

The
Knickerbikers
of
San Diego County

www.knickerbikers.com



"Cycling provides all the big lessons in life: humility, pride, greed, discipline, grappling with the ego, and learning what your will is and when to apply it and how to apply it." John Weissenride - *U.S. pro- cross-country mountain bike racer*

THE BULL-A-TON

NOVEMBER 2011

Vol. 38 No 7

Air Show Wrap Up

The 4th annual Bicycle Coalition community service project to provide Bike Parking at the Air Show attracted a 30% increase in cyclists this year, with 1,300 bikes parked during the 3-day Show... and the Knickerbikers were there!

155 Friday
665 Saturday
470 Sunday
1,300 total

Looking ahead, we have marked the Knickerbiker calendar for the 5th annual Bike Pavilion at the Miramar Air Show, scheduled October 12-14, 2012.

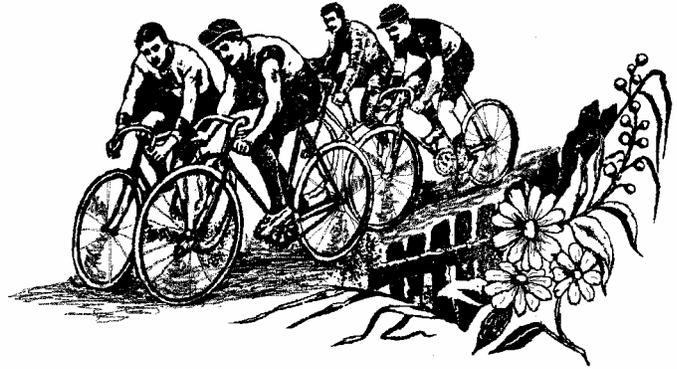


Photo provided by Dave



Photo submitted by Robert

Outings:



NOVEMBER 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?

If you're looking for a moderate **TUESDAY** or **THURSDAY** ride, sign up on the **TTBikers** email list. <http://groups.yahoo.com/search?query=ttbikers> We meet at various locations - leader's choice - at 9:30 AM. No requirements to lead a ride unless you want to become a regular, in which case the schedulers may bug you about it. If you have any further questions, contact Lois Horowitz at loalhor@yahoo.com

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!

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!

FRI 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) 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.

SAT 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!

SUN NOV 06 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! Lunch will be at the end of the ride at Panera Breads.

TUE NOV 08 6:00 PM 6:45 PM WALK DINNER ** KNICKERBIKER KNIGHTRIDERS**
Phil's BBQ (619 226 6333)
3750 Sports Arena Blvd. (at Hancock St)

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 Phil's BBQ at 6:45 PM. Don't let the line scare you away.. it moves quickly and Phil's BBQ is well worth the wait!



SAT NOV 12 9:00 AM 38 MILES * RANCHO SANTA FE LOOP**
Carmel Valley Park & Ride

Judith and Jackie. To get to the ride start, take Carmel Valley Road exit off of I-5. Head west on Carmel Valley Road with immediate left turn onto Sorrento Valley Road. Carmel Valley Park & Ride is immediately on the left.

We'll head east and north to climb through Rancho Santa Fe up to Rancho Santa Fe Road. Then we'll go north to La Costa Avenue, thence to the coast and easy downwind glide to our cars. Two breaks are planned at about 12 miles (village grocery store has a bathroom) and at 24 miles (Starbucks has a bathroom). Lunch will be in Del Mar (3 miles short of our cars) by consensus.

SUN NOV 13 9:30 AM 25 MILES * STADIUM LOOP RIDE**
Mission Bay Visitor Center
2688 East Mission Bay Drive
North parking lot
E. Mission Bay Drive & Clairemont Drive
Mission Bay

Rhonwyn. To get to Mission Bay Visitor Center, take I- 5 to exit Clairemont Drive. West to Mission Bay Visitor Center, right on East Mission Bay Drive, immediate left into parking lot, another left. Left towards Mission Bay Visitor's Center.

We will do a loop around Fiesta Island and then head up Linda Vista and go east to the stadium, back along Mission Valley with lunch at Pei Wei.

TUE NOV 15 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
BJ'S Restaurant & Brewery (858 455 0662)
8873 Villa La Jolla Drive, La Jolla

Rhonwyn. BJ's menu features BJ's own delicious, innovative spin on our favorite foods, including deep dish pizzas, salads, sandwiches, pastas, steaks, baby back ribs and so much more. And of course, everything tastes better with BJ's own handcrafted beer.

SAT NOV 19 9:30 AM ±25 MILES * MIMMO'S**
Target parking lot
1288 Camino del Rio North, Mission Valley
corner of Mission Center Road and Camino de la Reina

Rhonwyn. We will meet at the Target in Mission Valley at 9:30am and have lunch in Little Italy at Mimmo's Mimmo's Italian Village, 1743 India Street (619 239 3710). In 1969, Italian Village started as a deli, bakery and flower shop and then became a local grocery store as well. Lunch is served deli style. So many delicious choices..

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

SUN NOV 20 9:00 AM 30 MILES * THE ROY LAWRENCE MEMORIAL DIM SUM RIDE**
Mandarin Chinese Restaurant
4110 W. Pt. Loma Blvd.
(opposite Chapman St., 7-Eleven)

Bob L. To get to the start of the ride, take I-8 to Sports Arena Blvd., right on West Point Loma. Way back in the olden times, Bob Laurence used to file route slips from bike rides (it's amazing how common 40-mile rides were then).

Looking through those files the other day, Bob discovered one from one of Roy Lawrence's favorite rides, beginning at ending at the Mandarin, where he especially enjoyed feasting on dim sum. Roy, as you know, died recently, so Bob figured a nice way to remember him would be to repeat his ride (mainly around downtown S.D., up to Pt. Loma, Shelter Island, Park Blvd., the zoo) and enjoy some dim sum for lunch. (Or you could have kung pao chicken if you insist.)

TUE NOV 22 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
Mitch's Seafood (619 222 8787)
1403 Scott Street, Point Loma
(between Fenelon St & Garrison St)

Gail. 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 Mitch's Seafood at 6:45 PM.

Fresh food, sunset view, casual, THE BEST clam chowder, \$2 tacos on Tuesdays and \$1 beer. What more is there?



WED NOV 23 9:00 AM 55 MILES * JULIE'S BIRTHDAY RIDE**
Carlsbad Village Coaster Station
2775 State Street, Carlsbad
(between Beech Ave & Christiansen Way)

Keith and Julie. To meet up with your fellow riders, take I-5 to Carlsbad Village Drive. Come and work up your appetite prior to Thanksgiving! This is Julie's 55th birthday and she wants to celebrate with a 55 mile ride up the coast and back. We'll start in Carlsbad and ride north through Camp Pendleton to San Clemente for breakfast at the Beach Garden Cafe. www.beachgardencafe.com/. Please bring your driver's license to ride through Camp Pendleton.

THU NOV 24 9:00 AM ±25 MILES * THANKSGIVING DAY RIDE**
La Jolla Strip Club parking lot
4282 Esplanade Court, University City
Costa Verde Shopping Center
La Jolla Village Drive and Genesee

Belle Jour. 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!

SAT NOV 26 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. There we'll decide where to ride and enjoy lunch!

SUN NOV 27 9:00 AM 30 MILES ** UP WE GO!
26439 Highway 76, Lake Henshaw , Santa Ysabel

Paul. Meet with Paul and your fellow riders at Lake Henshaw. Paul will lead us up Palomar Mountain to enjoy lunch at Mother's Kitchen. If you want to cycle the area, but not ride up Palomar Mountain, you can do a loop from Santa Ysabel to Julian and back.

TUE NOV 29 6:00 PM WALK *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER Boomerangs Gourmet Burger Joint (858 483 9500)
4577 Clairemont Drive, Clairemont

Rita. 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 return to Boomerangs at 6:45 PM to join the non-walkers.



Owners Bruce and Jose had dreamed of Boomerangs Gourmet Burger Joint for years. Dreams became a reality when we began searching for the perfect location. Over a year of searching came to an end when they decided on joining the Clairemont community. Boomerangs uses 100% all natural premium black angus beef. The cattle that provide the meat have no added hormones, growth promoting drugs, antibiotics, artificial ingredients, and are treated with humane handling practices.

SAT DEC 03 9:00 AM ±25 MILES * SYCAMORE CANYON**
Costco parking lot
12350 Carmel Mountain Road

Cindy. We'll meet in the Costco parking lot (it will mostly empty at 9 AM) , near where the tire building used to be, west of the entrance. To get to this Costco, exit off I-15 at Carmel Mountain Road and travel east about 1 mile. Costco is on the left after you pass the last of the Carmel Mountain Plaza.... behind Islands Restaurant on the left.



Cindy has a good route out and back to Sycamore canyon and through some empty streets in Poway and Sabre Springs. We will eat at either Costco - tables outside to accommodate also those who want to get take out Indian, or Greek, or whatever from the plethora of eateries very near....or the group will decide. Rolling hills, wonderful scenery in the country with little traffic.... mostly.



Old British Penny and Farthing (quarter penny) coins which inspired the name of the Penny-Farthing bicycle.

Merle on a Penny-Farthing bicycle.. ask him about his ride!

Coming Events:



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

Ken and Sheryl. We can't let the holidays slip by without a Knickerbiker celebration, so let's have another potluck! Singles, bring one hot dish or one cold dish; couples, please bring one of each. Bring your own beverage as well. Coffee and tea will be provided, along with paper plates and utensils. The gift exchange idea seems to have run its course, so rather than doing that, let's just eat and talk. Well, if you have a little something that you think a fellow cyclist might enjoy, we won't discourage you. For instance, a tube or a patch kit for the person who always seems to get a flat. Or. . . well, you get the idea; sort of like the "gutter gift" idea we sometimes have on tours. We will be awarding the annual Gear Grinder Award, and the Knickerbiker Service Award, a very long-standing tradition. So bring your dish, your smiling face, and your happy self.

TUE DEC 27 ~150 MILES VENTURA ADVENTURE
through Loops out of Ventura to Santa
FRI DEC 30 Barbara, Ojai, Fillmore.

Ken has been encouraged to repeat the popular Santa Barbara/Ventura County trip near the end of December this year, so let's go for it! In the past we have attempted to work with AMTRAK with little success (they often reach their limit of 3 bikes per car, turning us away) so this year, let's just carpool up.

We will stay three nights in Ventura at the Inn On the Beach, so plan to arrive on Tuesday December 27. While we can't check in until 3:00, we can certainly drive up in our cycling duds and ride on Tuesday anyway. Then on Wednesday we can do the nice 50 mile loop to Ojai (on one of the few "rails to trails" routes in California!) and Santa Paula, returning to Ventura for a second night at the Inn On the Beach. On Thursday we will head southwest to Fillmore for lunch and back. (about 45 miles). On Friday we check out of the motel, but there's still time to do some local riding, riding up to Carpenteria near Santa Barbara. If you wish to spend less than the three nights up there that works too.

Please let Ken know if you are going, but it's up to you to get the motel reservations and make your travel arrangements. Ken will provide maps, route slips, and a daily itinerary of things to see. Let him know at kking002@san.rr.com if you plan to go and have made reservations.

Information on the Inn On the Beach can be found online at <http://innonthebeachventura.com/>. Seven rooms have been reserved under my name, so **CALL THE HOTEL SOON IN CASE THEY SELL OUT**. Our rate is \$125.95 plus tax for a second floor room and includes a continental breakfast. Call Steve (805-652-2000) at the Inn On the Beach, 1175 S. Seaward Ave., Ventura, CA 93001 To make your own reservations, and mention that you are taking one of the rooms Ken has reserved. We hope you can join us!



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!

Wheely Good Recipes

CRANBERRY MUSTARD



Heat 8 oz package of fresh cranberries with 1/4 cup honey and 1/4 cup water over medium heat stirring until berries start to burst (about 8 to 10 minutes)
Let cool and stir in 2 tablespoons spicy brown mustard.
Makes about one cup

Great on turkey sandwiches...

Submitted by *Sandra*

Botany on a Bike

Former South Bay salt ponds get plant makeover

Efforts to breach the levees of former salt ponds in southern San Diego Bay are complete and a federal contractor has started planting native salt marsh plants in the next phase of the restoration project.

At the overall cost of \$7.7 million, it's the largest landscape transformation of its kind in the bay and part of a national effort to "undevelop" coastlines.

The first round of planting involves about 12,000 salt marsh plants, including 4,000 cordgrass in mostly submerged areas. Cordgrass, or *Spartina foliosa* to biologists, provides essential habitat for the federally endangered light-footed clapper rail. About 8,000 other marsh plants in midlevel and upland marshy areas will improve conditions for other bird species, including the Belding's savannah sparrow, which prefers plants such as pickleweed.

All the plants were grown from seeds collected in South Bay and the Tijuana Slough National Wildlife Refuge. After the initial plantings, the U.S. Fish and Wildlife Service expects up to 50,000 cordgrass plants will be harvested from other areas nearby and planted in Pond 10, one of the three ponds that levee breaches have returned more natural tidal flows.

Mike Lee: mike.lee@uniontrib.com; (619)293-2034; Follow on Twitter @sdutlee



A flat of native box thorn plants is ready to be planted in a former South Bay salt pond.



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 membership@knickerbikers.com**