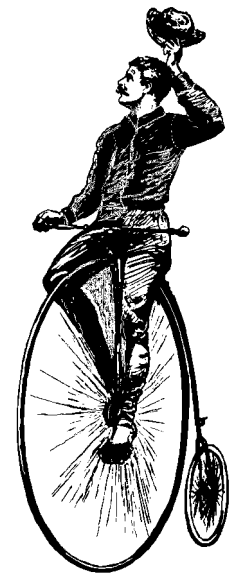


The  
Knickerbikers  
of  
San Diego County



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

"There are three ways to pedal a bike. With the legs, with the lungs, or with the heart."

- Mandible Jones, "Carpet Particles"

THE BULL-A-TON

JULY 2011

Vol. 38 No 3



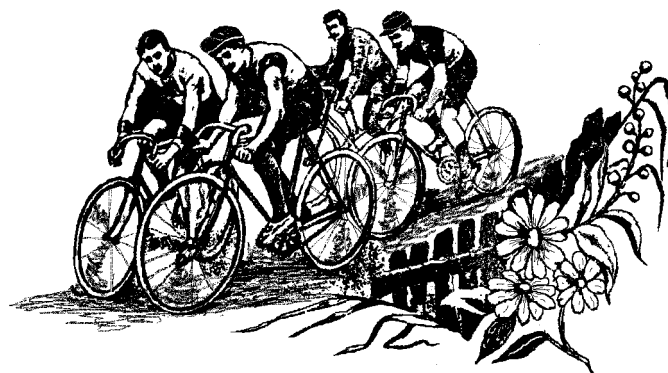
Running from Saturday July 2 2011 to Sunday July 24 2011, the 98<sup>th</sup> Tour de France will be made up of 21 stages and will cover a total distance of 3,430.5 kilometres.

These stages have the following profiles:

**Distinctive aspects of the race**

- le Galibier climbed twice,
- 2 rest days,
- 23 level 2, 1 or highest level mountain passes or summit finishes,
- no bonuses will be awarded during the intermediate sprints and stage finishes

# Outings:



JULY 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**

SAT JUL 02

9:30 AM

27 MILES

\*\*\*

**SAN CLEMENTE PIER**

Las Pulgas exit/parking lot off I-5 North

Rhonwyn. Take I-5 north past Oceanside to meet your fellow riders at the Las Pulgas exit/parking lot off I-5 North. We will ride to the San Clemente Pier for lunch at Fisherman's Wharf restaurant and then return. A Knickerbiker Klassic not to be missed!

SUN JUL 03

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

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! An enjoyable day for sure!

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!



TUE JUL 05

6:00 PM

0 MILES

\*\*\*\*

**KNICKERBIKER KNIGHTRIDERS**

Balboa Park

Spreckels Organ Pavilion

Gail. We will meet behind the benches, in the center. Bring a chair or blanket to sit on. Bring your picnic dinner and arrive before the concert which starts at 6:15 PM. The music this evening is by The Legends. The Legends Rock 'n Roll Revue are Southern California's original and most authentic Motown and Doo Wop revue with over 20 years in the San Diego Music scene. The Legends are famous for their tributes to the early 50's - 70's music of Rock 'n Roll from Tina Turner, Dion, The Supremes, Frank Sinatra, The Marcells and many more with authentic sounds, wigs, costumes, and choreography.



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](mailto:editor@knickerbikers.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!

SAT JUL 09

8:30 AM

10.7 MILES

\*\*\*\*

**NICK VENUTO MEMORIAL RIDE & WALK**

Westview High School

We lost Nick on May 31, 2011 in a cycling/automobile accident on the Highway 56 bike path. Nick was a father, husband, son, brother, avid cyclist, and respected financial executive. Come join us as we celebrate the memories Nick left for us, and honor him for what he brought to his family and the community.

Begin gathering at 8:30 AM, Ride and walk start at approximately 9:00 AM. The ride includes San Dieguito Road - one of Nick's favorites, and the walk includes a visit to the memorial site. Please see <http://www.nickvenuto.com> for more information/photos of Nick, and information about donating to a trust established for his children. A limited number of t-shirts will be available on July 9. Your donations are appreciated.

Map of the ride: <http://www.mapmyrun.com/routes/view/36263246>

Map of the walk: <http://www.mapmyrun.com/routes/view/36535432>

**SUN JUL 10 9:30 AM 10 MILES \*\*\* TWO RIDES TODAY! #1 - MOUNTAIN PEDAL AROUND THE PUDDLES**  
Desert View Picnic Area  
Mount Laguna on Sunrise Highway

Dave. From San Diego, take I-8 east, just past Pine Valley to Sunrise Highway. Go north on Sunrise Highway (S1) to Mt. Laguna. The picnic area is a short distance north of the Mt. Laguna Lodge on the other side of Sunrise Highway. If traveling from North County you may want to travel to and through Julian to get to the Sunrise Highway.

Will there still be water in either Little or Big Laguna Lake? Let's find out!

Riding conditions: Dirt road for a ways then Hiking /Single track dirt TRAILS. Ride is FAIRLY flat, (Honest! It is around a meadow!) at about the 5,500 foot elevation level. (Any doubting Thomas or Thomasette can check a topo map for flatness of this ride!!)

Actual route to be determined at the start and subject to the groups whims along the way. This will be a scenic, mostly off road mountain ride in the fresh mountain air. Bring your own lunch, to be consumed at a scenic spot during the ride, or at the Desert View Picnic area after. There are two restaurants on the Mountain again, that may or may not be open, so bring your own! There are also ice cream sandwiches, candy, cold Gatorade, sodas etc. available at the Mount Laguna Lodge as well as trinkets.

Deer, wild turkey, other birds & animals may be observed if we are lucky!

Don't forget to pick up your National Adventure Parking Pass at the Mt. Laguna Lodge if you don't already have one.

And Please, do not park your bike on the porch at the lodge. As I understand it, it's an insurance company rule, not the owners of the lodge.

This year the weather will be? I suggest you check the weather for Mt. Laguna on the Classic Weather Underground web site, dress accordingly and bring plenty of drinking water with you.

**SUN JUL 10 9:00 AM ±25 MILES \*\*\* TWO RIDES TODAY! #2 - ROAD SPIN THOSE WHEELS**  
Carmel Valley Park & Ride  
I-5 and Carmel Valley Rd

Belle Jour (619 787 7427). 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. Those who show up will decide where to ride and where to enjoy lunch! An enjoyable day for sure!

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

**TUE JUL 12 6:00 PM 10 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
6:30 PM Tweety Thai Cuisine (858 483 3266)

1768 Garnet Avenue  
Pacific Plaza (between Jewell St & Kendall St)

Priscilla. Priscilla will lead us on short bike ride prior to dinner. We'll meet at 6:00PM and roll at 6:10 PM. We should be back at Tweety Thai by about 6:45 PM. We used to enjoy this restaurant when it was "Jack's Thai". The food is still delicious, there's simply been a name change. Tweety Thai is in the same mall and just around the corner from Great News Cooking School.



**SAT JUL 16 8:30 AM variable MILES \*\*\* HOT SUMMER – COOL COASTAL BIKE RALLY**  
Glen Park  
Cardiff by the Sea

**Not riding today? Volunteers are needed for to take photos at the checkpoints.**  
Contact Steve 760 519 8163 or [rally@stevegebler.com](mailto:rally@stevegebler.com)

### *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.

**SUN JUL 17 9:00 AM +25 MILES \*\*\* 3 GALES RIDE**

Mission Bay Visitor's Center  
North parking lot  
E. Mission Bay Drive & Clairemont Drive  
Mission Bay

Gail, Gail and Gayle. Take I-5 to Mission Bay Drive, get off, go west, then right, and left into parking lot. We will meet in parking lot just north of the Visitor Center.

We will go south to start, and around part of Mission Bay. We will then head through Pacific Beach, possible coffee break there, and onto the bike path which will take us to the La Jolla Farmers Market. We will have lunch there and do a little shopping, (bring a pannier for goodies.) We will then go back via the coastal route through L.J. and P.B and north side of Mission Bay.

**TUE JUL 19 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
Nazca Grill  
4310 Genesee Avenue

Rhonwyn. Nazca Grill is in a shopping center slightly north of Balboa Ave; the cross street is Mount Etna. Nazca Grill serves Peruvian food! This is a small family owned restaurant. The family is originally from Peru. The creation of Nazca Grill is a concerted effort from family members, including extended family, as the realization of a dream to carry on the tradition of their parents. The owners have chosen San Diego as the location to open for business because of the people, the surroundings, and definitely the weather!! (We Knickerbikers surely know about that!)

**SAT JUL 23 8:00 AM 66 + 6 MILES \*\*\* CAPISTRANO TRAINING RIDE**  
Mission Bay Visitor's Center  
North parking lot  
E. Mission Bay Drive & Clairemont Drive  
Mission Bay

Will. Popular grunion spawning beach, rarest native pine trees in the US, one of six nuclear power stations in the terrorist/blackmail plot "Meltdown" planned by The Laird of Murcaldy, Anton Murik, state park signs proclaiming that clothing optional is not an option, and Rose's Sugar Shack, one of the healthiest places to eat lunch in Orange County.

**SUN JUL 24 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

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 JUL 26 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
6:30 PM  
Saffron Thai (619 574 0177)  
3731 India Street

Robert. Let's get in a brisk walk before dinner. Meet at 6:00 PM. We'll leave at 6:05 PM for a stroll along the northern end of India Street. We'll then join the non-walkers at Saffron Thai at 6:45 PM. Saffron Thai is one of the stalwarts and pioneers of San Diego's casual dining scene. Food spiciness level is set to your preference -- just tell the helpful staff when you order!



**SAT JUL 30 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 usually a coffee stop in Ocean Beach where we'll decide where to ride and enjoy lunch!

**SUN JUL 31 7:45 AM ±25 MILES \*\*\* BREAKFAST RIDE**  
Fresh & Easy (parking lot)  
8788 Navajo Rd  
NE corner of Navajo Road and Lake Murray Blvd

Sandra. We will meet at 7:45 AM and leave at 8:00 AM from the Fresh & Easy parking lot. We will ride about 10 miles to breakfast at our favorite Cafe 67 in Lakeside. Total riding is about 25 miles with some hills on the return.



On Tuesday, May 31 2011, we passed around Ron's camera at the dinner table.  
Ron created this collage of the "Best of the Knickerbikers!"

# Coming Events:



**SUN AUG 20**

**16.21 MILES**

**MIDNIGHT MADNESS FUN BICYCLE RIDE**

Midnight Madness is a fun night of cycling, contests, prizes, and entertainment to support community youth programs. The 38th annual event will be held on Saturday August 20 2011. The cycling route is a primarily flat loop course along some of San Diego's most beautiful waterfront and historic areas. <http://sandiegomidnightmadness.org/>



**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.

## 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

## Chinese Cabbage Salad (low calorie version)



1/4 cup slivered almonds toasted lightly  
1/4 cup sesame seeds toasted lightly  
1 pkg Ramen Noodles (discard sauce)  
1 large head Napa Cabbage, thinly sliced  
1 bunch green onions thinly sliced  
1/2 cup sugar  
2 T canola oil  
1/2 cup rice wine vinegar  
1 T soy sauce  
1/3 cup water

Break up noodles and combine with cabbage and green onions. Add almonds and sesame seeds. For dressing, combine last 5 ingredients. Pour over cabbage and stir.

173 calories per serving, 201 mg sodium, 0 mg cholesterol

Submitted by *Larry*

## 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](mailto: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](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  
Or, easier still, just send it via PayPal to [treasurer@knickerbikers.com](mailto: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.

