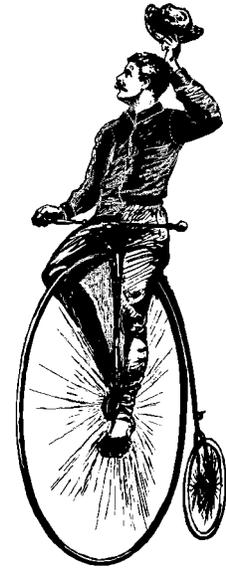


The
Knickerbikers
of
San Diego County



www.knickerbikers.com

"Bikes talk to each other like dogs, they wag their wheels and tinkle their bells."

Daniel Behrman, *The Man Who Loved Bicycles*

THE BULL-A-TON

SEPTEMBER 2011

Vol. 38 No 5

Vintage Trolley Car No. 529

San Diego Vintage Trolley is proof that history repeats itself. And now you can experience a bygone era by taking a trip on an authentic, lovingly restored Vintage Trolley in downtown San Diego.

Unveiled on August 18, 2011, the President's Conference Committee (PCC) car #529 made its first circle of San Diego. This momentous day came after a six-year volunteer effort to restore a car that was originally built in 1949. Now, five more cars are in line to join #529 in service to give San Diegans and visitors a chance to ride back in time. Streetcars have been a part of San Diego's history since the 1890s and there is now great interest to expand the Vintage Trolley concept. People envision streetcar operations up to Balboa Park and beyond.



To find out more about San Diego's love affair with streetcars and learn about the people and companies who dedicated more than 3,000 hours of volunteer labor and who contributed both materials and money to make #529 a reality check <http://www.sdvintagetrolley.com>

Streetcars are a growing phenomenon throughout North America.

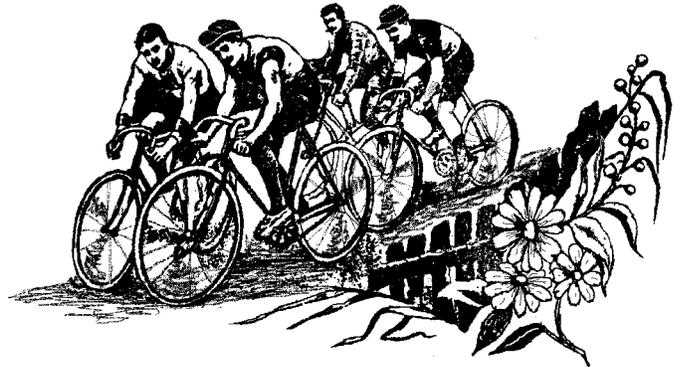
Passengers are flocking to ride. And sponsors are realizing a great return on investment as these wonderful reminders of our past – and our future! -- make positive impressions on millions of people who ride them and see them.

After September 5, 2011, the San Diego Vintage Trolley will regularly operate on Saturdays, Sundays and most holidays from 10 am - 2 pm. (Hours are subject to change during Padres season.) Passengers will be able to board the Vintage Trolley at any of the stations it serves within the downtown loop.

You may wonder why this is included in the Knickerbiker Bull-A-Ton.. it's a reminder to keep an eye out while riding, enjoying a rest stop coffee or lunch – you might just spot these vintage trolley cars going by..

Outings:

SEPTEMBER 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 SEP 03 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 SEP 04 9:00 AM ±25 MILES * SPIN THOSE WHEELS!**
Costa Verde Shopping Center
La Jolla Village Drive and Genesee
La Jolla Strip Club parking lot
4282 Esplanade Court, 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 SEP 05 9:30 AM ±25 MILES * FESTIVAL OF SAIL**
Old Town Trolley station parking lot
4005 Taylor Street

Belle Jour (619 787 7427). It's Labor Day and not your usual Monday, so let's tour our fine town! Let's meet up the Trolley Station. Once there, we can cycle around San Diego on a route to be determined by the riders that show up. It has been suggested that towards the end of the ride we can find a spot for lunch and take in part of the Festival of Sail. <http://www.sdmaritime.org/festival-of-sail>



TUE SEP 06 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
Jersey Mike's Subs (619 291 1122)
8590 Rio San Diego Drive

Susan and Merle. Let's get in a brisk walk before dinner. Meet at 6:00 PM, leave at 6:05 PM for a walk to and along the river. We'll then join the non-walkers at Jersey Mike's Subs at 6:45 PM to enjoy some breadsticks, salad, soup, chicken, pizza, sandwiches. Jersey Mike's offers cold subs, hot subs, wraps and salads.



It started back in 1956, in this actual storefront location and was originally called Mike's Subs. Mike opened the small shop in the sea-side town of Point Pleasant, New Jersey. You have to remember that in 1956, there were very few franchise restaurants or hamburger chains. No chain pizza, chicken or taco restaurants, either. In 1956, proprietors or mom-and-pop businesses would open their stores in basic storefront locations and to survive and thrive, they had to offer exceptional quality products, coupled with unparalleled service. In 1956, Mike was unique in that the product he was offering was a relatively new item in American society – the submarine sandwich.



A railroad track crossing group ride demonstration is available for viewing at:

<http://www.youtube.com/watch?v=Lm-TQBE7sRE>

SAT SEP 10 9:00 AM 30 MILES * OCEANSIDE TO ESCONDIDO**
Oceanside Amtrak Station
235 S. Tremont Street, Oceanside, CA 92054

Chris. Take the Mission St. exit off the 5 freeway in Oceanside and go west. Turn left on the PCH. Turn right on Michigan St., and, into the Amtrak parking area.

We'll take the scenic route to the Escondido transit Station. There are a couple big hills. We'll explore the Rosicrusian Fellowship area and Buddy Todd Park. Mesa Drive will take us east to Vista. In San Marcos, we'll hook up on the Sprinter bike path into Escondido. Lunch will be at Jalapeno's. After lunch, catch the Sprinter back to Oceanside. It costs \$1 or \$2, depending on your age.

SUN SEP 11 9:30 AM 30 MILES * MEANDER AROUND RANCHO BERNARDO & POWAY**
Twin Peaks Plaza on Pomerado Road
Thomas Brothers Guide page 1190 - C1

Susie. Join us at 9:30 at Twin Peaks Plaza on Pomerado Road, just north of Ted Williams or south of Camino Del Norte. Park near Chicken Pot Diner the southwest corner of shopping center.

Ted Williams/hwy 56 or Del Dios will bring you over from the coast.

Ted Williams will bring you to Pomerado Road, make a left and right into the Plaza.

Del Dios will bring you to 15, go south on 15 exit Camino Del Norte east. Right turn on Pomerado Road and left at first signal into Twin Peaks Plaza.

This ride will meander around the inland north county area.....meaning where ever the ride leader takes you.....come on out and join in.

TUE SEP 13 6:00 PM ±10 MILES ** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
Bite of Boston
3202 Governor Drive, University City

Priscilla. At 6:05 PM, we will depart for a short ride around University City. Those not riding should meet us at Bite of Boston at 6.45 PM. This is one of Priscilla's favorites! The restaurant is a new one - Bite of Boston. Having just returned from New England and Cape Cod, Priscilla will be missing that wonderful food. This place has lobster rolls, clam chowder, lobster bisque, Boston cream pie and Ipswich fried clams (on the weekends only – sorry!) However, they also have many other kinds of wonderful sandwiches and salads



THU SEP 15 7:00 PM 0 MILES ** KNICKERBIKER GAME NIGHT**
Check your email for address and additional details

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 SEP 17 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 SEP 18 9:00 AM ±25 MILES * SUNDAY RIDING**
County Administration Building
North Harbor Drive between Ash and Grape
in front of the fountain

Belle Jour (619 787 7427). Park along the road or by the County Administration Building. Those who show up will decide where to ride and where to enjoy lunch! Though a leaderless ride, we always find direction and always enjoy our ride!

TUE SEP 20 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Mama Jamaica Café & Grill
5447 Kearny Villa Road (858 279 5375)
(between Clairemont Mesa Blvd & Monel Ave)

Rhonwyn. Mama Jamaica Cafe is casual. You order and pay at the counter and Mama J brings the plates out. Mama J does the cooking, and the food is delicious!

SAT SEP 24 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 SEP 25 10:00 AM 33 MILES * NEWPORT BEACH/BALBOA ISLAND EXCURSION**
Woodrow Park, Irvine

Rhonwyn. Take I-5 north to 405 north. Exit right on Jeffrey. Cross Alton and turn left on Barranca. Turn left again on E. Yale Loop. In the corner will be Woodrow Park (some signage says Wildrow Park - either one is correct and you're in the right place). We will meet near the restrooms.

A good portion of the ride is flat and encompasses bike paths. We will traverse an ecological estuary, cross from Balboa Island on a quick ferry over to the Newport Peninsula (the ferry is about \$2), and have lunch at Charlie's Chili (open since 1967).

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

TUE SEP 27 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
5:30 PM – 6:00 PM for Happy Hour! Crazee Burger (619 269 3333)
2415 San Diego Avenue, Old Town

Rita. Rita would like to have as many people as possible partake in the Happy Hour prices. Happy hour is crazee at Crazee Burger from 3 PM - 6 PM so those that get there before 6 PM can get half price beer and wine. Some menu items are discounted too. Crazee Burger offers over 30 different juicy good looking and great tasting hamburgers, including fresh ground angus beef, lamb, pork, venison, ostrich, buffalo, salmon and even alligator! They also serve sausages, soups, salads and baked beans. Crazee Burger has a cozy wine bar with a full draft beer selection. Come on out to enjoy Crazee Burger!

SAT OCT 01 9:00 AM 30 MILES * STONE BREWERY RIDE**
1999 Citracado Parkway (760 471 4999)
Escondido, CA 92029

Chris. First things first... You are being advised to make a bathroom stop BEFORE arriving at the start of the ride. The restaurant does not open till 11 AM.

Now here's the directions to the start of the ride.. take the Nordahl Exit off the 78. Go south toward the new hospital. Nordahl becomes Auto Pkwy. Turn right on Citracado and up the hill to 1999. Park in the north lot.

It's time for Oktoberfest! We'll do a relatively flat ride on some quiet roads and on the bike paths beside the Sprinter track and out into Twin Oaks Valley. The Brewery has a beautiful outdoor garden, perfect for sampling their beers! Food is a little pricey. We may even catch a tour if we're lucky.

SAT OCT 01 VARIABLE MILES * TOUR DE FAT**
Golden Hills Park area of Balboa Park

This event promises to be one of the most highly successful events in the history of SDCBC. A grand time was had by all at this New Belgium Brewing Company sponsored event last year. There is no admission charge. Just come on down to Golden Hill, enjoy the show, and have a few beers with your friends. What's not to like about that? Plan your costume and break out your most outrageous bike for the Tour de Fat Parade.

<http://www.newbelgium.com/events/tour-de-fat.aspx>



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!

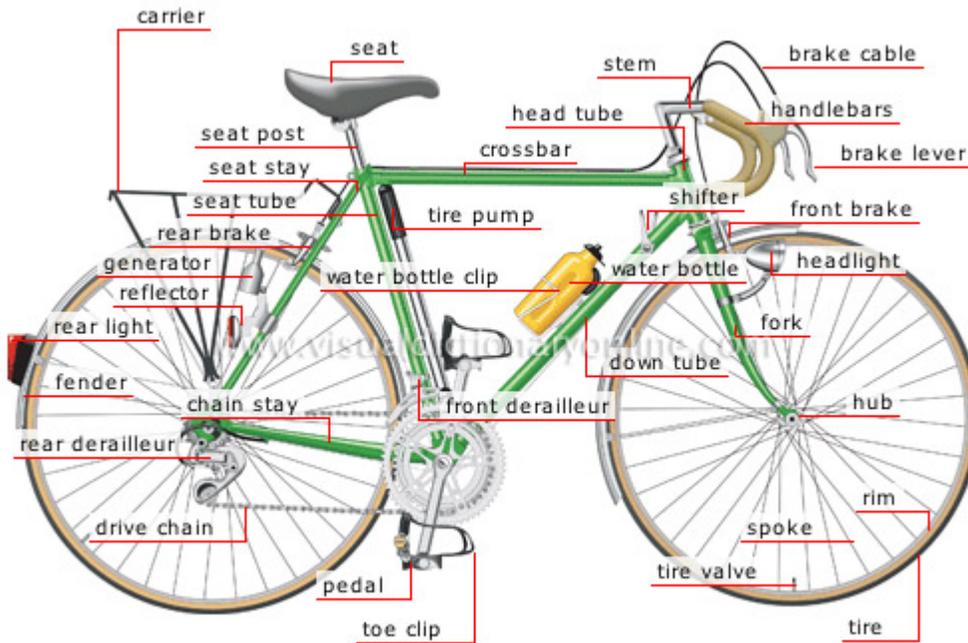


SUN OCT 02 9:00 AM ±25 MILES * TO THE MIRAMAR AIRSHOW... VIA THE COAST!**
 Costa Verde Shopping Center
 La Jolla Village Drive and Genesee
 La Jolla Strip Club parking lot
 4282 Esplanade Court, University City

Gayle and Barbara. The entrance to Costa Verde Shopping Center is on Genesee just south of La Jolla Village Drive. From Costa Verde, we will head out to Mira Mesa for lunch. From there, we will head out to the Air Show. Entry is free and there is bicycle parking. Stay and enjoy the air show as long as you want.

TUE OCT 04 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
 6:45 PM DINNER
 Pat & Oscar's Restaurant (619 295 6200)
 8590 Rio San Diego Drive

Joi and Paul. 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!



Coming Events:



MON SEP 19
THROUGH
MON SEP 26

*** NORTHERN CALIFORNIA WINE COUNTRY TOUR

This trip is sold out, but if you want to be on the waiting list in case of a cancellation, please let Ken know.

Let's go on a tour of the scenic areas in Sonoma County, and have a glass of wine while we're at it!

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 \$600. 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

Wheely Good Recipes Corn Muffins



- 1 package Jiffy Corn muffin Mix
- 1 cup frozen corn, thawed
- 2 garlic cloves, minced
- 1/3 cup diced sun-dried tomatoes (Optional)
- 1 4 oz can chopped green chilies, drained
- 1/2 cup shredded Mexican 4- cheeses
- 1/3 cup buttermilk
- 1 large egg

Preheat oven to 400 degrees. Spray muffin cups or use paper liners

In large bowl combine muffin mix, corn, garlic, tomatoes, chilies and HALF the cheese.

In small bowl whisk buttermilk and egg until well blended

Add buttermilk mixture to muffin mix mixture. Stir to combine. Let rest for 4 minutes and then stir again.

Spoon into muffin tins, filling about half way. Bake for about 15 minutes.

Remove from oven and sprinkle with remaining cheese.

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@sdcbbc.org

Got an old need steel or titanium bike or bike frame? Donate it to J & J Bikes for Warriors. Jackie and Judith have decided to build bicycles for Wounded Warriors in San Diego. Wounded Warriors are men and women who have served our country and have been severely wounded in combat. 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

The Poodle Dog Bush

Nature lovers, hikers and mountain bikers, beware of the Poodle Dog Bush; its bite IS worse than its bark. As I understand it, the rash caused by contact with the Poodle Dog Bush usually appears a couple of days after contact and can last for two weeks or more and is as bad or worse than poison oak. It has a very pretty lavender flower and can reach 8 feet in height. It seems to thrive after a wildfire in burn areas and has been found in several different areas of the state. I would encourage you to look it up so you can see additional pictures to aid in staying a safe distance from this plant.



BLM (Bureau of Land Management) News Bytes Issue 495 Dated 8-25-11 "Poodle-dog bush causes severe irritation to the skin if touched, akin to poison oak or poison ivy. It can raise blisters lasting as long as two weeks or more. The plant is covered in sticky hairs, which can dislodge easily and can be passed on to hikers who touch it or brush up against it. The swelling, rash and itching appear twelve hours to two days after contact ... avoid this plant ... frequently found along trails."

Submitted by *Dave*

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!



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**