

The Knickerbikers of San Diego County



www.knickerbikers.com

"In a car you are carried; on a bike you go. You are yourself integral with the machine."

- Christopher Morley, *"The Romany Stain"*

THE BULL-A-TON

AUGUST 2011

Vol. 38 No 4

2011 Hot Summer - Cool Coastal Rally

This year's rally featured great weather, great clues, terrific competitors, and a wonderful time for all. Hosted by Steve Gebler, the Hot Summer - Cool Coastal Bike Rally had its participants exploring the hidden treasures of Encinitas and Solana Beach.

With strong, competitive teams, this year's winning time was the fastest ever and was won by the team of Gail Markiewitz, Gayle Ziaskas, and Ken King.

Participants in the rally included Sandy, Cathy, Lynn, Michele, Robert, Lois, Larry, Mark, and Martha.

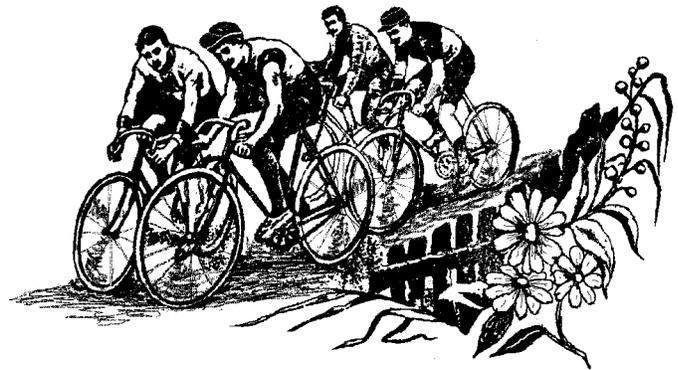
Brenda Gebler handled check-in duties and Ron Powell assisted with the race organization and photography.

A video of the event can be viewed here:

<http://gallery.me.com/stevegebler/100539>



Outings:



AUGUST 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**

TUE AUG 02 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Picnic at the Velodrome
San Diego Velodrome, Morley Field Athletic Area
2221 Morley Field Drive
Texas Street and Morley Field Drive

Robert. The San Diego Velodrome is located in the Balboa Park Recreation Area. To get to the Velodrome, take I-5, exit Pershing Drive. Take Pershing Drive through Florida Street intersection and continue uphill (Golf Course is on right side). Turn on to first driveway on left. Drive through paved lot and continue on to dirt road and dirt parking lot. Velodrome is to the south of the dirt parking lot

Enjoy free grandstand seating under the sky as dozens of San Diego's amateur track cyclists compete on the oval. Bring your own picnic dinner, either home-made or purchased on the way over to the venue. If you tend to get chilled at night, bring a blanket or a beach towel, but you won't need it until the later races of the evening. Racing starts at 6:30 PM. For more information on the entertainment, browse the San Diego Velodrome Association's web site: <http://sdvelodrome.com/>



SAT AUG 06 9:00 AM 25 MILES * FLYING LEATHERNECK MUSEUM RIDE**
Mission Bay Visitors Center
North parking lot
E. Mission Bay Drive & Clairemont Drive
Mission Bay

Robert. 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 Visitors Center.

From the Mission Bay Park Visitors Center we'll head north along the Rose Creek and Rose Canyon Bike Paths to University City. We'll have a coffee break and regroup at the Miramar Road Starbucks, then proceed east to the Flying Leatherneck Museum (suggested donation: \$5). After some time there, we'll return west and south, with a lunch stop at Leucadia Pizzeria. This ride is recommended for those planning to ride to the Miramar Air Show at the beginning of October. For more information about the Flying Leatherneck Museum, type <http://www.flyingleathernecks.org/> into the web browser of your choice.

SUN AUG 07 9:00 AM ±25 MILES * SUNDAY SUNDIAL RIDE**
Costa Verde Shopping Center
La Jolla Village Drive and Genesee
La Jolla Strip Club parking lot
4282 Esplanade Court, University City

Robert. The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive.

From our starting location, we'll ride and regroup at an equatorial sundial at UCSD's International Center. From there, we'll head south to Mission Bay Park and Old Town, and then up into Balboa Park, where we'll view a horizontal sundial outside of the Museum of Natural History. From there, we'll have a coffee break at Urban Grind on Park Boulevard, before riding off to the seasonally adjusted, and very unusual, analemmatic sundials in North Park Community Park. We'll finish by descending to Mission Valley, then dining at The Alamo in Old Town before heading back. For more information on sundials, type <http://www.sundials.co.uk/> into your favorite web browser.



TUE AUG 09 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 Corvelles and is Motown music.

SAT AUG 13 8:15 AM 28 MILES * JOLLY ROGER BREAKFAST RIDE**
Cottonwood Creek Park, Encinitas

Rhonwyn. Take I-5 north to Encinitas Blvd exit, go west and turn right on Vulcan. Cottonwood Creek Park is at the corner of Encinitas Blvd and Vulcan.

We will bike north along the coast to the Oceanside Marina for breakfast at the Jolly Roger and then return.

SUN AUG 14 9:00 AM ±25 MILES * DOING A LOOP**
County Administration Building
Harbor Drive & Hawthorne Street

Gail R. To meet other riders, take I-5 to Hawthorne Street to Harbor Drive. Park along the road or by the County Administration Building.

We will ride Harbor Blvd down to the bike path towards Chula Vista, do a loop and then head back and have lunch at Tin Fish. Ride is approximately 25 miles and fairly flat.

TUE AUG 16 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Apollonia Greek Bistro (858 455 1535)
Costa Verde Center
8650 Genesee Avenue

Gail M. The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive.

Simple, unpretentious foods such as grains, meat and legumes are enriched by the pungent, earthy flavors of garlic, onion, eggplant and artichoke, and by the essences of the olive oil, lemons and raisins. Greek cooking, which is tied to nature and to the seasons, reflects the simple environment of sun-earth-sea. The exciting menu at Apollonia is designed to accommodate both vegetarian and omnivorous diners. Try some of the authentic dishes such as Dolmathakia and Moussaka.



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 AUG 20 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!

SAT 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 21 9:00 AM ±25 MILES * 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!

TUE AUG 23 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
California Pizza Kitchen (858 457 4222)
La Jolla Village Square
3363 Nobel Drive

Rhonwyn. On March 27, 1985, attorneys Rick Rosenfield and Larry Flax traded in the courtroom for the dining room. Having always wanted to get into the restaurant business, they pitched their legal pads to serve hearth-baked pizzas. They introduced flavors and tastes from around the world, from Thai to Jamaican Jerk ... all on a pizza. All of CPK's innovative pizzas are creatively designed on a delicious crust, and hearth-baked to perfection. Also served are creative salads, distinctive pastas, soups, sandwiches, appetizers and desserts. Come on out and enjoy!

THU AUG 25 7:00 PM 0 MILES ** KNICKERBIKER GAME NIGHT**
Evening Creek complex
Check your email for address and additional details

Cindy. 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 AUG 27 6:00 AM 70 MILES * SUGAR SHACK FOR BREAKFAST RUN**
Mission Bay Visitors Center
North parking lot
E. Mission Bay Drive & Clairemont Drive
Mission Bay

Will. Take I-5 to Clairemont Drive exit. West to dead end at E Mission Bay Drive, right (N) to first left and left again. We LEAVE Mission Bay Visitors Center at 6 AM sharp.

We start by going about 6 miles to Santa Fe Amtrak Station, catching train #565, departing at 0705, arriving San Juan Capistrano at 0830.

We then bike about 10 miles south through Doheney Beach and San Clemente, arriving at Rose's Sugar Shack for a delicious breakfast (see <http://sugarshackcafe.net/menu/breakfast.php>) at about 9:30 AM. After breakfast we resume biking, quite possibly with a tail wind, through San Onofre State Park, Camp Pendleton, Oceanside, etc. probably (by consensus) taking a lunch break at Java Depot, Solana Beach. We will probably be back at Mission Bay Visitors Center by 5:30 PM. Be sure to bring sun block, water and a generous serving of Butt Butter, Bag Balm (thank you Judith), Miconazole7 and/or Monistat. Oh, and please bring a bungee cord for securing your bike in case the train is crowded. For anybody who has registered for the pre-Bike the Bay Ride pasta party (4-7 PM) we will make this a full 3 meal day and bike to Lotsa Pasta, Pacific Beach.

SUN AUG 28

25 MILES

BIKE THE BAY



RIDE THE BRIDGE - BIKE THE BAY 2011 is a "Fun Ride" - not a race. This ride supports The San Diego County Bicycle Coalition, www.sdcbc.org, which works to make bicycling better for all in San Diego. This event is for riders of all levels of riding ability, and features individuals, families, corporate teams and the serious and not so serious bike rider who experience a scenic bayside ride and also enjoy a rare opportunity to ride over the San Diego-Coronado Bay Bridge. The 25-mile route passes through the cities of San Diego, Coronado, Imperial Beach, Chula Vista and National City and finishes at Embarcadero Mariana Park South with a festive celebration with food, entertainment and a Karl Strauss beer garden. <http://www.active.com/cycling/san-diego-ca/bike-the-bay-2011>

TUE AUG 30

6:00 PM
6:45 PM

WALK
DINNER

KNICKERBIKER KNIGHTRIDERS
Pat & Oscar's Restaurant (619 295 6200)
8590 Rio San Diego Drive

Sharon. 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!



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

Coming Events:



**MON SEP 19
THROUGH
MON SEP 26**

***** NORTHERN CALIFORNIA WINE COUNTRY TOUR**

At long last, Ken has found the time to organize another cycling tour for us. This time we will tour the scenic areas in Sonoma County.
Here's the plan: Monday Sept. 19: Drive to Santa Rosa and spend the nights of the 19th, 20th, and 21st there. Loop rides on two days
Thursday Sept. 22: cycle or drive to Healdsburg (25 miles) and spend the 22nd, 23rd, and 24th there, doing loops on two days.
Sunday Sept. 25: cycle or drive to Bodega Bay (38 miles) and spend the night there.
Monday Sept. 26: drive home

Because we are staying in classier-than-usual places, and because the area is somewhat pricey, the cost for 7 nights, happy hour, and the farewell dinner (no sag wagon support except for emergencies) is going to be about \$700. The first 20 people who send a \$100 deposit will have a spot! Let me know rooming preference (rooms with one King bed or two queen beds will be available--two people per room). Send checks to Ken King, 8590 Cliffridge Ave., La Jolla, CA 92037

OCT 2011

SAN LUIS OBISPO

Jeff. Watch this space. Details to follow.



ONE MORE CHANCE FOR A KNICKERBIKER JERSEY

We are already two-thirds of the way to completing our fourth order for Knickerbiker jerseys (10 of the 15 minimum order). So here's your last chance to own one (or a second one!). This time, though, we have a firm cut-off date of September 1.

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), short-sleeved or sleeveless, and men's or women's.

Wheely Good Recipes

Stuffed Baked Tomatoes for 4



2 tomatoes
6 tablespoon Ricotta Cheese
1/4 cup chopped fresh spinach
1 clove garlic (minced)
1/4 teaspoon dried thyme
2 tablespoon grated Parmigiano Reggiano cheese

Preheat oven to 450 degrees.
Cut tomatoes in half crosswise.
Combine ricotta cheese, spinach, garlic and thyme Top each tomato half with 2 tablespoons mixture.
Sprinkle Parmigiano Reggiano cheese on top.
Bake for 15 minutes

Per serving 70 calories, 3 g fat

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@sdbc.org

Got an old bike or bike frame? Donate it to J & J Bikes for Warriors. Jackie and Judith have decided to build bicycles for Wounded Warriors. There are probably tons of bikes out there, hanging in garages or in storage buildings that can be "rescued" and turned into a "brand new" bike for a Wounded Warrior. The donor can ride in the next Soldier Ride as well (March 2012 at Camp Pendleton) and see a Warrior riding their old bike. Contact Judith at ilove2bike@me.com



No bicycles were harmed in the making of these injuries!
In fact, no bicycles were even involved!



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.



**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**