includes the construction of a 260 foot bridge over Rose Creek connecting North Mission Bay Drive to Pacific Beach Drive. In addition, a total of 0.28 miles of new bikeway will be constructed from Rose Creek to Lee Street, between the properties of Mission Bay High School and Campland.

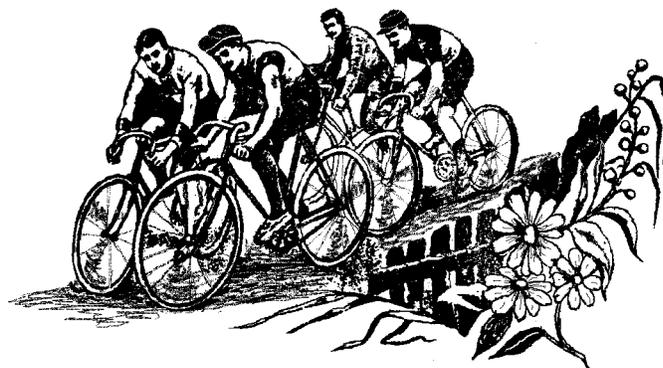
The bridge and bikeway will provide a safer route for bicyclists and pedestrians. The project will provide an alternate means of transportation for residents and visitors to and from Mission Bay, the beaches, school, work, and the adjacent businesses.

Construction Schedule

Construction is currently scheduled to begin April 2011 and continue through Spring 2012. Any modifications to the construction schedule will be posted on the City's website.



Outings:



MAY 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 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

SUN MAY 01 9:30 AM 25 MILES ** CINCO DE MAYO RIDE**
Old Town Trolley station parking lot
4005 Taylor Street

Judy and Al. We will ride out to Point Loma by way of Ocean Beach, back downtown through Balboa Park. We will be enjoying lunch at Los Reyes Taco Shop at 25th & Broadway (Golden Hill area) and a stop at Panchita's Mexican Bakery after... located about 1 block away. This yearly Cinco de Mayo Ride is ride is certainly a Knickerbiker Klassic - so come on out and ride!

TUE MAY 05 6:00 PM WALK ** KNICKERBIKER KNIGHTRIDERS**
6:30 PM
Sipz Fusion Cafe
5501 Clairemont Mesa Blvd. 858 279 3747

Sharon and Eric. Let's get in a brisk walk before dinner. Meet at 6:00 PM. We'll leave at 6:05 PM for a neighborhood walk. We'll then join the non-walkers at Sipz Fusion Cafe at 6:45 PM. The menu at Sipz Fusion Café is truly fusion and 100% meatless. Sipz only uses soy meat or tofu and offers a wide range of tasty Vietnamese, Thai, Chinese and Italian dishes to choose from. All meals are served in a bowl and are less than \$10.00.



SAT MAY 07 8:45 AM ±10 MILES * TRAILS & MURALS along the SAN DIEGO RIVER**
Dog Beach, Ocean Beach – parking lot

Merle & Susan /San Diego River Park Foundation. To get to the Dog Beach parking lot in Ocean Beach, take I-8 west to traffic light at West Point Loma Blvd. Turn right on West Point Loma Blvd. Turn right on Voltaire St. and continue into parking lot.

The San Diego River Park Foundation is hosting its 8th annual San Diego River Days May 7 - 15. The San Diego Bicycle County Coalition is co-hosting a San Diego River Ride on May 7, and participating in RiverFest on May 15. The River Ride, led by Coalition Instructor Randy Van Vleck, will leave from Dog Beach at 9:00 AM on May 7 and visit the trails and murals along the San Diego River in a scenic conversationally-paced ride. See the most beautiful and hidden spots along the San Diego River from a new perspective—on your bike!

Check http://www.sandiegoriver.org/river_days.php or the Coalition website (www.sdcbc.org) for more information.

SUN MAY 08 9:00 AM 26 MILES * MOTHER'S DAY RIDE**
Target parking Lot
1288 Camino Del Rio North (at Mission Center Rd)

Susan. Take I-8 to Mission Center Road. Target parking lot is just to the east of the Mission Center Road, to the west of Target. Bring a lunch or buy one at a deli on Carlton Hills Blvd. near Santee Lakes. We will picnic in Santee Lakes Park. Happy Mother's Day!

TUE MAY 10 6:00 PM WALK ** KNICKERBIKER KNIGHTRIDERS**
6:30 PM
Souplantation (619 462 4232)
9158 Fletcher Pkwy La Mesa

Susan. From CA-125 exit Navajo Road East. Turn right onto Fletcher Parkway. Souplantation is about a quarter mile on the right, just before Dallas. Let's get in a brisk walk before dinner. Meet at 6:00 PM. We'll leave at 6:05 PM for a neighborhood walk. We'll then join the non-walkers at Souplantation at 6:45 PM for a healthy, vitamin filled dinner. Tell the person seating you that you are with the Knickerbikers. There will be a place reserved for us.



SAT MAY 14 8:30 AM 45 MILES * NORTH COUNTY RIDE**
La Costa Park & Ride
710 La Costa Ave, Encinitas, CA 920

Jeff. The plan is to ride some inland/coastal route through Vista, have lunch at a Hawaiian BBQ place at a mall inland from Oceanside, then take the San Luis Rey bike path back to the coast for a cooling return to the cars.

SUN MAY 15 9:30 AM 30 MILES ** UP WE GO!
26439 Highway 76,
Lake Henshaw, Santa Ysabel

Paul. Meet with Paul and your fellow riders at Lake Henshaw. Paul will lead us up Palomar Mountain to enjoy lunch at Mother's Kitchen. If you want to cycle the area, but not ride up Palomar Mountain, you can do a loop from Santa Ysabel to Julian and back.

TUE MAY 17 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Pho Point Loma & Grill (619 226 6502)
2788 Midway Drive (at Rosecrans St)
Parking is in Michael's parking lot

Gail. The Knickerbikers ate dinner at Pho Point Loma & Grill in March, and it was so enjoyable, that KBs requested that Gail organize a dinner there again soon! And tonight's the night! Pho Point Loma & Grill is privately owned and was the first Vietnamese Restaurant in Point Loma. Pho Point Loma & Grill's good yet inexpensive home-style cuisine offers choices for vegans, soup lovers and meat lovers. Check it out: <http://www.phopointlomagrill.com/>

FRI MAY 20 NATIONAL BIKE TO WORK DAY

Join thousands of San Diegans as they leave their cars behind in favor of a two-wheeled commute. Bicycling to work or school is healthy, environmentally friendly, and economical. Give it a spin!

Ride proud and pick up a **FREE Bike to Work t-shirt** at one of the many **pit stops** located throughout the county. Refuel at Bike to Work Day pit stops with free energizing snacks, beverages, and lots of encouragement. [Register now at 511sd.com/iCommute](http://511sd.com/iCommute) and be eligible for dozens of **great prizes**.

Get your bike in gear just in time for Bike to Work Day at our **Tune-Up Time event on Sunday, May 15**. You will be able to get a free bike maintenance check, pick up freebies at sponsor booths, and more!

Celebrate biking all month long! Every time you bike to work in May, and **log your trip** in TripTracker at 511sd.com/iCommute, you will be entered for chances to win additional prizes. Register for Bike to Work Day to be automatically eligible for these weekly prize drawings in May. Make it a friendly competition and encourage your company or organization to participate in the **Corporate Challenge!** The company with the largest percentage of employees to bike to work in May will be recognized.

Learn how you can register and participate in all Bike to Work 2011 activities by visiting 511sd.com/iCommute or by calling 511 and saying "iCommute."

The URL for Bike to Work Day registration and other information is:
<http://www.icommutesd.com/Events/BikeToWorkDay.aspx>

SAT MAY 21 8:45 AM ±25 MILES * SPIN THOSE WHEELS!**
Old Town Trolley station parking lot
4005 Taylor Street

Belle Jour. 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 usually a coffee stop in Ocean Beach where we'll decide where to ride and enjoy lunch!

SUN MAY 22 9:30 AM 26 MILES * LAGUNA MT. SLIDE**
La Posta Diner (619 478 5600)
32337 Old Highway 80, Pine Valley

Merle Vogel. Take I-8 east to Kitchen Creek exit. Right then left onto Old Highway 80 and continue east. La Post Diner is about 1 mile on the right. If you pass a big Border Patrol Station you've gone a bit too far.

We'll climb the back side of Mt. Laguna. Yes, it's a bit of a challenge but the scenery is great and the slide back down Sunrise Highway is worth it. There will be no traffic on much of the ride and only light traffic on the rest. Lunch will be at La Posta Diner.

TUE MAY 24 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
World Curry (858 270 4455)
1433 Garnet Avenue

Ken. 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 MAY 28 9:30 AM 22 MILES * MESA GRANDE**
Collier Park, Ramona

Merle. To get to the start of the ride, take route 78 to Ramona. Turn right on 7th Street. Turn left on E Street. Collier Park is on the right.

This is a mountain bike ride. It is probably okay on a hybrid but not recommended for pure road bikes. We'll head out of Ramona on Magnolia to Black Canyon Road. Soon we'll be on a Forest Service Road. That means dirt. We'll go through back country to Mesa Grande. There we'll regroup and prepare for a glorious downhill back to Ramona.

SUN MAY 29 9:30 AM 28 MILES * SAN LUIS REY**
NEPTUNE WAY
Western entrance to the San Luis Rey bike path
Oceanside

Rhonwyn. Take I-5 north to the Mission Avenue exit. Go west. Turn right on Coast Highway going north. Turn left on Neptune. Park on the street.

We will take the bike path east to its end and ride through some areas of east Oceanside. We'll also stop at the San Luis Rey Mission for a brief break. Lunch is at a food court before we get back on the bike path and head west to the starting point.

TUE MAY 31

6:30 PM

0 MILES

KNICKERBIKER KNIGHTRIDERS

The Venetian (619 223 8197)

3663 Voltaire Street, Point Loma

(between Chatsworth Blvd & Poinsettia Dr)

Rhonwyn. In 1965 a young man named Vince Giacalone turned a dream into reality by opening a restaurant where people could enjoy food from his family's heritage. Since then, the Venetian has been passed on to his sons Frank and Joe who proudly carry on the family business. This little Italian Restaurant has stayed true to their family recipes for over forty years. In addition to enjoying a tasty dinner, tonight come on out to wish Susan and Merle all the best on their upcoming bicycle tour across the U.S.A.!

SAT JUN 04

9:00 AM

45 MILES

RING AROUND THE ROSIE BAY RIDE

Mission Bay Visitor's Center

North parking lot

E. Mission Bay Dr. & Clairemont Dr, Mission Bay

Will. To meet your fellow riders, take I-5 to Clairemont Drive exit. Short turn to west, then turn right (N) on East Mission Bay Drive., immediate left into parking lot, left again (S). South end of lot can fill with biker's cars (or why not just bike?).

A Death March - NOT! Pick up extra miles around Fiesta Island, bike along the SD River Channel, Spanish Landing and Cancer Survivors Park, past beautiful NASSCO shipyard (if you are into bayfront industrial) and 32nd Street Naval Station, around south end of cleaned-up San Diego Bay, up the Silver Strand and on to lunch at the Coronado ferry landing. Spiro Gyros? Ferry back to San Diego, \$4.25 including bike. Lots of details available by Googling "San Diego Bayshore Bikeway."



© J. Jonik from April 2011 Funny Times, originally in National Lampoon
Submitted by *Ken*

Coming Events:



JUL 2011

CYCLE RUSSIA

Mark. Golden Ring Tour (ancient cities around Moscow) July 3 - 14 – or – Moscow to Saint Petersburg July 17 - 27. Approximately \$1,600 includes meals, accommodations, SAG wagon, and 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: MAYkcriswell@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!>

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!



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 editor@knickerbikers.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!

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

Wheely Good Recipes

WHAT TO DO WITH ALL THOSE LEMONS... MAKE LEMON MUFFINS



- 1-3/4 cups flour
- 3/4 cup sugar
- 2-1/2 tsp baking powder
- 1/4 tsp salt
- 3/4 cup ricotta cheese
- 1/2 cup water
- 1/4 cup olive oil
- 1 tblsp grated lemon rind
- 2 tblsp fresh lemon juice
- 1 egg, lightly beaten

Preheat oven to 375

Combine flour, sugar, baking powder and salt; make a well. Combine ricotta and rest of ingredients

Add ricotta mixture to the well in flour mixture, stirring until moist.

Using cup liners and cooking spray, divide batter among 12 cups Bake for 16 minutes or until toothpick comes out clean. Cool on wire rack.

Calories: 186 and low in salt; only 160 mg

Submitted by *Sandra*

Knickerbiker Klassified

BIKE FOR SALE. 1958 Cirrus, 58 cm Carbon Fiber Hybrid, 27 speed, includes computer, rear rack, rack trunk, pump, jandd panniers. Located in Sports Arena area. \$790 for quick sale. Roy Lawrence: 619 523 5522

Cross Country Tour. The BAC x-c ride still has an opening for a single (we have an odd number of participants). In next months BAC newsletter there will be an announcement looking for a single (male or female). In addition, there will be a note looking for short term participants. Interested?
Contact Rich Gallo 516 317 9320

Maria Olivas, the Education Coordinator for the **San Diego County Bicycle Coalition**, is looking for photos that illustrate legal, illegal, dangerous, and best practices. Please don't go out and pose for pictures, especially of dangerous practices, but if you've got pictures you feel are of any instructional value, and feel like sharing, please share! Ms. Olivas' email address is education@sdcbc.org

**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**



SURPRISE! ONE MORE CHANCE FOR A KNICKERBIKER JERSEY

We just finished our third order for Knickerbiker jerseys, and a few people are commenting that they missed out on the action. So we will give them one more chance! This time, though, we have a firm cut-off date of September 1. If we don't have 15 orders by then (that means checks--see below), the deal's off. Some are considering buying a second one (hint, hint).

Voler reduced the price slightly, so the total (including tax and shipping) is now \$85. You can send a \$45 deposit or the full amount before September 1 to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037. The check won't be cashed until the order is placed. He will need to know the size, the cut (race or club--race is very form-fitting), short-sleeved or sleeveless, and men's or women's.

Greetings Knickerbikers of San Diego!

I'm writing today to ask your organization to help us spread the word about our 2nd annual **Build It. Bike It. Be a Part of It.** fundraising campaign for the U.S. Bicycle Route System (USBRS), which kicks off **May 2, 2011** and runs through **May 31**. May is National Bike Month, and what a great way to celebrate: support the creation of a national system of cycling routes! Here are the details:

Using social networking promotion, and a team of core supporters, we are asking cyclists in America to donate \$10 to help with the creation of this national route network. Our goal is to raise \$30,000 as well as spark immense excitement about the progress so far! Last year we raise just over \$27,000 during the campaign (\$7,000 over our goal!) and got great coverage by the bike media.

The U.S. Bicycle Route System is a visionary project similar to the national and international cycling systems blossoming across the globe, and in the last year, it has gained substantial momentum. Adventure Cycling is now working with dozens of state agencies, national organizations, nonprofits, volunteers, and the U.S. Congress to realize this vision. To date, 30 states are actively working to implement U.S. Bike Routes. (See for yourself on our state status webpage: <http://www.adventurecycling.org/routes/usbrs/>) Plus, since the USBRS Facebook page launched in January 2010, it has attracted nearly 17,000 fans: <http://www.facebook.com/usbrs>.

Thanks so much for your time. I hope that we can count on you to help us spread the word about the U.S. Bicycle Route System fundraiser during National Bike Month in May.

Best,

Amy
Adventure Cycling
On behalf of the *Build It. Bike It. Be a Part of It.* campaign





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.

