

The
Knickerbikers
of
San Diego County



www.knickerbikers.com

"To travel by bicycle is a humble, nonaggressive way to get close to people. It is a way of saying we are passing through with no thought of invasion or conquest, only the simple will to share a part of the road." Claude Herve – *cycled around the world*

THE BULL-A-TON

DECEMBER 2011

Vol. 38 No 8

The Magnificent Six

The Magnificent Six went on a bike tour and camping trip to the San Mateo Campground in October.

Saddle up and enjoy the show....

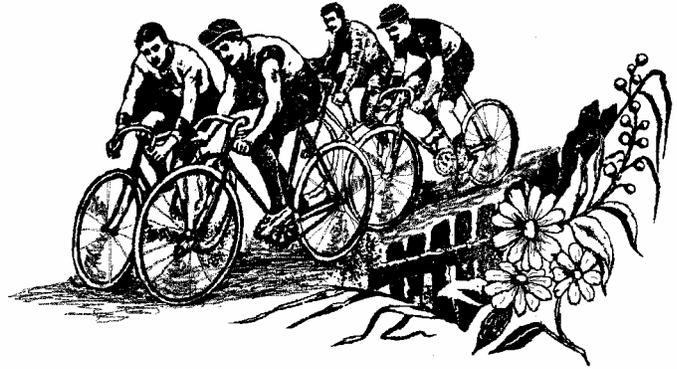
Here's the movie: <http://vimeo.com/31657842>

Here are the stills: <http://gallery.me.com/stevegebler#100569>



Photos submitted by Steve

Outings:



DECEMBER 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!

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.

SUN DEC 04 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.

Rained out in November, we'll attempt this terrific ride today. 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.

TUE DEC 06 6:00 PM 0 MILES *** KNICKERBIKER KNIGHTRIDERS**
6:45 PM DINNER
Little Italy Spaghetteria (619 398 2974)
1953 India Street (between Fir St & Grape 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 Spaghetteria at 6:45 PM. Joe and Lisa Busalacchi created this spaghetteria with the idea of adding a casual, relaxed eatery to their family of restaurants in Little Italy and around the county. Casual and spirited food and drinks are served throughout the day.



FRI DEC 09 8 AM – 4 PM *** CANARI CYCLEWEAR WAREHOUSE SALE!**
SAT DEC 10 8 AM – 12 PM
2471 Coral Street, Vista
off Sycamore Ave and La Mirada Dr

It's time to save 50% to 90% on cycling wear! Men's & Women's Jerseys, Shorts, Jackets, Warmers & More! 3 FREE pairs of SOCKS with purchase of \$30 or more! (Send an email with the words "[Canari Sale Coupon](#)" in the subject line to editor@knickerbikers.com for the free socks coupon.) Prices starting at \$5.00 and don't miss their bargain room! Brand new items; most have tags attached (excellent gift ideas – hint, hint!) Lots of parking space! Dressing rooms are available! Credits cards are welcome, but cash will speed up the checkout line on Friday morning. Come early for best selection!

SAT DEC 10 9:15 AM 25 - 30 MILES * CHRISTMAS TREE RIDE**
Harbor Island parking lot, directions below

Rhonwyn. We will meet at 9:15 AM on Harbor Island. Go right on Harbor Island towards Tom Ham's Lighthouse. Before the restaurant, there is a parking lot with free open parking on the left. We will meet at that parking lot. We will leave no later than 9:30 AM to get to the Embarcadero for the 10 AM ferry to Coronado. We will stop at the Del to see their gorgeous tree and then bike the usual bay loop route counter clockwise with lunch at Anthony's Fish Grotto on Bay Blvd. near E Street.

SUN DEC 11 9:00 AM ±25 MILES * SUNDAY MORNING ROLL**
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!

TUE DEC 13 6:30 PM 0 MILES ** KNICKERBIKER KNIGHTRIDERS**
Hob Nob Hill (619 239 8176)
2271 1st Avenue (between Ivy St & Juniper St)

Rhonwyn. In May 1944, Harold and Dorothy Hoersch opened a 14-stool lunch counter named the Juniper Café with a lofty goal – to provide quality food and exceptional services at reasonable prices. With hard work and commitment, their goal became a reality and business grew steadily. To accommodate that growth, in 1946, the restaurant was moved to its present location on Juniper and First Avenue and named the Melody Grill. As times and tastes changed, the restaurant was renamed Dorothy's Oven and finally Hob Nob Hill.

Today Hob Nob Hill is probably San Diego's oldest restaurant in the same location and offers a menu that features the finest American cooking. Just about everything, from baking fresh muffins and cakes to curing corned beef, is done right on the premises.

SAT DEC 17 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 DEC 18 9:00 AM ±25 MILES * ROLLIN' ROLLIN' ROLLIN'**
Target parking lot
1288 Camino del Rio North, Mission Valley
corner of Mission Center Road and Camino de la Reina

Belle Jour (619 787 7427). We will meet at the Target in Mission Valley . 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!

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. To celebrate the holiday season, we will again have our gift exchange: if you wish to participate, bring a wrapped bicycling-related gift, new or used (\$10 value, more or less). If you bring a gift, you will receive a gift, and the distribution will be decided by using a deck of cards. Official rules will be divulged in detail at the event.

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 20 6:00 PM 6:45 PM WALK ** DINNER KNICKERBIKER KNIGHTRIDERS**
Tender Greens (619 226 6254)
2400 Historic Decatur Road, Liberty Station

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 Tender Greens at 6:45 PM.

The majority of the naturally grown produce comes fresh picked daily from Scarborough Farms in Oxnard. If we need produce that Scarborough doesn't plant, it will come from a handful of small local farms. We use organic ingredients are used wherever possible. The beef comes from grain-fed hormone/antibiotic free cows. The chickens are raised on the range in Northern California, not in cages. They are nourished with grain instead of hormone-rich feed. The tuna is line caught from the Pacific. Breads are made fresh daily by artisan bakeries who and the desserts are baked at the restaurant every day. Come on out and enjoy!



SAT DEC 24 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 DEC 25 9:00 AM ±25 MILES * A FESTIVUS FOR THE RESTIVUS**
Mandarin Chinese Restaurant
4110 W. Pt. Loma Blvd.
(opposite Chapman St., 7-Eleven)

Belle Jour (619 787 7427). It's a wonderful day to ride a bike – the stores are closed and we'll pretty much have the roads to ourselves! So come on out! We'll probably find an open (and tasty) restaurant at the end of our ride...

TUE DEC 27
through
FRI DEC 30

~150 MILES

VENTURA ADVENTURE

Loops out of Ventura to
Santa 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!

TUE DEC 27 **6:00 PM** **WALK** **** **KNICKERBIKER KNIGHTRIDERS**
6:45 PM **DINNER** Spice & Rice Thai Kitchen (858 456 0466)
7734 Girard Avenue, La Jolla
(between Kline St & Silverado St)

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 Spice & Rice at 6:45 PM.

A favorite dinner spot of Bob Cameron's, Spice and Rice serves up terrific Thai food. It's really not hard to find a parking place, so come on out and enjoy!

SAT DEC 31 **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 JAN 01 **9:00 AM** **30 MILES** *** **EASY FIRST RIDE OF THE YEAR**
Mission Bay, South Shores Boat Ramp
on Seaworld Drive, just east of Seaworld

Jeff. Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. Let's get 2012 off to a good start! Take I-5 to Seaworld Drive. Park in the designated spaces in the parking lot of the Mission Bay South Shores Boat Ramp. Meet up with your fellow cyclists; enjoy a great bike ride and some tasty food! Jeff will take us through Fiesta Island, Mission Bay Park, Liberty Station and Harbor Island.



At the top!

In October Sylvia lead a group of Knickerbikers up Mt. Helix and out east.

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

Coming Events:



SAT JAN 14 10:00 AM 5 - 6 MILES * THE HIKE**

Stein and Terry. We will meet in Pine Valley in order we can make sure everybody have the necessary Forest Service day-use (parking) permit. It's \$5/day for each vehicle unless you have an annual pass; Stein and Terry have two annual passes and will be happy to lend the second one to somebody. Also, car-pooling from Pine Valley is an option.

We will meet in the parking lot at Pine Valley Village. Take I-8 East to the Pine Valley Exit (27 miles east of El Cajon). At the bottom of the exit ramp (Stop sign) make a Left. At 0.5 miles, make a right on Old Highway 80. Pine Valley Village is on your left, a couple of hundred yards up the road. Forest Service day-use/parking passes can be purchased at the store (\$5/day/vehicle). From Pine Valley we will caravan to where we start the hike, by the information platform on Sunrise Highway, approximately 7 miles from Pine Valley. Depending on the weather (temp/sun/wind) we will hike a combination of forest and open meadow. Please remember to bring warm clothes - the area lies at 5,500 feet altitude. If you are unfamiliar with the area, take this opportunity to get a glimpse of one of San Diego's not so well known out-door gems. Bring a sandwich, for lunch on the trail.

Since it is a bit further of a drive than to the usual bike meets, we'll meet in Pine Valley at 10 AM Saturday, January 14. We will have to carefully monitor snow and weather conditions. The hike will be mostly flat, but there are some gentle hills around there that we may get into. Please be aware that at this time of the year the trail can be muddy. Stein considers it easy, but some may see it as easy to moderate difficulty. We'll do 5-6 miles, depending on the participants' wishes and abilities, and trail and weather conditions. There are so many trails that criss-cross the area that you can put together an almost endless combination of distances and terrain (forest/open meadow).

Stein and Terry can provide a topo. It is based on National Geographics topo maps. The area is criss-crossed by trails, and the one's shown are just a selection; Stein has made no attempt to make a complete map of all the trails in the area. Using GPS he pin-pointed the various trail intersections and distances of the trails they most commonly hike, but the trails in between are just drawn from memory. This way it is easy to put together a hike of whatever distance we feel like that day.

For this hike we will start at the information platform on Sunrise Highway, down in the lower left corner of the map.



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

Spinach Persimmon Salad



1/4 cup rice vinegar
2 tablespoons orange marmalade
1 teaspoon toasted sesame oil
Salt and pepper
5 quarts spinach leaves (1 1/4 lb.), rinsed and crisped
3 firm Fuyu persimmons, peeled and sliced into thin wedges
3/4 cup glazed pecans

In a large bowl, mix vinegar, marmalade, and sesame oil. Add salt and pepper to taste. Add spinach, persimmons, and pecans. Mix gently to coat with dressing.

Botany on a Bike

November and December is prime Fuyu time

For the ride: Fuyu Persimmons can be eaten like an apple, peeled and sliced like an apple and put in a zip loc bag, or peeled, sliced and seasoned & put in a zip loc for a ride or hike. They can also be dried and eaten and/or used in a trail mix when dried.

At home: There are recipes for pies, breads, cookies, sauces and salads and more!

Please note the Fuyus are different than the Japanese and other persimmons.

Submitted by Dave



Persimmons trees grow quickly and are immune to the usual delicacy of trees planted in unpredictable climates. Persimmons can tolerate and adapt to a wide range of climates. Persimmons are also notoriously resistant to diseases and pests. They are one of the last trees to leaf out in the spring, and do not flower until well after the leaves have formed, bypassing the threat of blossom loss to frosts. The fruit hangs on the branches long into the winter. Because they grow swiftly and colonize off their root systems, they are ideal for helping recover habitat. A 1 - 2 year old persimmon tree will be mature enough to bear fruit within 7 - 8 years.



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**