



August 2010

Volume 41

Edition 8

SLO Coaster

San Luis Obispo Bicycle Club Newsletter

Promoting safe and legal bicycle riding for recreation and transportation

Presidents Message

by Robert Fuller Davis

Adventures in Canada... Thursday 24 September 2009



We heard at the front desk this morning that FEMA, the "American Medical Assistance" agency, is stockpiling body bags outside Atlanta to prepare for the people who are going to die from Swine Flu. One of the young desk clerks saw it on CTV last night, that everyone who got a flu shot last year is going to get Swine Flu and die. One of the other clerks tried to find the story on the internet but got a message that the pages are blanked out in Canada. We also learned that another one of the desk clerks, Ali, drank a lot of whiskey last night but he also drank a lot of water so he's okay this morning.

We had snow crystals on our car when we left and it was 32 degrees or less all the way to Whitehorse.

We crossed the Kluane Valley with little traffic, bouncing up and down over bumps and dips in the highway, and arrived in Whitehorse at 2:30.

That seemed like a good time for a beer in the Gold Pan Bar where we met Mary, a bear dog. Bear dogs are a lot like Jack Russell terriers. If a bear comes into your camp, bear dogs run around the bear in circles until the bear gets tired and dizzy from turning around and walks back out of your camp. This story, which we got from a bear dog owner, is fairly close to what we read later in Wikipedia though the dog she showed us looked nothing like a Wikipedia bear dog. Still, Mary was a nice dog and everyone in the bar said hello to her.

We had a room on the fourth floor at the Best Western. I went downstairs to the second floor to get ice. Lots of people queued up at the elevator as I wandered around the second floor looking for the ice machine. After I got ice, I went back to the elevator but two people and two dogs were there waiting to go down. I knew they were going down because I saw them come out of a room on the second floor. I wanted to go up. I found another elevator around the corner and pushed the button to call it.

This elevator went up only as far as the third floor where I got off. I looked for a stairway to walk up one more floor to our room and found an exit sign at the end of the corridor. I went through the emergency fire door and walked up to the fourth floor. The door there was locked, it would open only from inside because it was an emergency fire door. So were all the doors back down to the ground floor where I exited the building in the parking lot next to our car. I carried the bucket of ice down the sidewalk to the main lobby door and went inside, said hello to Mary, and walked over to the elevator where I shared the car with the two people and the two dogs that I had seen earlier on the second floor waiting to go down. Gail was not as surprised to hear this story as she might have been forty years ago.



SLO Coaster

Editor: Will Benedict

The SLO Coaster is the monthly newsletter of the San Luis Obispo Bicycle Club. It is distributed to members, local bicycle shops and some bicycle organizations. No subscriptions are available to non-members.

All articles, letters, stories of bicycling experiences, appropriate classified ads, artwork etc. are welcome.

Nothing will be accepted verbally.

The editor reserves the right to edit or reject material.

Each article is the opinion of its author and does not necessarily represent the opinion or endorsement of the SLOBC or the editor.

An on-line version of the newsletter is produced, so indicate any submitted material that you do not want to appear in the on-line edition.

Submittal Deadline

All materials are due no later than 8:00 a.m. on the 15th of each month.

Submittal Means

All materials must be emailed to Will Benedict at willbenedict@me.com

Submittal Guidelines

Complete submittal guidelines are found at: www.slobc.org/resources/newsletter.html

SLOBC Information

SLOBC Monthly Meetings

Tuesday, August 3 (5:00 PM): Board of Directors Meeting

Location: Air Pollution Control District meeting room, 3433 Roberto Court (SLO).
The San Luis Obispo Bicycle Club Board meets the first Tuesday of each month.
All Club members are welcome to attend Board meetings.

Thursday, August 5 (6:00 to 9:00 pm PM): General Membership Meeting

Location: County Library, 995 Palm, downtown San Luis Obispo
The San Luis Obispo Bicycle Club meets the first Thursday of each month.
Refreshments are served starting at 7:00 p.m., Meeting begins at 7:15 p.m.

Thursday, August 19 (6:00 PM): Farmer's Market Booth

Location: In front of Kevin Main's Jewelry store at 720 Higuera Street (SLO)
The club has a booth at Farmer's Market the third Thursday of each month April – September.
Club members are invited to help by handing out material to or answering questions from people interested in the SLOBC. One benefit of supporting this enterprise is being able to eat the wonderful food served at the market!

SLOBC Board of Directors

President	Robert Fuller Davis	772.0874
Vice President	Sharon Sutliff	544.4034
Treasurer	Chris Broome	772.5900
Secretary	Gail Davis	772.0874
Ride Coordinator	Dave Abrecht	528.2571
Membership	Bob Lindquist	441-7063
Advocate	Dale Sutliff	544.4034
Historian	Janie Goldenberg	544.4720
Newsletter Editor	Will Benedict	544.3504
Safety Director	Ken Price	489.9779
Director at Large	Sandy Pitt	489.0138
Past President	Frank Mullin	556.0789

SLOBC Contact Information

San Luis Obispo Bicycle Club, Inc.
P.O. Box 1585
San Luis Obispo, CA 93406
Club Hotline Answering Machine: 543.5973

SLOBC Web Site: www.slobc.org

Membership Profile

By Mike Balster

Irene Vega



Irene Vega was born in Pasadena, CA more than 29 years ago. She grew up in Pasadena, received a nursing degree from Pasadena City College, and a BSN from the California Consortium of Colleges. She has lived on the Central Coast since 1989.

Irene is one of five sisters, she being second oldest, and has been a public health nurse in San Luis Obispo since 1990. Irene has a son she is very proud of, who recently turned 21, and is attending Cal Poly in the Materials Engineering program..

Irene is very easy to talk with. Couple this with her caring personality, her nursing background, and her devotion to children's needs makes for a real asset to our community.

Irene began her nursing career focusing on adult patients and gravitated toward expectant mothers and the issues they face. She participated in a research program geared toward first time mother's starting in the mother's first trimester and continuing until the child reaches two years of age. She joined the Prenatal Substance Abuse Prevention Council to help doctors in our area understand high risk behaviors related to substance abuse during pregnancy. The lack of knowledge and the participation in high risk behaviors spanned all social and economic groups. This led her to change her focus to the pediatric field. She became an instructor to train other nurses in observing

infants cues and how these cues are interpreted by the mother or care giver. This one week course covered 80 common infant cues, what they mean, and how to instruct the mother if the cues are being misread. She coordinated a program to assign public health nurses when high risk infant referrals were received. Irene related a story of a bottle fed infant unable to keep down milk. She discovered the problem was related to touch as the infant was being held and fed. Apparently, the infant associated touch with impending abuse and was so upset that its body would purge the milk. Irene spoke of this as if problems of this magnitude were more common than I would have thought. The ability to address problems of this nature takes a special person and Irene's skill set makes her a perfect fit.

Irene's vast experiences lead to her being asked to sit on the board of the San Luis Obispo Child Abuse Prevention Coalition and later on the Court Appointed Special Advocate board. Her commitment to addressing the needs of abused children, substance abuse related to children, and children's rights consume much of her time in retirement.

Irene enjoys aerobics, jogging, tennis, snow skiing, sewing, golf, and road biking. She and her son enjoy skiing trips in the winter and wakeboarding in the summer. Irene jumped headlong into wakeboarding; she even bought a boat so she could spend more time on the water.

I first met Irene on a Friday ride from Ben's house. She arrived on a 30 year old Schwinn 10 speed with a lamb skin seat. I thought she would be lagging behind and decide to join a slower group. Much to my surprise, she was a strong cyclist and I had to work just to keep up. Months passed and she continued to ride her bike, getting faster and faster. When Judy Rutter upgraded to a new bike, Irene began riding Judy's old bike that she still rides today. As you might imagine, she is an even faster rider and thoroughly enjoys her new bike. Irene has been riding since she was five years old, pausing only while she was expecting the birth of her son.

Irene's favorite rides are along the coast, no one specific ride, just anywhere along the coast. Her most memorable ride was the Indulgence Ride in Los Olivos. This was the only indulgence ride she has attended and is looking forward to a new most memorable ride on a future indulgence ride. She has volunteered for the Lighthouse and Wildflower rides truck loading and brunch cleanup.

Irene feels her most unusual accomplishments are learning to wakeboard at age 62 and touring Europe for a month using the rail system and only making reservations for the first and last nights. She plans a one week trip to Paris with friends later this year and is looking forward to the experience. Irene doesn't yet have a favorite place to travel, she is recently retired and still exploring new places and new experiences.

Irene's passion is children's rights. She strongly believes that each child is entitled to a safe, loving, and happy home.

General Meeting Minutes

By Craig Armstrong for Gail Davis, Secretary

July 1, 2010: San Luis Obispo City/County Library

President Robert Fuller Davis called the meeting to order at 7:15 PM.

Following club member introductions, clipboards were distributed for coffee service volunteers (need someone for August and September) and for Lighthouse volunteers to indicate if they will be attending the post-ride brunch. Sandy Pitt advised that a captain was still needed for the scheduled August picnic; if no one volunteers, the picnic will not be held.

Sandy also announced the following June potluck dinner award winners:

Best male costume	Larry Rutter
Best female costume	Corry van Boheemen
Best costumes-couple	Jeff & Linda Kahn Wayne & Sheryl Trost
Best table decorations	Joan Henry
Decorations runner-up	Gail Davis & Joan Petersen

Mr. Davis thanked Anne Kelly for serving as greeter, Dale and Sharon Sutliff for representing the club at the Shandon High School graduation, and Kathy Cohon and the various donors for this month's refreshments.

Minutes of the June 3, 2010 meeting were approved.

Mr. Davis advised that the club had received the following correspondence:

A thank you from the Shandon Valley Lions Club for contributing \$500 to the community pool fund; a thank you from Shandon High School for the scholarship grant from the club (the grant was divided among 8 students), and a thank you from one of the Shandon HS student recipients.

Chris Broome reported that as of June 27 the club had \$216,628 in the bank. This amount included entry fees from the upcoming Lighthouse Century and Chris noted that the related ride expenses would reduce the balance significantly.

Val Barboza presented information on the August 14th Ante Up Poker Bike Ride benefiting the SLO Hep C Project. The ride will begin at the Morro Bay Community Center and features 25K and 50K rides. The \$40 registration fee includes lunch and the chance to win prizes.

Ken Price made a safety presentation and advised riders to expect the unexpected and to post any hazards that they are aware of on the club's Yahoo web site. There was a discussion with respect to pace line riding on club rides. The consensus was that SLOBC is primarily a social riding club and that pace lining was outside the parameters of club rides.

Mark Lyon noted in his Lighthouse update that there were still a few open slots for Lighthouse volunteers and that persons desiring to volunteer should check the web page for available openings. Mark also has a few captains' folders to be distributed.

Frank Mullin noted that candidates are still needed for two board positions: Ride Coordinator and Newsletter Editor.

Mr. Davis announced that the October 7th club meeting will be held at the Ludwick Center.

The evening's program was a presentation by BK Richard, a member of the Board of Trustees of the Land Conservancy, on the history and current status of the Octagon Barn on Higuera Street and on the proposed development plans for that facility. Restoration of the barn is substantially complete and the next steps involve the various activities necessary to develop the barn into a meeting facility and the adjacent milking parlor into a community room and educational facility. The barn area will serve as the starting point for the future extension of the Bob Jones bike trail, and bikers will be able to use the parking area and restroom facilities at that location. Mr. Richard noted that the Land Conservancy is looking for a representative of the cycling community to participate on the committee handling the barb project.

The meeting adjourned at 8:32 pm.

Board Meeting

By Gail Davis, Secretary

The July board meeting was canceled due to the lack of a quorum because so many board members could not attend the meeting.

August Program

Sharon Sutliff

Trikes! Trikes! Trikes!

A group of members that own trikes will show their trusty steeds, extol the mount's virtues and describe their experiences riding trikes in a variety of environments.

August 28th Picnic??

Sandy Pitt

Although Biddle Park in AG is reserved and paid for, no one has yet volunteered to captain the event. If no one volunteers by the meeting on August 5th, the picnic will be **canceled!**

Ride Coordinator's Report

By Dave Abrecht, Ride Coordinator

Indulgence Ride, Saturday October 16, 2010



This year's Indulgence Ride will be a repeat tour of the Santa Barbara coast. We will be bussed from San Luis Obispo to Stow Grove Park in Goleta where the ride will begin. Three routes are available, with approximate distances of 70 miles, 60 miles and 50 miles. Specific route information will be provided later. The ride will end at the Ventura Family YMCA where you can shower and change clothes before we go to dinner at Milano's Italian Restaurant in the Ventura Harbor Village.

In lieu of a specific planned lunch stop, your route slip will offer at least a dozen lunch/food/coffee stop possibilities along the way. You are free to eat and drink your way to Ventura.

The Indulgence Ride is limited to club members.

The bus size limits the ride to 56 participants. The cost is \$35 per person (lunch and dinner not included). Sign up for the ride by sending a check payable to SLOBC to Dave Abrecht, 1713 6th Street, Los Osos, CA. 93402. You will be added to the list when your check is received.

Questions? Email Dave at daveabrecht@me.com

Ante Up Poker Ride

By Val Barboza

Proceeds from the ride will be used to help meet the needs of people living with hepatitis C in our county. A largely unrecognized disease, Hep C is more prevalent than HIV / AIDS and is the leading cause of liver cancer and liver transplantation nationwide. With health counseling, benefits counseling, volunteer assistance and an in-house food pantry, the SLO Hep C Project strives to improve the health outcomes for people struggling with this disease. The project also works to increase public awareness through educational outreach in San Luis Obispo County. Funding for these programs dramatically lags behind the need that exists, because Hep C is such a hidden epidemic. The Ante Up Poker Bike Ride will help fill the gap in some of the community programs.

2009 Indulgence Riders Ready To Go

ANTE UP!



**A POKER BICYCLE
FUN RIDE
Benefit for the
SLO Hep C Project**

25K
&
50K
ROUTES

**PUT US ON YOUR CALENDAR:
SATURDAY, AUGUST 14, 2010 (REG 8AM)
RIDE STARTS AT 8:30 AM (50K) & 9AM (25K)
FROM MORRO BAY COMMUNITY CENTER
1001 Kennedy way, Morro Bay**

**SIGN UP AT:
www.slohepc.org**



**\$40 Registration
Includes:
LUNCH and
SUPPORTED
REST STOPS**
Limited to 75 riders

July Ride Calendar

Sunday Fixed

Baywood / Los Osos Ride (B-2) (8:30 AM)

Show & Go: Nazarene Church (BP)
Contact: Jack Robison (528-3478)
Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Ride normally breaks into faster and slower groups.

Arroyo Grande Ride (B-2) (9:00 AM)

Depart: Gazebo (AG)
Leader: Frank Mullin (518-9003) (frankmullin@charter.net)
Distance: About 35 miles
This casual ride departs from Andreini's Coffee House. If you are riding from SLO, contact Frank to see if you can join up. Two popular destinations are Poly Village (SLO) and theTrilogy (Nipomo)

Monday Fixed

Breakaways Mondays (D-3) (9:00 AM)

Depart: Damon Garcia Sports Field
Leader: Russ Robinson (781-0903)

Templeton Ramblers (B-3) (8:00 AM)

Depart: Templeton Park
Leader: Mike Duffy (meahal@sbcglobal.net)
Distance: About 35 miles
Biking roads around Templeton at a leisurely pace. Route sheets/maps distributed by email only prior to each ride. Mid-ride coffee stop. Visitors welcome. [Join email group at www.slobc.org.]

Yellowjackets SLO Rides (B-2) (9:00 AM)

Depart: Ben's House (SLO)
Leader: Ben Patrick (543-2803)
Ride supports one riding group (pace, 12-14 MPH) to various destinations. Ride leaves at scheduled time.

Tuesday Fixed

Baywood Vacillators (B-2/3) (8:30 AM)

Show & Go: Nazarene Church (BP)
Contact: Marina Michel (528-1732)
Group chooses a coffee shop destination in San Luis Obispo or Avila Beach. Ride normally breaks into faster and slower groups.

Tuesday Night Rides (B/C/D-2) (6:00 PM)

Depart: Gazebo (AG)
Leader: John Sasaki (474-1417)
Choose between a fast 20+ mph or a slower 17 mph group. Mileage varies according to available daylight. A knowledge of group riding skills or a willingness to learn is required. "We always go to dinner after the ride."

Wednesday Fixed

Atascadero Ramblers (B-3) (8:00 AM)

Depart: Atascadero Zoo
Leader: Mike Duffy (meahal@sbcglobal.net)
Distance: about 40 miles
Biking mostly the back roads south and east of Atascadero, as well as some tough hills. Route sheets/maps distributed via email only prior to each ride. There is a mid-ride coffee stop. Visitors welcome. [Join email group at www.slobc.org.]

Wednesday Variable

Flyers (D-3) (9:00 AM)

For people wanting faster paced rides with some pace line riding.

- 4 Bob Jones Trail Head. Led by Russ Robinson (781-0903).
- 11 French Park (SLO). Led by Bill Goodger (782-9197).
- 18 Santa Margarita Park. Led by Glenn Vanderlinde (466-4221). **Starts at 8:00 AM.**
- 25 Bandstand (AG). Led by Larry Bradford (474-8764).

Dave Abrecht, Ride Coordinator

Scheduled club rides include both **Fixed** (Fixed starting location and time) and **Variable** (Variable starting location and time) events.

Current Ride Information

Information on all club rides including more detailed ride descriptions and any updates to the Ride Calendar can be found on the club web site www.slobc.org under Ride Calendar

Submitting Ride Information

Please submit ride information to both Dave Abrecht and Frank Mullin to ensure the newsletter's Ride Calendar and web site are accurate.

Submit any ride changes to Frank Mullin. This will ensure that the most current ride information can always be found under Ride Calendar at www.slobc.org.

Safe Riding

All cyclists taking part in club rides are expected to contribute to the ride's safety and enjoyment. You can find Safe Cycling Practices and SLOBC Club Ride Best Practices under Safety at www.slobc.org.

Frequent Feeders (B-2) (9:00 AM)

A social group that rides at a moderate pace with regular regroupings and a very social coffee break midway through the ride.

- 4 Bandstand (AG). Led by Jim Hanto (489-1520).
- 11 Bandstand (AG). Led by Frank Mullin (518-9003).
- 18 Lila Keiser Park (MB). Led by Jeff Kahn (559-824-8309).
- 25 Laguna Lake Park (SLO). Led by Chuck Waldrop (543-9292).

Rain Cancels Rides!

Wednesday Variable Cont.

SLO Pokes (A-2) (9:00 AM)

For riders wanting to travel no more than 12 miles per hour.

- 4 Lila Keiser Park (MB).
Do the Turri loop.
Led by Val Barboza (772-7168).
- 11 Bandstand (AG). Led by Ann Klinger (595-7372).
- 18 Dairy Creek Golf Course. Do the Morrow Rock & Roll II ride with coffee at the French Bakery (about 25 miles). Led by Bob Lindquist (595-7686).
- 25 Bob Jones Trail Head.
Ride the canyons!
Led by George Birk (595-7124).

Thursday Fixed

Baywood / Los Osos (B-2) (8:30 AM)

Show & Go: Nazarene Church (BP)
Contact: Jerry Lundstrom (528-1069)
Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Ride normally breaks into faster and slower groups.

Friday Fixed

Breakaways Fridays (D-3) (9:00 AM)

Depart: Bandstand (AG)
Leader: Larry Bradford (474-8764)

Paso Robles Ramblers (B-3) (8:00 AM)

Depart: Marriot Courtyard Hotel (PR)
Leader: Mike Duffy (meahal@sbcglobal.net).
Distance: about 45 miles
Biking the back roads of Paso including its hills as often as possible.
Route sheets/maps distributed via email only prior to each ride. There generally is a mid-ride coffee stop (occasional routes keep us away from public facilities - be prepared). Route sheets always note the break location. Visitors welcome. [Join email group at www.slobc.org.]

Yellowjackets SLO Rides (B-2) (9:00 AM)

Depart: Ben's House (SLO)
Leader: Ben Patrick (543-2803)
Ride supports one riding group (pace, 12-14 MPH) to various destinations.
Ride leaves at scheduled time.

Friday Variable

Tortoises (A-1) (9:00 AM)

A short easy ride of 10-15 miles at 10 miles per hour. We will try to minimize hill climbing. A coffee stop is included.

- 6 Sinsheimer Park (SLO).
Fourth Anniversary Ride!!
We'll do a repeat of the original Tortoise ride to Laguna Village.
Led by Stu & Janie Goldenberg (544-4720).
- 13 Lila Keiser Park (MB).
Ride to Cayucos. Led by Becky Robertson (438-3874).
- 20 Rail Road Museum.
"Follow the Tracks." Led by Martin Howell (544-5389).
- 27 Nipomo Regional Park.
Visit Luffa farm.
Led by Bob Young (489-4755).

Saturday Fixed

Slabtown Rollers (C-4) (8:00 AM)

Depart: B & A Realty (Cambria)
Leader: Tom Parsons (927-5514)
Variable itinerary, call for details.

SLO Velo (C-2) (9:00 AM)

Depart: Starbucks/Trader Joe's, SLO
Leader: Ron Starkey (805-788-0188)
The rides are designed for the intermediate rider who is comfortable riding a 15+ mph pace on 40 - 55 mile routes. Visit slovelo.com for more information.

Saturday Variable

Wandering With Will (B-3) (9:00 AM)

Rides into the countryside averaging about 12 mph. No one lost from view or left behind. Lunch after for those who want to join in. Lead by: Will Benedict (544-3504)
Email: willbenedict@me.net

- 7 French Park (SLO). Do Hi Mountain favorite ride – about 44 miles and 2200 feet of climbing.
Only one ride a month during June, July & August.

Pace & Terrain

Ride Pace and Terrain ratings are an indication of their difficulty. It is expected that all participants will respect a ride's designation and make sure that no one is left behind.

Pace		Terrain
AA Very Slow	Less than 10 MPH, Regroups often Waits for slowest riders	1 Generally Flat
A Slow	9 to 12 MPH average, Regroups occasionally (SLO Pokes)	2 Easy Grades Some Hills
B Moderate	12 to 15 MPH average Regroups every 30 min. Waits for slower riders (Frequent Feeders)	3 Rolling hills (North county hills - Peachy Canyon)
C Brisk	14 to 17 MPH average Regroups every 30-45 min. Waits for slower riders. (Flyers)	4 Hard hills (Hwy. 46 - coast to Paso Robles)
D Fast	Averages over 16 MPH Requires experienced riders and pace line riding (Tuesday Night Rides)	5 Very challenging hills

Ride Start Locations

Jersey Design

By Will Benedict

Atascadero Zoo

101 north to Atascadero
Take Santa Rosa exit (218A)
Left on Santa Rosa for 1.4 miles
Right on Highway 41 for 0.2 miles
Zoo entry on right.

B & A Realty (Cambria)

101 to Highway 1 exit
West on 1 for 34 miles
Right on Cambria Rd.
Left on Main St. for 0.4 miles
B&A Realty on the left

Bandstand (AG)

101 to Grand exit in Arroyo Grande
East on Grand for 0.2 miles
Right on Traffic Way 0.2 miles
Left on Nelson St. for 0.1 miles
Park on street at Short Street

Ben's House (SLO)

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.4 miles
Right on Tank Farm for 1.9 miles
Right on Poinsettia St. 0.1 miles
Left on Alyssum Court
First house on the left

Bob Jones Trail Head

Take 101 toward Avila
Exit San Luis Bay Drive
South on Ontario for 0.8 miles
Entry to parking lot on the left.

Dairy Creek Golf Course

101 to Highway 1 exit (SLO)
West on Hwy. 1 for 5.5 miles
Right on Hollister Rd. (into El Chorro
Regional Park) for 0.1 miles
Left for 0.1 miles to golf course
parking lot

Damon Garcia Sports Field

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.4 miles
Right on Tank Farm for 1.5 miles
Left on Broad for 0.2 miles
Entry to the park on the left

French Park (SLO)

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.4 miles
Right on Tank Farm for 1.9 miles
Right on Poinsettia St. 0.4 miles
Left on Fuller for 0.1 mile
Entry to parking lot on the left

Gazebo (AG)

101 to Grand exit in Arroyo Grande
East on Grande (becomes Branch St)
Right on Bridge Street for 0.1 miles
Left into parking lot to the gazebo

Laguna Lake Park (SLO)

101 to Madonna exit in SLO
West on Madonna for 0.7 miles
Right into Laguna Lake Park
Park near the bathrooms.

Lila Keiser Park (MB)

101 to Highway 1 exit
West on Hwy. 1 to Morro Bay
Take Highway 41 off ramp
Left on 41 for 0.1 miles
Left into park at entry

Marriot Courtyard Hotel

101 to the Spring St. exit
East onto 1st Street
Left on South Vine St.
Hotel is on your left
Park along South Vine St.

Nazarene Church (BP)

101 to Los Osos Valley Road exit
West on LOVR for 9 miles
Right on South Bay Blvd. for 2 miles
Right on Santa Ysabel past the
church to the start

Nipomo Regional Park

101 to the Tefft exit
(10 miles south of AG)
Right on Tefft for 0.7 miles
Right on Pomeroy Rd. for 0.1 miles
into park on left

Rail Road Museum

101 to Highway 1 exit (SLO),
East on Santa Rosa for 0.4 miles
Right on Higuera Ave. for one block
Left on Osos Street for 0.5 miles to
Museum on left

Santa Margarita Park

101 to highway 58 off ramp
Hwy. 58 through Santa Margarita
Right on 58 crossing the tracks
Park is on the right

Sinsheimer Park (SLO)

101 to Madonna Rd exit in SLO
East for 0.4 miles to Higuera
Left on Higuera for 0.1 miles
Right on South St. for 0.8 miles
Right on Broad Street for 0.7 miles
Left on Orcutt Road for 0.4 miles
Left on Laurel Lane for 0.3 miles
Left on Southwood Drive for 0.2
miles to park

Starbucks/Trader Joe's (SLO)

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.3 mile to
Starbucks on the right

Templeton Park

101 north to Templeton
Take Vineyard exit
Right on Vinyard for 0.2 miles
Left on Old Country for 0.4 miles
Park on right at 6th St.

This is the last call for 2011 Wild-
flower jersey design ideas. The
concepts will be presented at the
September 2010 club meeting. All
ideas will be presented in a com-
mon standard format. For format
specifications and assistance in
illustrating your idea or putting it
into the standard format, email
Will Benedict at
willbenedict@me.com.

Lighthouse: Volunteer Brunch

Date: Sunday, Sept. 26,
Time: 10:30 am
Location: Fairway Restaurant
Dairy Creek Golf Course
2990 Dairy Creek Road, SLO

RSVP by Sept. 12th to

Sue Lyon: lyonm@charter.net or
(805) 929-5998.

Guest Cost: \$32.00

Cancel by Sept. 12th or the club
will be charged \$32.

Pedaling Through The Past

By Janie Goldenberg, Historian

While looking through the August 1990 SLO Coaster, I found some names listed that are still SLOBC members, and others that aren't. Here are some names (in no particular order) we still read about:

Board Members: Penni Powell, President, and Martin Howell, Secretary

New member: Genie Seagrave-Smith

Lighthouse 1990 volunteers: Penni Powell (LHR Chairwoman), John Sasaki (planning committee), Ted Gray, Janie and Stu Goldenberg, Jerry Lundstrom, John Rogers, and Larry Souza.

Participants in a bike ride and campout at San Simeon State Park: Penni and Eddy Powell, John Sasaki, and Martin Howell.

Participating in century rides all over the state: John Sasaki

Ride leaders: John Sasaki (Tuesday Night Rides), Jerry Lundstrom and Ted Gray (Tuesday Morning Rides), and Kent Brahams ("No Breakfast" rides with Kent).

Larry Fredericks - Blood Bank Community Bicycle Ride Update

By Stu Goldenberg

The joint SLOBC - United Blood Services - Larry Fredericks Community Bicycle Ride will be held on the morning of Sunday, September 5. The Blood Bank is planning on providing food (yet to be determined) afterwards. The "official ride" is short and fairly flat. Check the September newsletter (should be in your hands by late August) for the exact starting time. The starting location will be at the Blood Bank facility just south of Tank Farm on Broad Street.

For more information about Larry Fredericks see <http://lifeacrossamerica.com>

Stu Goldenberg (SLOBC) and Mona Kleman (United Blood Services)

The Aerodynamic Helmet

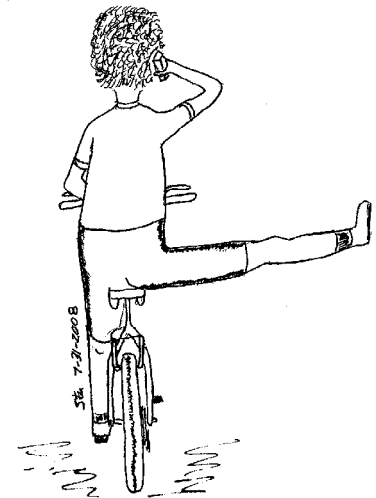
By Stu Goldenberg

We have participated in a number of organized tours where the basic support for the tour is a barge that provides us with sleeping facilities, carries our stuff, provides us with breakfast and dinner, and the makings for daily box lunches. We have gone with the same company on five two week adventures because we have really enjoyed the trips.

The tours include bicycle riding guides. They led us around the Netherlands and Belgium countryside. They took us to museums and churches, They walked us around communities in the evenings, and they seemed very knowledgeable. Of course, if they just knew a little more than us, they would seem that way.

We had the same guides for a number of our tours. We got to know them and they got to know us. It even became somewhat of a joke with them as to what they did on a particular day that would end up in my comic collection. Of course all the drawings were done with affection, the guides were kind, pleasant, and very likeable.

So there we were, cycling along a highway, which, by our standards had very little traffic. Our ride leader/tour guide had just received a cell phone call from the other guide with the other group and she needed to provide some instructions. She also did not want to stop. The dilemma facing her was how to tell us that we were about to make a right turn without stopping either her bicycle or telephone conversation. As you can see from the comic, she did find a way. Wish I had my camera out to include with the comic!



Right turn signal while on a cell phone.

Shandon High School Scholarship Recipients

By John Svinth, School Counselor



(left to right): Dale and Sharon Sutliff, and recipients Aaron Valdez, Daysy Alonzo Soto, Bonifacio Soto, Kellee Rendon, Nataly Ramirez, Estefania Ramirez, Geira Bustamante, Jeannette Barrera.

On behalf of Shandon School District, I send you our sincere thanks for again sponsoring the San Luis Obispo Bicycle Club Scholarship at Shandon High School. We were honored to have Dale and Sharon Sutliff present the awards with great warmth and wit at our ceremony on June 10. In addition to this year's wonderful gift of \$3,000, another \$1,680 became available from previous recipients who were not able to qualify for their awards from 2008. Of this year's senior class of 26 graduates we had eight recipients split the funds evenly at \$585 each.

Jeannette Barrera is one of our top female athletes, excelling in volleyball, basketball and softball, while also being this year's student government athletic commissioner. According to her employer, Jeannette worked admirably in a local catering business over the last two years. To pursue her desire to help youth and young adults live clean lives and to better themselves, Jeannette will attend Cuesta College to study criminal justice and plans to become a probation officer.

Geira Bustamante is another solid female athlete, playing all four years in basketball and volleyball. During the last fall, she performed volunteer service at Divine Party Creations, helping to serve customers and keeping up the store. Geira enjoys working with animals in an agricultural setting and desires to improve their quality of life. She will attend Cuesta College to pursue an associate degree in general science/zoology and plans to become a veterinary assistant.

Estefania Ramirez was indispensable these last two years in our school business office as our student government treasurer. She worked closely with our district accounting techni-

cian such that her responsibility level was equivalent to that of an employee. Estefania completed a solid academic program, played volleyball all four years and was active in Friday Night Live. Estefania will attend Cuesta College as her first step toward achieving a bachelor's degree, and plans to become a business administrator or accountant.

Nataly Ramirez, like her cousin, Estefania, was indispensable to our school office, but for Nataly it was as a front office assistant. Every morning this school year she worked closely with our front office clerk, greeting visitors, answering telephone calls, processing papers, and doing so in English and Spanish. Nataly was active in Friday Night Live, volleyball and student government. Nataly has seen her involvement in caring for her aging grandparents evolve into a career goal, as she will attend Cuesta College to pursue a career in nursing.

Kellee Rendon is a top female athlete who focused on volleyball, including coaching this year's middle school volleyball team and volunteering at this year's North County Volleyball Camp. Kellee had to balance her school and sports commitments while working these last three years for McDonalds. Kellee will attend Cuesta College and major in criminal justice, then plans to transfer to Sacramento State University to earn a bachelor's degree and become a crime scene investigator or to work for the Drug Enforcement Administration.

Bonifacio Soto, or "Junior", as we all know him, enjoys working in the community. His activities include being a long-time member of Shandon 4-H, serving as 4-H club president this year, and volunteering the last nine years for the annual Shandon Memorial Day Barbeque. Ever since he was a youngster, Junior desired a

career that would allow him to help people through law enforcement. He will attend Cuesta College and plans to transfer to a four-year college to complete a bachelor's degree in criminal justice before attending a police officer academy.

Daysy Soto immersed herself in school this year, working tirelessly as activities commissioner to produce meaningful spirit-building activities for her peers, laboring with our new superintendent to update our attendance policy, reporting on student body actions and concerns at each school board meeting, earning a 3.55 GPA in grade 12, and being a leader for this year's outstanding yearbook. To pursue her desire to help misguided and misunderstood youth, Daysy will attend Cuesta College and plans to transfer to Sacramento State University to major in criminal justice to become a probation officer.

Aaron Valdez is a scholar-athlete who earned a GPA of 3.45 in a rigorous college preparatory program while playing football, basketball and baseball. He is this year's student government president and earned his State Degree in Future Farmers of America. Aaron wants to be a pilot and operate his own skydiving school. Though he met the eligibility requirements to attend four-year colleges, Aaron chose to attend Cuesta College and then plans to either pursue a bachelor's degree at a four-year college or to enter the Air Force.

Thank you again for your generous support for our small school and for the community of Shandon. We are truly fortunate to receive your assistance, particularly in these difficult economic times. Of course, we are also thankful for spring sunshine, country roads, wildflowers, and for a well-placed shaded park.

Membership Report

By Bob Lindquist

Membership Expiration Dates

The way that expiration dates are presented is being changed. For 2010 memberships your expiration date is currently given as 2011 (since it actually expires on January 1, 2011 you really are not a member in 2011 at all!). To make it easier to understand your expiration date, it will be shown as December 31st of your actual membership year (instead of January 1 of the following year). The new format will be used on the membership list, all printed materials such as the SLO Coaster mailing list, Welcome Letter, and email communications, etc.

Example for 2010 Memberships:

Current Expiration Date Format: Jan 1, 2011

New Expiration Date Format: Dec 31, 2010

For Sale

Calfee Stiletto

This 3 or 4 year old carbon fiber long wheelbase recumbent bike is in excellent condition. Components include sram twist shifters, sram rear derailleur, shimano front derailleur, fsa carbon crank, carbon fork, velocity uriel wheels, and ultegra brakes. The adjustable Rans seat will accommodate a variety of riders - the current one is 5'-11" tall. There is over \$5000 invested. Will sell for \$2900 or best offer.

Contact Leonard Marks at 227-6558

Help Wanted

The club's nominations committee is continuing its search for members who are willing to make a commitment to help lead our club in 2011. You can toss your hat in the ring for any position, but we are focused on those without candidates. Descriptions of the duties of these positions can be found in the Volunteer area at our website or feel free to contact the "incumbents" and talk with them about their job. Please contact Frank Mullin, frankmullin@charter.net, 602-2058, if you're interested.

Position	Candidate(s)	Incumbent
President	Robert Davis	Robert Davis
Vice-President	Tom Roberts	Sharon Sutliff
Treasurer	Chris Broome	Chris Broome
Secretary	Craig Armstrong	Gail Davis
Membership Coordinator	Robert Lindquist	Robert Lindquist
Ride Coordinator	Jeff Kahn	Dave Abrecht
Newsletter Editor	Open	William Benedict
Advocate	Dale Sutliff	Dale Sutliff
Historian	Janie Goldenberg	Janie Goldenberg
Safety Coordinator	Key Price	Ken Price
Director at Large	Sandra Pitt	Sandra Pitt

From the Bylaws

NEWSLETTER EDITOR shall publish the club newsletter and have such other duties as may be assigned by the President or Board.

Tasks

- Be an active participant on the board by attending board meetings.
- Consolidate member inputs of information for the monthly club newsletter.
- Format the newsletter and provide this to the printing company.
- Provide the newsletter files to the webmaster for the web site.
- Computer skills required to effectively collect, format and publish the newsletter.

Transition Assistance

The current editor is willing to mentor the next editor and be a technical resource person if the next editor desires. At a minimum, the current editor will provide information concerning the process of creating and submitting the newsletter. If desired, the current editor will teach the next editor the software and techniques used in the process and can provide a complete template for the existing newsletter format. The current editor can also assist the new editor in changing the template.