

The  
Knickerbikers  
of  
San Diego County



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

"The bicycle is the steed that never tires, and is mettlesome in the fullest sense of the word. It is full of tricks and capers, and to hold his head steady and make him prance to suit you is no small accomplishment."

Frances Willard, *How I Learned to Ride the Bicycle*

THE BULL-A-TON

OCTOBER 2011

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SONOMA COUNTY TOUR 2011

In September 2011, 17 Knickerbikers decided to embark on a tour of the beautiful wine country that lies a little north of San Francisco. The participants were Merle and Susan Vogel, Gail and Forrest Roberts, Marty Hambricht, Ron Manherz, Gail Markiewicz, Scott and Kathy Curriden, Martin Wascher, Chris Polta, Julie and Keith Topliffe, Christine Kiffmann, Larry Cahn, Dee Griffin and me (Ken King) .

We gathered in Santa Rosa on September 19th, eager to get on the road. Ken had given wine glasses with the Thomas Stevens high-wheeler logo and "Knickerbikers Sonoma County Tour 2011" engraved on them.

Our hotel was across the street from Santa Rosa's historic Railroad Square, which sports an old train station that now houses a museum. In the park next door is a statue of Charlie Brown. In fact, "Peanuts" characters are all over town, since Santa Rosa is proud to be the home town of cartoonist Charles Schultz. There are many restaurants within a short walk (a major requirement for us!), but most of us tried the Thai restaurant. We scouted out breakfast places (pastry and coffee or an omelet?) for tomorrow.

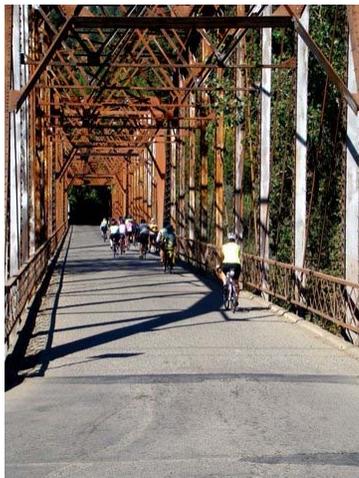


Photo: Gail M.

On Tuesday we were joined by Russ Dieter, a local rider and friend of the Robertses who helped us with the routes. After breakfasts ranging from heavy to non-existent, all 17 of us plus Russ left at the usual Knickerbiker time (9:00 meet, 9:15 roll). Merle had a cool new camera mount so we didn't have to recruit someone to take pictures with 17 different cameras. Lots of Knickerbiker jerseys in the picture!

The bike path that we used at the beginning of the ride was adjacent to our hotel's parking lot. We rode 33 miles on bike paths and quiet country roads with gently rolling hills to the charming town of Windsor and back, seeing vineyards, wineries, corn fields, cows, horses, burros, goats and even a lame fox, if everyone is to be believed. The coffee bistro in Windsor had some good snacks (either a late breakfast or an early lunch, since it was 11:00). We got back 11:45, and, knowing the water in the hotel was to be turned off at 1:00 rushed to take quick showers. As far as I know everyone made it. If not, we'll know soon enough. We will never know what issue caused the water outage.

Wednesday's ride (56 degree temps at the start) was again led by Russ, who flawlessly led us onto the bike path adjacent to the hotel parking lot and north and west for about 22 miles to Forestville for an al fresco lunch. We traveled on quiet country roads and bike paths through vineyards and pastures. Part of the ride was through giant redwood trees, offering cool shade. After lunch we completed the 37-mile ride, about 90% of which was on bike trails, including a rails-to-trails route. We cruised through huge oak trees that shaded our path and stopped at a great fruit stand (most of us, anyway). Once again we saw a good variety of plant and animal life, mostly alive. The temperature was about 95 when we finished, but because of the self-generated breezes, low humidity, and lots of shade, no one wilted. A special thanks to Russ; we never had to look at a route slip, so who knows how we will fare tomorrow?

Late in the afternoon, we picked up some picnic food at a local market and enjoyed wine, our food, a sunset, and music at the Paradise Ridge Winery, at the suggestion of one of Susan's sisters, who lives in town. What a great way to end the day! After three nights in Santa Rosa, on Thursday we drove to the little out-of-the-way rustic village of Glen Ellen where a choice of several loops were available. After being kicked out of the parking lot of the Glen Ellen Market (we later had lunch there, but the store manager was concerned that if we parked there for two or three hours that some of his other customers wouldn't be able to park), we parked on nearby streets and rode 1.5 miles to Jack London State Historic Park. It was uphill all the way, but the percent grade never exceeded 25%. Actually, the max was probably about 15%.

This delightful park, which is on the closure list of parks, but is currently open 5 days each week, contains a rock-walled house filled with memorabilia. What an adventurer he was! A short walk away are the remains of a 26-room mansion he built. It burned down a month before he and his wife were to move in. He intended to rebuild it, but died shortly after it burned.

The group then broke into three sections: those that stayed at the Jack London house, those that took a short loop, and two stalwart riders (Larry and Keith) who did a longer and steeper route. How steep? Stories vary.

Those that stayed and hiked at Jack London Park coasted the mile and a half back down the hill, and by then it was lunchtime. After a tasty sandwich on the picnic benches outside of the market (we forgave the market guy--good food), no one wanted to ride in the 90-degree weather, so we drove up 101 to Healdsburg and checked in to the hotel. Hey! Wine tasting from 3-5! We're on it! We need it after three miles of riding.

Dee reminded me to tell you about our snake! Gail M had lined several of us up on a log (Martin, Chris, Merle, Susan, Dee and me). Martin, on the end of the log, sat down and rose up quickly. We thought he had spotted some Poison Oak, which was rife, but it was a very dark and very young rattler! We decided to move our picture venue to another spot.

Friday's ride was advertised by the Santa Clara Cycle Club as "the essential, definitive 'Wine Country' ride." Part of the 30-mile route "is the sort of road you would create, were you to sit down and try to design the perfect back road cycling experience." With descriptions like that, we were bound to have a letdown, right? Actually, it completely lived up to expectations. On Dry Creek road we had 8 cars pass us on the 9 mile stretch. We made our way up to Geyserville and the Alexander Valley, one of the best-known areas for terrific wines. We saved our tasting until after the ride. For most of the ride the temps were ok, but by the time we finished at 1:00, it was 89 degrees. The Jimtown Store also met high expectations. Since it was only 11:00 when we arrived, riders chose between snacks and full lunches. In summary, we saw more vineyards than we have on any trip, and more touring cyclists (commercial bike companies LOVE this area!).



Photo: Gail M.

Once again we were treated to wine tasting preceding our 5:00 happy hour where we shared experiences. Not everyone found every turn listed on the route sheets, even though the mileages turned out to be very accurate. Full disclosure: Ken, in leading us out of town, made two wrong turns, leading the group around town for an extra two miles. There were no complaints, though, and no one volunteered to take over the navigation.

At the start (8:30) of Saturday's ride, the temps were about 52 degrees and it was somewhat overcast; this was a relief since the previous days have been warm. The 20-mile route took us south along the west side of the Russian River for 10 miles and then back north along the east side. We stopped at the Hop Kiln Winery, which sported the unique architectural style of a hop kiln, with three towers. The sun eventually showed itself, and temps warmed up to create delightful cycling weather. On our return at 11:00 (!), most of us opted for lunch at a French Bakery in Healdsburg (Costeaux), which was recommended by Kathy. Did I mention that

Scott and Kathy celebrated a wedding anniversary with all of us last night at a terrific Italian place recommended by Christine, who handled all the reservations? Thanks, Christine!

Since it was still early in the day, people chose alternative ways to spend their vacation; some of us went to the rather small Art Fair in the Healdsburg Town Square. That didn't take much time, so Gail and I recruited Dee, Kathy and Scott to ride with us up Chiquita Road and back on Dry Creek Road. Chiquita was the unmarked road that many riders missed yesterday. Ron spotted us near the hotel, and turned around to join us on this 7 mile loop.

Following that, Dee, Gail and I visited the local museum (thanks, Dee!). The special exhibit that drew us covered the weird history of Healdsburg (lynchings, murders, etc. you get the idea). The next day, Saturday, was the last full day of the tour, and since Julie and Keith had to leave us a day early, we said goodbye to them at Happy Hour Friday night. After that, several of us had dinner at what was billed as a seafood restaurant.

Sunday was the day for us to leave Healdsburg and drive to Ragle Ranch Regional Park for our last ride. Rain was predicted, and we woke to light mist that turned to heavy mist that turned to very light rain. We drove to Ragle Ranch park as planned, only to find it filled with 6 soccer fields of kids and soccer moms, so we followed Plan B, which was to regroup in Occidental, a tiny village on the route with a great place to eat. Eating being more attractive than riding at the time, we drove to Occidental and had coffee and amazing turnovers.

By now the rain had let up, so we drove to Bodega Bay. Along the way we saw the church in Bodega which served as the schoolhouse and yard in Hitchcock's "Birds." At this point, vacation experiences varied. Some hiked, some rode (the sun had come out and the weather was ideal). Scott, Kathy, Gail M and I had lunch at the Sandpiper, our dining destination tonight, just to check it out. The jacuzzi in the Bodega Coast Inn, our digs for tonight, was the destination for some of us.

We assembled for our last happy hour at a large room in the motel with a view of Bodega Bay, swapping stories about the varying adventures today. After our farewell dinner at the Sandpiper, a restaurant a mile down the road, we said our goodbyes and got some rest for the ride home Monday. Thus the trip concluded: no injuries, some tanned faces, arms and legs, and stronger leg muscles. I enjoyed riding with each of these cyclists; thanks for sharing your vacation with me.

More photos of the trip in two places:

a) at the [www.knickerbikers.com](http://www.knickerbikers.com) site, click on "SCRAPBOOK" and then "Knickerbiker Photos - smugmug.

b) Also, Merle has some pictures in "SCRAPBOOK" at "Merle's KnickerPics."

*Ken King*



Photo: Gail M.

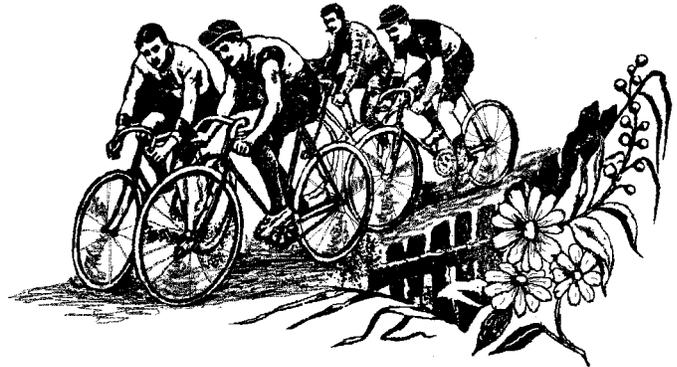


Photo: Ken



Photo: Forrest

# Outings:



OCTOBER 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.

The **ORIGINAL WEDNESDAY RIDE** heads out every **Wednesday at 9:00 AM**. A large group of riders meet at the **Target parking lot** (1288 Camino del Rio North, corner of Mission Center Road and Camino de la Reina) in **Mission Valley** for a 9:15 AM departure. The rides are "brisk" and cover about 30 miles. Yes, there will be a lunch stop along the way. All riders are welcome!

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!

**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 until 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>



**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!



**SAT OCT 08 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 OCT 09 9:30 AM 25 MILES \*\*\*\* OKTOBERFEST IN EL CAJON**  
Chili's, Santee Trolley Square  
9804 Mission Gorge Road, Santee

Judy. To meet your fellow riders, head east on Mission Gorge to Cuyamaca, make a left and take the first right turn into the parking lot by Chili's. We will bike out to El Monte Park and then on over to the annual Oktoberfest in El Cajon at the German American Club. Good music, good food, good times! To learn more about the festivities check out the website at [www.germanclubsandiego.org](http://www.germanclubsandiego.org)



Here is the official beer menu for Oktoberfest! There are a lot of good ones to choose from; look 'em up on line for more details! Warsteiner - Pilsner, Dunkel, and Oktoberfest beers, Spaten - Lager and Oktoberfest Franziskaner Weissbier, Köstritzer Schwarzbier, Stiegl Paracelsus Zwickl (Kellerbier), Coors Light and Miller Genuine Draft.

**TUE OCT 11 6:00 PM WALK \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
6:45 PM DINNER  
Mimi's Cafe (619 491 0284)  
5180 Mission Center Road

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 Mimi's Cafe at 6:45 PM to enjoy dinner.

In 1944, an American airman named Arthur J. Simms fell in love with the beauty, foods and flavors of France. It was to become a passion that would change his life. Stationed there during the final days of World War II, young Arthur J. was taken by the friendly neighborhood bistros and warm, inviting cafés. Arthur J. loved the simple yet charming meals. He savored the aroma of freshly baked breads, café au lait and the company of good friends raising toasts all around. Equally captivating was a mademoiselle he met by chance, who went by the name of Mimi. Arthur J. Simms never forgot his days in France. In 1978, he opened the first Mimi's Cafe® – a neighborhood bistro inspired by his memories of Mimi and passion for good food, wine and camaraderie that he remembered so fondly. Come Enjoy a Taste of France.



**SAT OCT 15 9:00 AM 25 - 30 MILES \*\*\* LOIS' LOOPS**  
Panera Bread  
10751 Westview Parkway  
Mira Mesa Town Center, Mira Mesa Blvd. & I-15

Lois. We'll meet at the Panera Breads directly to the left of the Edwards Cinema in Mira Mesa Town Center that borders Mira Mesa Blvd. & I-15. We'll do a loop around to Del Mar, Penasquitos and back. There will be some hills, but there will also be some food! Somewhere!

**SUN OCT 16 8:00 AM 25 MILES \*\*\* BREAKFAST RIDE**  
Fresh & Easy (parking lot)  
8788 Navajo Rd  
NE corner of Navajo Road and Lake Murray Blvd

Sandra. We will ride 6 miles to a delicious breakfast at Janet's Cafe & Deli in Santee Lots of great breakfast things on menu, large enough portions to share. After we eat we will ride around Santee Lakes and then back up to our start.

**TUE OCT 18 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. 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/>

Phở is a Vietnamese noodle soup, usually served with beef (*phở bò*) or chicken (*phở gà*). The soup includes noodles made from rice and is often served with Vietnamese basil, lime, and bean sprouts that are added to the soup by the person who is dining. *Phở* originated in the early 20th century in northern Vietnam. It was first sold by vendors from large boxes, until the first *phở* restaurant opened in the 1920s in Hanoi.

**SAT OCT 22 9:00 AM 30 MILES \*\*\* HILLS OF LA MESA AND EAST**  
Ye Olde Bicycle Shoppe  
6792 University Ave. La Mesa

Sylvia. Take 8 to 70th Street south, right on University, YOBS is on the right just across from Joan Kroc Center.

Test your gearing on Mount Helix, then east. Sylvia's usual route goes past Singing Hills Golf course and return through Rancho San Diego, stopping at Paul's favorite lunch spot in Casa de Oro. However, Sylvia may consider a little change up from her usual route and if time permits a stop at Cuyamaca College's xeriscape garden. This could be considered a 2 star ride due to hills so will give fair warning. But Sylvia promises not to drop anyone and there's always the possibility of taking a route around Mount Helix rather than over.

**SAT OCT 22 9:00 AM 47 MILES \*\*\* SOLDIER RIDE**  
Phoenix, AZ

Jackie and Judith. Jackie and Judith are going to participate in the Soldier Ride (just one aspect of the Wounded Warrior Project) in Phoenix. You have the honor of riding with Wounded Warriors. The ride is 47 miles. It should be beyond inspiring and fun. Each individual must raise \$150.00 and the registration is \$25.00. This gets you a really cool Soldier Ride T-shirt, sag stops, etc. along with the privilege of actually riding with these veterans who have sacrificed so much for us. There's also a post-ride community picnic after the ride. The link is [www.sr.woundedwarriorproject.org](http://www.sr.woundedwarriorproject.org) (click on "Find a Ride" and check out the Phoenix ride in October). So, if anyone is interested in going (Jackie and Judith be driving over on Friday, October 21), please contact Judith at [judithcycles@gmail.com](mailto:judithcycles@gmail.com)

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

**SAT OCT 23 9:00 AM 31 MILES \*\*\* THREE ISLANDS RIDE**  
Mission Bay Visitors Center  
North parking lot  
E. Mission Bay Drive & Clairemont Drive  
Mission Bay

Joi and Paul. 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.

Joi and Paul will lead us from Mission Bay, around Fiesta Island, and then to Robb Field. After a short stop, we'll go around both Shelter Island and Harbor Island. Lunch will be enjoyed at The Tin Fish. There are no hills. The ride is 31 miles if you go long way around Fiesta Island but riders could do just short way if they would rather. If you would like the route slip in advance, contact Joi, Paul, Sharon or Ken! After all these directions and the available route slip, don't complain if you if get lost!

**SUN OCT 23 0 MILES \*\*\*\* RECUMBENT CYCLE-CON CONVENTION**  
The Fairplex, Pomona

John wanted to let the Knickerbikers know about this first annual Recumbent Cycle-Con Convention & Trade Show at The Fairplex, Pomona. Sunday is open to the public. Details are at <http://recumbencyclecon.blogspot.com/>

**SUN OCT 23 6:00 PM 0 MILES \*\*\*\* SONOMA COUNTY POST-TOUR POTLUCK...  
.. FOR EVERYONE!**

Ken and Sheryl. Were you on the Sonoma Tour last month? You didn't go but wanted to? Curious about touring? Just like to party? If the answer to any of those questions is "yes," then come on over to Ken's and Sheryl's Sunday at 6:00 PM for some fun! Please bring a dish (appetizer, salad, entree or dessert) to share (one hot and one cold if two of you are coming), and your own beverage. We supply flatware, plates, napkins, coffee and tea.

The trip participants will bring a CD or thumb drive of pictures to Ken so he can post them on the Knickerbiker SmugMug site. Also, I'm sure we'll be viewing some of those at the party! Please **RSVP** so Ken and Sheryl will have some idea of how many to expect!

**TUE OCT 25 6:30 PM 0 MILES \*\*\*\* KNICKERBIKER KNIGHTRIDERS**  
Kaiserhof Restaurant & Biergarten (619 224 0606)  
2253 Sunset Cliffs Blvd., Ocean Beach

Rhonwyn. Enjoy Oktoberfest by enjoying great German food at the Kaiserhof Restaurant in Ocean Beach. For those Knickerbikers that have not dined in this restaurant, Kaiserhof has an established reputation for serving some of the finest Central European cuisine in San Diego. Kaiserhof is located on the northeast corner of the intersection of Sunset Cliff Blvd and Lotus Street.



**SAT OCT 29 8:45 AM ±25 MILES \*\*\* SPIN THOSE WHEELS!**  
Old Town Trolley station parking lot  
4005 Taylor Street

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 OCT 29 9:00 AM ±30 MILES \*\*\* CYCLE TO CAMP**  
Solana Beach to San Mateo State Park

Ron. Ron reserved a campsite reserved on October 29 at San Mateo State Park. He plans to ride from Solana Beach (start time 9:00 AM) on Saturday. (There is parking at the distillery parking lot.) Camp Saturday night, with the return trip to Solana Beach on Sunday (start time 9:30 AM). It will be a self-contained camping trip. The pace will be easy, no rush, check in at the campground is not until 2:00 PM. Lunch will be a pick-nick along the way, dinner and breakfast will be at camp. Ron will come up with a cooking plan when the date gets closer. It is 30 to 35 miles each way, the campground is about 2 miles inland from Trestles Beach. If you want to go, there is a \$10 deposit to get your name on the list. The deposit covers campsite and firewood. This trip is limited to 6 people. Contact Ron at [rsp1150@aol.com](mailto:rsp1150@aol.com)

**SUN OCT 30 9:30 AM 25 MILES \*\*\* DAY OF THE DEAD RIDE**  
Old Town Trolley station parking lot  
4005 Taylor Street

Al and Judy. Get out your best costume and join the fun!! Prizes will be awarded for most original and scariest costume. We will visit some of the old cemeteries of San Diego and then tour the Sherman Heights area to view altars for Dia de los Muertos (Day of the Dead). Lunch will be at Los Reyes Taco Shop, 25th & Broadway (Golden Hill Area). The Mexican Bakery is across the street. Come on out and celebrate!!

**TUE NOV 01 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. We tried out Crazee Burger in September and everyone enjoyed it so much that it was requested we go back again.. soon! So Rita has obliged and 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!

**SUN NOV 05 9:30 AM 30 MILES \*\*\* MEANDER AROUND RANCHO BERNARDO & POWAY**  
Chicken Pie Diner  
14727 Pomerado Road, Poway  
Twin Peaks Plaza on Pomerado Road  
Thomas Brothers Guide page 1190 - C1

Susie. Join us at 9:30 AM 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 I-15, go south on I-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!

# Coming Events:



**SAT NOV 04 6:00 PM 0 MILES \*\*\*\* MOVIE NIGHT AT THE PIER**  
Hell On Wheels -Lance in the 2003 Tour de France

In its second year, the Bike The Coast –Taste The Coast ([www.Bike-The-Coast.com](http://www.Bike-The-Coast.com)) event has added something special to the mix. On Friday, November 4, between 6:00pm and 8:00pm, the first US outdoor showing of the classic cycling movie “Hell On Wheels” will be held outdoors at Movie Night at the Pier, at the Bandshell next to the Oceanside Pier. Movie Night at the Pier is presented by Visit Oceanside Conference and Visitors Bureau.

**SUN DEC 18 6:00 PM 0 MILES \*\*\*\* HOLIDAY POTLUCK!**

Save the date,  
And don't be late!  
If you show up at eight,  
We'll have all ate!



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!



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



Long-time Knickerbiker Roy Lawrence passed away in August 2011

In 2007, when asked to write about his first ride with the Knickerbikers, Roy wrote the following:

When my late wife and I arrived in San Diego from New York City, in September 1985, we stayed at a motel in Ocean Beach while the townhouse Condo we had purchased (behind the Soup Plantation on W. Point Loma Blvd.) was being renovated. I purchased a secondhand three-speed bike to stay in shape, and transferred my American Youth Hostel membership to the local chapter of that organization, which at that time did rides every weekend. In a few weeks my things arrived from New York, including my beloved road bike, an 18 speed Lotus with its butted steel frame, Brooks saddle and toe clips. State of the art at the time.

I met the AYH riders at De Anza cove in Mission Bay Park for a 25 mile ride up to Hadley's in Encinitas, led by Judge Ben Edwards, a portly black gentleman. A Muffin Shop stop was scheduled enroute. I was about the only rider who did not come by car. Up Rose Canyon we went, through the UCSD campus to N. Torrey Pines Road. On the descent, I was concerned about getting back up, as this was much steeper and longer than any hill in the New York City area. No route slips, as I was accustomed to, from my NY clubs.

I was also surprised that about a third of the riders turned around at the muffin stop in Solana Beach. In New York, no one who started a ride would leave, unless person or machine was incapacitated. The ride was otherwise uneventful, and the pace moderate, until Torrey Pines, where I barely crawled up in my granny gear. I resolved to go out every morning and climb the steepest hills in my area, Linda Vista, Presidio, Washington St. etc.

At the time, AYH had a travel store Downtown, where I found a Knickerbiker Bulletin posted, and sent in a membership application. All I remember about the first ride was the presence of an attractive woman, followed by her son of about 8 or 9 years on a small ten speed. Her name was Marge Cooper. She was approaching all riders to lead rides for the following month, with calendar book in hand. No email then!

*Roy Lawrence*  
Photo: Sylvia

# Wheely Good Recipes

## WATERMELON & FETA SALAD



2 tbsp olive oil  
1 tbsp white wine vinegar  
1 tbsp fresh lime juice  
salt and pepper  
Small red onion thinly sliced  
1 lbs seedless watermelon, cut in cubes  
1/2 seedless cucumber, sliced  
3 cups baby arugula (or mixed greens)  
3 oz crumbled feta

Whisk together oil, vinegar, lime juice 1/4 tsp each salt & pepper Add onions and let sit  
Add watermelon, cucumber & arugula to the dressing, toss gently, top with feta and serve. Serves 4

Submitted by *Sandra*

## Knickerbiker Klassified

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](mailto: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](mailto:ilove2bike@me.com)

## Botany on a Bike



### **Beach Evening Primrose**

The Beach Evening Primrose (*Camissonia cheiranthifolia*) grows naturally as a dense mat on the beaches and sand dunes along the entire coast of California. The plant is low spreading, with a maximum height of about sixteen inches. The leaves are grayish-green. This primrose is drought-tolerant and can take both full sun and partial shade. It flowers from about March to August. As the blooms die, they turn from their usual yellow to orange. Butterflies are attracted to the Evening Primrose.



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.



**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 [membership@knickerbikers.com](mailto:membership@knickerbikers.com)**