

The Knickerbikers of San Diego County



www.knickerbikers.com

"If the constellations had been named in the twentieth century, I suppose we would see bicycles."
- Carl Sagan

THE BULL-A-TON

JUNE 2011
Vol. 38 No 2

Bicycle Logos Painted on Kensington Streets... What Gives?

For the past three weeks, bicycle logos have been painted on certain streets in Kensington, leaving residents baffled as to what they meant. The mystery of the logos was revealed when Jim Baross, president of the San Diego County Bicycle Coalition, addressed the Kensington/Talmadge Planning Committee on May 11.



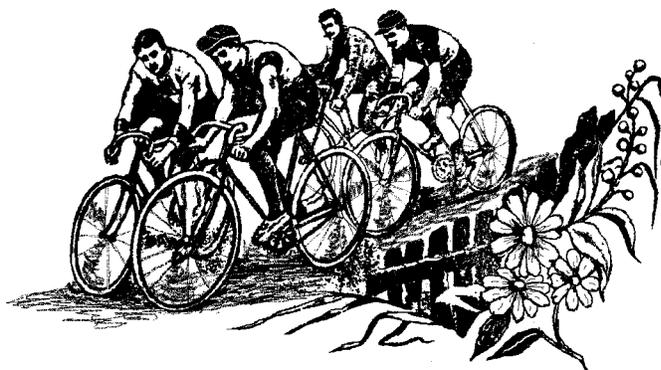
The name of the logo is a "sharrow," and (among other indications) it is a reminder for all drivers to share the road with cyclists. Baross said that San Francisco was the first city to receive the sharrow markings on an experimental basis and, after a two-year test period, they were deemed effective for statewide use. Kensington is the first San Diego community to receive the sharrow markings, and they are now appearing on North Park and Normal Heights streets.

Baross said that the sharrow markings are intended to show where cyclists can ride on the street without being hit by car doors that open suddenly. Although it is the motorist's responsibility to check before opening their door, riding too close to parked cars in the "door zone" is a common mistake that can lead to serious injury to bicyclists.

The sharrow markings will also be used in situations where it may not be obvious where cyclists should be riding (such as at intersections with multiple turn lanes) and to guide bicyclists on the best streets without hills or major traffic. The streets with sharrow markings will evolve into an interconnecting network of routes for cyclists with minimal inclines and less traffic, with a long-range goal of increasing bicycle ridership along safer, easier routes.

by Joan FitzSimons
Published Wednesday, May 18, 2011

Outings:



JUNE 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		

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

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."

SUN JUN 05 9:30 AM 28 MILES * 56 BIKE PATH**
Carmel Valley Park & Ride
I-5 and Carmel Valley Rd

Rhonwyn. Pack up your bike and your gear and head along I-5 to Carmel Valley Road exit. Turn west and go to the first traffic light after the freeway bridge. Turn left into the Park & Ride.

We will head east on the bike path and then meander along some roads in north county, have lunch at the Albertsons shopping center which has a food court (Mexican, Greek, Chinese, etc.), and then return west along the bike path again.

TUE JUN 07 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Ki Ku Ya Sushi
3949 Governor Drive (858 558 9555)

Rhonwyn. Ki Ku Ya Sushi is located in the Vons shopping center on Governor Drive and Genesee. Ki Ku Ya Sushi of San Diego offers a complete sushi bar operated by Master Sushi Chef Yutaka Nakanote (formerly at Shogun in La Jolla) with his terrific talents, along with a regular menu of traditional Japanese and Korean entrees.



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!

SAT JUN 11 10:30 AM 20 MILES * HIGH DESERT FAT TIRE DIRT ROAD RIDE
WITH VIEWS**
Lark Canyon staging area,
just before Lark Canyon Camp Ground

Dave. To get to the start of the ride, take I-8 east to Boulevard/Manzanita exit # 65, right at the end of the off ramp to stop sign. Left on Old Highway 80 to McCain Valley Road. Turn left on McCain Valley Road and travel approximately 5 miles to the Lark Canyon staging area and campground. Parking is FREE in the staging area. Please do not park in the way of off roaders.

McCain Valley road is an almost car free (usually), graded rolling dirt road. Along the entire route there are views of the mountains to the west and the low desert to the east. On a clear day from the scenic overlook you can see Mexico to the south, the Salton Sea and clear to Arizona to the east and 10,000 foot high mountains to the north. Tunnels, a train wreck and the Carrizo Gorge RailRoad can also be viewed. Please note there are no services except enclosed pit toilets (with a roof & locking doors!) at the campground and at the halfway point (Cottonwood campground). This is an out and back ride on the same road. Bring a lunch that you can transport on your bike (PB&J?) and eat at a campground table or pick a spot with a view. Make sure you have more than enough water as the air is usually very dry and no known potable water is available. This is a HIGH DESERT ride and this year the weather will be...? I would check the Classic Weather Underground web site for Boulevard & Jacumba for temps, etc. and dress accordingly. For after the ride activity, may I suggest a lawn chair, a shady spot, a good book and/or a siesta, along with a cooler with cold water, soda or fruit juice. A hike is also possible if you wish to exert yourself. Remember, fat knobby tires aired down a bit are best. The road is an easy drive even in a low slung passenger car, but on a bike there are a few soft spots so knobby tires offer a more secure ride. On the return home, don't forget to stop in at the Wisteria Candy Cottage on Old Highway 80 for some candy made right there in Boulevard.

SUN JUN 12 9:00 AM ±25 MILES * CARMEL VALLEY PARK & RIDE RAMBLE**
Carmel Valley Park & Ride
I-5 and Carmel Valley Rd

Gayle. To meet up with your fellow riders, head along I-5 to Carmel Valley Road exit. Turn west and go to the first traffic light after the freeway bridge. Turn left into the Park & Ride.

We will either do a coastal ride to the north of about 30 miles or we will go inland about 25 to 28 miles. The lunch stop will be along the route and we will enjoy scenery and conversation as we ride.

TUE JUN 14 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:30 PM
Turf Supper Club (619 234 6363)
1116 25th Street, Golden Hill

Judy: Heading west on I-94, get off at the 25th Street exit and head north into the Golden Hill neighborhood. We will do a short walk around neighborhood before visiting the original "grill your own supper club" in San Diego. This is a fun, lively place where you cook your own food around a community grill... check out the menu on their website... www.turfsupperclub.com



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

SAT JUN 18 9:00 AM 48 MILES ** SLEEPING INDIANS OF FALLBROOK
Oceanside Harbor Marina
Parking lot east of the tunnel

Jeff. Jeff will lead us along the San Luis Rey bike path and through scenic Fallbrook. There will be two hard climbs, but two great down hills! Lunch will be at Dominic's Italian Deli at the half way point.

SUN JUN 19 9:00 AM ±25 MILES * SPIN THOSE WHEELS!**
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 JUN 21 6:00 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Welcome Home Potluck for Susan and Bob
Check your email for the address

Priscilla. In the spring of 2008, Susan White and Bob Laurence moved from their longtime home in San Diego to Brooklyn, New York. Bob had recently retired from his job as a television critic at the San Diego Union-Tribune. Susan had taken a buyout and left her job as an editor at the U-T, and was about to start a career at ProPublica, a new, experimental, nonprofit newsroom specializing in "Journalism in the Public Interest." And now, Susan and Bob have aimed their Mazda westward, with dog and cat in the back seat, as they were when they drove east three years ago. And the Knickerbikers are getting together to welcome them home!

Please bring a prepared dish to share as well as the beverage of your choice. As we will be both inside and outside, you might want to bring a jacket. There is no need to bring desserts as Priscilla is providing desserts as well as paper goods. Please, please RSVP!

WED JUN 22 7:00 PM 0 MILES ** LECTURE - Major Taylor in Australia**
Malcolm X Library (619 527 3405)
5148 Market Street

The Knickerbikers have been invited to join Major Taylor Cycling Club San Diego as they present a book signing and lecture by Jim Fitzpatrick, author of "Major Taylor in Australia". This new book which celebrates the bright, shining life of Marshall "Major" Taylor. The event is free and open to the public. Copies of the book will be available for \$20.00. Fitzpatrick's 200-page book recounts the story of Taylor's life in Australia from 1902 to 1904.

Black American cyclist Major Taylor, the 1899 world champion, also known as "the Worcester Whirlwind," was the highest paid and most famous athlete in the most popular sport of his time. Author Jim Fitzpatrick will give a slide presentation about Major Taylor in Australia, which was the basis for the 1992 television movie "Tracks of Glory" and is now available for the first time in book form. www.starhillstudio.com.au Local contact for further details: <http://www.mtccsd.org/>

SAT JUN 25 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 JUN 26 9:00 AM ±25 MILES * SPIN THOSE WHEELS!**
Costa Verde Shopping Center
La Jolla Village Drive and Genesee
La Jolla Strip Club Parking Lot, University City
(formerly Trophy's)

Belle Jour (619 787 7427). The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive. Those who show up will decide where to ride and where to enjoy lunch!

TUE JUN 27 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Amarin Thai Restaurant (619 296 6056)
3843 Richmond Street (South of University Ave.)

Barbara. Hunting for information about Amarin Thai, I found the following review of Amarin Thai on Yelp (yelp.com) "Quite possibly the best Thai in San Diego. Tucked away just off of the main drag, Amarin Thai doesn't look like anything special at first blush. That said, the food is top notch, and the new dining room really looks nice. Service is generally good, and the staff is almost always in colorful Thai costume. Try the green curry, you won't be disappointed." Classics like panang curry pad thai are executed nicely at Amarin, but the real excitement lies in fancifully-named dishes like chicken volcano.

MON JUL 04 10:00 AM 25 MILES * FOURTH OF JULY RIDE AND POTLUCK!**
Check your email for the address

Ken and Sheryl. Declare your independence at the fifteenth annual Fourth of July bike ride and potluck. Arrive at 10:00 AM, bearing salads, desserts, beer, wine or soft drinks. Ken and Sheryl will supply barbecued burgers, veggie burgers and hot dogs. After the ride, we eat! If you aren't riding, come at 1:00 PM and enjoy the potluck. Please, please RSVP, so Ken and Sheryl will have some idea of how many to expect!



Mt. Laguna Slide – May 2011

Coming Events:



Hot Summer – Cool Coastal Bike Rally

What is it?

Join your cycling friends for a clue-based rally that will take you to different scenic destination points throughout coastal north San Diego County. Use your clue and puzzle solving skills and knowledge of San Diego to navigate a fun course throughout coastal north San Diego County. Get your buddies together to form a “bicycling brain trust” to see who can solve the clues and navigate the course in the best time.

When is it?

Saturday, July 16th. Sign up from 8:30 to 9:00 A.M. The contest begins at 9:00 A.M. sharp!

Where is it?

It starts at Glen Park in Cardiff by the Sea. Map here: <http://goo.gl/maps/ZC2c> I-5 to Manchester Dr. West about 1 mile. Manchester becomes San Elijo Ave. Park is at the corner of San Elijo & Orinda. Meet on the south side of the park near the intersection of Norfolk Dr. and Newport Ave.

How does it work?

Come to the park, grab a couple of buddies and form a team. Don't have a teammate? No problem! Stop by and we'll find you one! Each team captain will be assigned a clue that will describe a destination in and around coastal North County. The first clue will direct you to the first destination. Each subsequent destination will lead you to the next, and so on. The first three teams that finish the contest in the best time will win a prize! You'll also get bragging rights about how smart and fast you were until next year! Come in first or last, you'll still have a great time!

What should I bring?

Pack a picnic cooler lunch and something to drink for the post-rally party. To assist you in the rally, you will want to have one or more of the following:

- A good map (AAA North County San Diego will work great but others will do)
- A knowledge of general trivia (clues will be Jeopardy-style questions)
- A SMART teammate!
- A sense of adventure
- A compass or a GPS if you get lost easily
- A cell phone (if you get lost)
- About \$3. Some clues may require you to buy a little something.

How far do I need to ride?

The routing of the course will be well under 30 miles on a largely flat course.

Who's Invited

Any cyclist that is capable of riding 25-30 miles and that has at least a half a brain still in operation.

What's it cost?

Participation is free. It will cost you nada, zilch, zero.

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 \$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>!

OCT 2011

SAN LUIS OBISPO

Jeff. Watch this space. Details to follow.

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.

Wheely Good Recipes

FRESH TOMATO CHUTNEY



4 medium tomatoes, quartered
1 and 1/2 tablespoons brown sugar
1 large garlic clove chopped
1 tablespoon chopped peeled fresh ginger
1 tsp ground cumin
1/2 tsp chopped & seeded serrano chile

Chop tomatoes in processor.
Add all other ingredients and process until smooth.
Cool about 4 hours.

Use this chutney over cooked green beans, chicken, fish or whatever...

Submitted by *Sandra*

Knickerbiker Klassified

BIKE FOR SALE. 2008 Specialized Cirrus, 58 cm Carbon Fiber Hybrid, 27 speed, includes computer, rear rack, rack trunk, pump, jandd panniers. Located in Sports Arena area. \$690 for quick sale.
Roy Lawrence: 619 523 5522

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



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.

