



February 2010

Volume 41

Edition 2

# SLO Coaster

San Luis Obispo Bicycle Club Newsletter

Promoting safe and legal bicycle riding for recreation and transportation

## Presidents Message

by Robert Fuller Davis

### Riding In Groups

I've been trying to figure out how to ride with groups and I need help.

The start is the worst for me. People are moving around and sorting themselves out, speeding up and slowing down and passing. I try to look in all directions but you just don't know where riders are coming from. I've decided the best thing is to drop off the back until everyone works out where they want to be.

This is particularly difficult when you're riding through town with car traffic. I think what the drivers see is what looks to them like random and unpredictable movement and they don't quite know how to react to that. Some drivers slow down, others speed up and the scary ones stare straight ahead and look as if they don't see us.

Once the group starts to look like a single file of riders, I feel as if I can start passing safely, one person at a time as traffic and road conditions allow. Sometimes it gets hairy when you find people riding side by side. In my humble opinion, that is never a safe riding practice.

If you ride beside someone, neither of you has sufficient maneuvering room. You need to have space around you to be safe. You have to be able to evade sudden danger. The rider beside you can make an unexpected move at any time and you need to be able to get out of the way.

If you are riding behind someone, you need to allow enough space to react to a quick stop or an sudden evasive action. We hope that the people ahead of us will give hand and voice signals but you can't count on it.

How many of our club members have been run over from behind and suffered damage to themselves and their bikes? I've always

thought that the person behind you is supposed to watch your back. I would be really upset if I were riding along minding my own business and somebody plowed into me from behind. How do you guard against that? I don't know.

So what's the best strategy for riding in groups? I guess the same as riding anywhere. Stay alert, be aware of what's going on around you, guard your space. I think that, in group riding, space equals safety. Give the people in front of you plenty of room and don't encourage anyone to ride beside you. If someone is tailgating, ask them to go by and ride ahead of you. That's all I can think of. If you have other thoughts, let me know. I like to share good ideas.



Thank you for electing me President. It's a good job and I enjoy it.

## Jersey Design Ideas

Will Benedict, Clothing Coordinator

Last call for 2010 Lighthouse jersey design ideas. The concepts will be presented at the February 2010 club meeting so time is of the essence.

All ideas will be presented in a standard jersey format. For format specifications and assistance in putting your idea into the standard format, contact Will Benedict:

Email: [willbenedict@charter.net](mailto:willbenedict@charter.net)

Phone: 544-3504



## 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](mailto:willbenedict@me.com)

### Submittal Requirements

Complete submittal requirements are found at: [www.slobc.org/resources/newsletter.html](http://www.slobc.org/resources/newsletter.html)

## SLOBC Information

### SLOBC Monthly Meetings

#### Thursday, February 4 (7:00 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 7:30 p.m.

#### Tuesday, February 2 (6:00 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, February 18 (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.  
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

<b>President</b>	Robert Fuller Davis	772.0874
<b>Vice President</b>	Sharon Sutliff	544.4034
<b>Treasurer</b>	Chris Broome	772.5900
<b>Secretary</b>	Gail Davis	772.0874
<b>Ride Coordinator</b>	Dave Abrecht	528.2571
<b>Membership</b>	Bob Lindquist	595.7686
<b>Advocate</b>	Dale Sutliff	544.4034
<b>Historian</b>	Janie Goldenberg	544.4720
<b>Newsletter Editor</b>	Will Benedict	544.3504
<b>Safety Director</b>	Ken Price	489.9779
<b>Director at Large</b>	Sandy Pitt	489.0138
<b>Past President</b>	Frank Mullin	556.0789

### SLOBC Contact Information

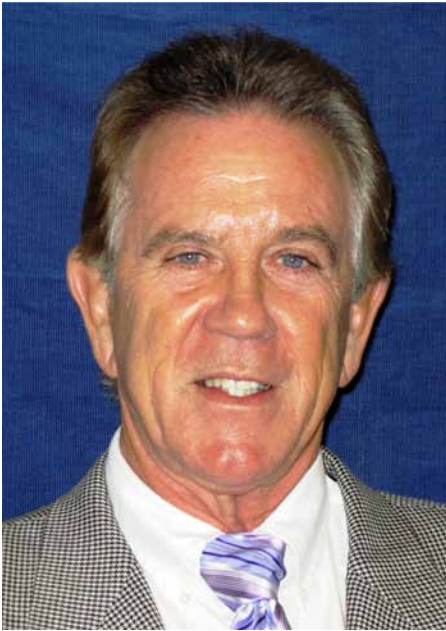
San Luis Obispo Bicycle Club, Inc.  
P.O. Box 1585  
San Luis Obispo, CA 93406  
Club Hotline Answering Machine: 543.5973

**SLOBC Web Site: [www.slobc.org](http://www.slobc.org)**

# Membership Profile

By Mike Balster

## Meet Chuck Waldrop



If you have met Chuck you know that he is a unique and very likable person. I struggled with an apt one word description of Chuck and finally settled on, multifaceted. He is easy going on the surface but very determined and driven at his core.

He was born in Ventura Co but raised in Oklahoma. Attended public school in Oklahoma and served two years as a helicopter crew chief in the military. After returning home he attended Oklahoma State University on the GI Bill and graduated with a degree in Civil Engineering Technology in 1973. While in college he worked for an old family owned construction company in Oklahoma and shortly after graduation from Oklahoma State he started his own firm which he still operate today under the name of Terra Construction Inc.

Terra Construction Inc is headquartered in Oklahoma City and has a service area of the south western US. His company fulfills building construction contracts for many federal government agencies such as the US Army Corps of Engineers and the Federal Aviation Administration.

Terra maintains about fifteen full time employees and is responsible for over one hundred subcontractor employees on any given day. When asked about his business philosophy he

replies, "Quality work in accordance with plans and specification, done on schedule." You may well wonder how such a successful business runs while Chuck spends three weeks a month riding his bike in San Luis Obispo. He attributes this to 27 years of working together with his right hand man. His daughter also manages part of the business so his business interests are always kept in top form. The growth of his company, Terra, is based upon Government spending which is currently very good for his company.

Chuck has lived in San Luis Obispo since April 2007 and is a member of the SLOBC, the Oceano-Five Cities Elks, and the San Luis Obispo County Golf Club. He lives here with his two Labrador retrievers but spends time not only in Oklahoma City but also in Phoenix near where his son, daughter-in-law, and grand son live.

Chuck has three hobbies bicycling, golf and aviation but mostly enjoys bicycling. His passion is aviation and for the past three years has been restoring a 1957 Beech Bonanza airplane. Chuck also has a company airplane and an Airline Transport Pilot License. He has been a pilot for 29 years, has flown several thousand hours in many types of airplanes.

He attends Mountain Brook Church in San Luis Obispo, and is a member of the American Institute of Constructor, Professional Construction Estimators, and Past President of the Oklahoma Chapter of Associated General Contractors of America.

Chuck's favorite ride in San Luis Obispo is the New Years ride to Ragged Point. He has ridden the "Hotter than Hell Hundred" several times, the two day White Mountain Tour in AZ, and the Grand Canyon Tour. Chuck is an excellent rider, he can ride along casually in a group or kick up the tempo and hammer with the faster riders.

When pressed regarding his greatest qualities he says, "Perseverance, stick to tasks, follow things through, and generally goal oriented best describe my greatest qualities." Knowing Chuck this didn't surprise me but his greatest achievement did, he said, "reaching this point of my life and being satisfied with life without regrets."

Chuck plans to retire in a few years and will travel for pleasure but will probably travel using commercial airlines. Flying himself between destinations still feels too much like work. He will probably sell his company to his employees and spend some time during the winter in AZ near his son and grandson. He wasn't sure about his home in Oklahoma City because compared to Phoenix and San Luis Obispo, the weather in Oklahoma City isn't very good.

I am happy to have gotten to know Chuck a little better and I truly believe that you would have to go a long way to meet a nicer guy.

# Cal Poly Wheelmen Scholarship Receipts

As part of our annual contributions budget, the SLOBC provides \$6000 for a Cal Poly Wheelman Scholarship. This month we present the four scholarship recipients. Blake, Sally, Sean and Marcel have each written a short piece about themselves and provided a photo.

It is great to know more about these students who you are likely to see helping out at the Wildflower and Lighthouse Centuries. I know that I certainly have appreciated Marcel's help on the SAG/HAM team.

## Blake Anton



I am a 4th year Architecture student at Cal Poly. I stepped down this year from presidency but am still running our loaner bike program, which has over 10 road and mountain bikes that we loan and rent to help get people started in cycling. This year was very tumultuous as I went from a high of winning and placing very well in Pro/1/2 races to an all time low of being diagnosed with Ulcerative Colitis 8 months ago. It forced me to take a big step back from racing and after nearly a month in the hospital I could barely walk.

I began riding again shortly after I was released from the hospital at a VERY slow pace. I could barely average 10mph for a 30 minute ride. It has been a very humbling experience and has helped me re-learn my love for riding and let me enjoy the beautiful scenery in SLO. I have been riding consistently for the past 6 months or so and am slowly getting back into shape without pushing my body too hard. I am looking forward to working with CCCMB on trailwerks and have worked at bike valet and helped with century rides like the Candy Corn Classic.

My photo was taken off the starting line at the Men's B short track cross country course at the 2009 Parkfield Classic Mountain Bike Race.

## Sally Hermansen



My name is Sally Hermansen and I'm a 3rd year Aerospace Engineering student at Cal Poly. I grew up in Nevada City, a small town in the Northern Sierra Foothills, and spent a lot of time riding bikes with my brother and only neighbor.

Together we raced at a BMX track when I was about 10 for a few years. I stopped racing, but kept riding bikes fairly often with my family. After graduating from high school, I decided I wanted to get involved in more bike riding when I moved down to San Luis Obispo to both meet people and get outside. This is when I joined the Wheelmen and became OBSESSED!! Now I ride mountain bikes and road bikes all the time and love racing. Last summer I worked as a summer camp counselor, teaching mountain biking to little kids in the Tahoe National Forest. Biking is a family affair for me as well, my brother and parents all ride a lot and even my grandparents come to San Luis Obispo each year for the Lighthouse Century. I was Secretary for the Wheelmen last year and am serving as Vice President this year on the team. I was also one of the Race Directors for our Parkfield Classic Mountain Bike Race last October.

My photograph was taken up in Whistler last summer, mountain bike heaven!

# Board Meeting

By Gail Davis, Secretary

## Sean Gasiorek



I am a first year graduate student in math. I have been on the team for just over four years, and after two years of serving as an officer for the team, I have stepped back and chose to play an informal advisory role to this year's officers. I've volunteered for the SLOBC Lighthouse and Wildflower Centuries. I ride road, track, and a little bit of (singlespeed) mountain, just to mix things up. I love riding around SLO County (and occasionally into Santa Barbara and Monterey counties), and couldn't have picked a better place to get into cycling. One of my favorite rides in the area is what some of us call the "Atascadero 50" where we ride from SLO, up and over the grade, and meander through the countryside to Highway 41, then take 41 West to the coast, and come back to SLO via Highway 1.

The picture is of me (and my pain face) and former teammate Alex Scott at the 2007 UC Santa Cruz Men's A road race.

## Marcel Stieber



I am a 3rd year Electrical Engineer at Cal Poly. I'm pleased to have been part of the Wheelmen for 3 years running and that I have been able to stay relatively involved in the cycling community despite a challenging year in school. After creating the Community Outreach Coordinator position on the Wheelmen officer core last year, I've been helping Soquel Schafer take on that role this year. I'm very happy with the new relationships that have formed and grown especially with RideShare, CCCMB, and SLOBC. I'm still acting as student representative on the Cal Poly Bicycle Advisory Committee which works hard to keep the campus bicycle and bus friendly. Recently, I became President of the Cal Poly Amateur Radio Club and have been working tirelessly to get the organization up and running again. I started with communications and SAG support for events with the Lighthouse Century 2 years ago and have since been a part of the volunteer crew for all the SLOBC events to date. One of my goals for this year is to involve the Amateur Radio Club even more with the awesome rides put on by SLOBC and to provide even better communications using additional volunteers, equipment, and radios that our club can bring to the table. I'm very excited with the growth of this club and love how my major in school and my hobby in cycling can so nicely meld together in this way. Thanks again for supporting my schooling and I look forward to another great year with SLOBC!

Marcel volunteered as HAM operator for the 2009 Lighthouse and Wildflower Centuries. Foothill Cyclery generously donated their van as a SAG/HAM vehicle and also are a major sponsor of the Wheelmen.

## January 5, 2010

A motion to declare that volunteers are covered by the club's liability insurance for 2010 was approved.

A motion to take a one million dollar Directors and Officers Liability insurance policy for a three year period was approved.

The board approved by consensus a 2010 schedule of board meeting to be held each month on the Tuesday before the general club meeting at the Air Pollution Control District meeting room, 3433 Roberto Court (SLO).

Member at Large Sandy Pitt announced that she has reserved the Botanical Garden auditorium for the December potluck.

# General Meeting Minutes

By Gail Davis, Secretary

## January 7, 2010: Ludwick Center

Meeting called to order at 7:15 p.m.

Gil Pitt announced that he will organize a Century ride in June 2011 to celebrate the 100th anniversary of Arroyo Grande. He asked for volunteers to help him.

Letters were read from CCCMB, Rideshare and Laramie Skelton of Shandon High School thanking the club for generous donations in 2009.

Treasurer Chris Broome reported that the club's current assets are \$117,356.35. Mr Broome introduced the club's proposed 2010 budget that was printed in the January 2010 SLO Coaster. A motion to adopt the budget as presented was approved.

Safety Director Ken Price spoke about the inadvisability of attempting to turn your bicycle when you have a flat tire. He thanked outgoing Safety Director Warren Hockenbary for his leadership. Ken asked members to tell him about safety issues they would like to have addressed.

Ride Director Dave Abrecht announced that the Richard Fox Memorial bike rack will be installed in February. He said 85 riders attended the New Years day ride to Ragged Point. Dave will lead an unnamed birthday ride of 61 miles on February 16 from the Abrecht home in Los Osos to Moonstone Beach and return with lunch at Linns in Cambria.

Wildflower co-chair Tim Long reported that a new route is being used this year for the 75 & 100 mile riders. He has 1,400 riders signed up. Half will do the 50 mile route; the rest are evenly divided between 75 and 100. Volunteer Coordinator Mark Lyon has 60 volunteer vacancies remaining. Brunch Chair Sue Lyon requested that we save the date of April 25th for the brunch.

Clothing Coordinator Will Benedict said that he is looking for a new club jersey design. In February, we will vote on the 2010 Lighthouse jersey design. February 15 is the deadline for club members to order the 2010 Wildflower jersey.



### New SLOBC Board

*Left to Right: Chris Broome, Ken Price, Robert Davis, Janie Goldenberg, Sandy Pitt, Dale Sutliff, Frank Mullin, Sharon Sutliff, Dave Abrecht, Will Benedict, Gail Davis (absent)*

Kathy Cohon reported that the Poker Ride will begin at 9 a.m. on the last Saturday of March with three routes planned.

Historian Janie Goldenberg presented the Historian's report. She and Stu Goldenberg will lead a ride January 16, 2010, at 9 a.m. to commemorate Bob Garing Bicycle Safety Day. They will post the details of the ride on the website and by listserv.

Robert Davis thanked outgoing board members – Dave Williams, Warren Hockenbary, Larry Rutter, Pam Nargie and Stu Goldenberg – and introduced the newly and duly elected board members for 2010:

President – Robert Fuller Davis  
Vice President – Sharon Sutliff  
Secretary – Gail Davis (absent)  
Treasurer – Chris Broome  
Immediate Past President – Frank Mullin  
Safety Director – Ken Price  
Ride Coordinator – Dave Abrecht  
Newsletter Editor – Will Benedict  
Membership Coordinator – Bob Lindquist  
Advocate – Dale Sutliff  
Historian – Janie Goldenberg  
Director at Large – Sandy Pitt



*Frank Mullin & Trike*

Sharon Sutliff presented gifts and the club's everlasting gratitude to Mr Mullin for his services as president.

Robert Davis announced that Mr Goldenberg will convene the Bob Garing Service Award

Committee next month and will solicit nominations in the upcoming issue of SLO Coaster.

Robert Davis also noted that the club has a wonderful opportunity to participate in the New York Freedom Ride to save the Williamsburg Bike Path even though we don't want to do it in New York because it is too cold there right now. It is so cold that the Freedom Riders had to abandon their intention of riding topless to protest the bike path closure. Because of our more temperate climate, Mr Davis encouraged club members to ride topless on January 16th to show solidarity with the Williamsburg Freedom Riders.

Dave Abrecht presented the evening's program, A Tour of Oregon's Willamette Valley, performed in June 2009 by the Abrechts, Bremers and Sutliffs.

Meeting adjourned at 8:45 p.m.

# Ride Coordinator's Report

By Dave Abrecht

## New Year's Day 2010 Ride



For SLOBC members, New Year's Day is a day to get off of the couch and begin the new year with a ride. On January 1st, we had multiple New Year's Day rides and activities. Eighty-five club members, friends and guests showed up on a cool, grey day for our

traditional ride from Cambria to Ragged Point. The Goldenberg's led a Tortoise ride around San Luis Obispo for 15 club members and friends. The Spelbrings led a hike in Montana de Oro State Park that included family and fellow club members. Let's keep this effort going and make New Year's Day the starting point for a year of cycling and other healthy outdoor activities.....as long as it doesn't rain.

## Emphasize Safety This Year

The start of a new year is also a good time to reinforce our club's primary mission: Promoting safe and legal bicycle riding for recreation and transportation

After discussion with ride leaders and several months of review and revision, we have produced two important documents: "Safe Cycling Practices" and "SLOBC Club Ride Best Practices". These documents can be found in the Safety section of the club website and are designed to help ride leaders, ride participants and guests understand their responsibility to ride in a safe and legal manner. I strongly encourage you to take a few minutes and read this information before your next ride.

# Club Rides

This month's scheduled club rides can be found on the following two pages. They include both **Fixed** (Fixed starting location and time) and **Variable** (Variable starting location and time) rides.

As always, **Rain Cancels Rides**.

## Ride Updates

The most current ride information, updates and more detailed ride descriptions can be found under Ride Calendar at [www.slobc.org](http://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](http://www.slobc.org).

## Pace & Terrain

Scheduled SLOBC Club Rides are designated as Pace and Terrain as defined in the table below. Ride descriptions include Pace and Terrain ratings to provide an indication of their difficulty. Some rides have more than one designation.

It is expected that all participants will respect a ride's designation and make sure that no one is left behind.

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

# February 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.

## Monday Fixed

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

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

### Templeton Ramblers (B-3) (10:00 AM)

Depart: Templeton Park  
Leaders: Patti & Bill Van Orden (434-0542).  
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 our email group at [www.slobc.org](http://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.

## Wednesday Fixed

### Atascadero Ramblers (B-3) (10:00 AM)

Depart: Atascadero Zoo  
Leader: Bent Daugaarrd-Hansen ([bentdh@sbcglobal.net](mailto:bentdh@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 our email group at [www.slobc.org](http://www.slobc.org).]

## Wednesday Variable

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

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

- Bandstand (AG). Leader: Larry Bradford (474-8764).
- Bob Jones Trail Head. Leader: Russ Robinson (781-0903).
- French Park (SLO). Leader: Bill Goodger (782-9197).
- Santa Margarita Park. Leader: Glenn Vanderlinde (466-4221).  
**Starts at 10:00 AM.**

## Start Locations

### 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

### Beach Ramp (GB)

South on Highway 101  
Take Hwy. 1 off ramp in Pismo Beach  
South on Hwy. 1 to Grover Beach  
Right on West Grand Avenue  
Park in the parking area

### 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.

### 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

### Hostel Obispo (SLO)

101 to Osos exit in SLO  
Continue 0.71  
Right on Islay for one block  
Right on Santa Rosa St  
Hostel on right

### 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.

## Rain Cancels Rides. Ride Updates at [www.slobc.org/ride-calendar](http://www.slobc.org/ride-calendar)

### Wednesday Variable Cont.

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

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

- 3 Bandstand (AG). Leaders: Ann Klinger (595-7372).
- 10 State Park Marina (MB). Ride to Los Osos, Baywood, and Morro Bay; lunch after at Bayside Cafe. Leader: Stu & Janie Goldenberg (544-4720).
- 17 Bandstand (AG). Ride to Lopez Lake (about 23 miles) with coffee provided by Donna Cummings. Leader: Fred Cummings (627-1412).
- 24 Sinsheimer Park (SLO). Ride to points south with coffee at Black Horse on Broad Street. Leader: Martin Howell (544-5389).

### 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) (10:00 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 our email group at [www.slobc.org](http://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.

### 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 near Tank Farm.  
Leader: Ron Starkey (805-788-0188)  
The rides are designed for the intermediate rider who is comfortable riding a 16 - 19 mph pace on the flats, is not adverse to climbing and likes 40 - 55 mile routes.

### 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.

Leader: Will Benedict (544-3504)  
Email: [willbenedict@charter.net](mailto:willbenedict@charter.net)

- 6 French Park (SLO). Hi Mountain Favorite Ride. About 45 miles with 2200 feet of climbing.
- 20 Santa Margarita Park. Parkhill Favorite Ride. About 36 miles with 2800 feet of climbing.

### Start Locations Cont.

#### Meadow Park (SLO)

101 to Madonna Rd exit in SLO  
East 0.5 miles to Higuera  
Left on Higuera for 0.1 miles  
Right on South St. for 0.7 miles  
Right on Meadow Street for 0.2 miles  
Right into lot on the right

#### 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

#### 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 Near Tank Farm

101 to Los Osos Valley Road  
East 0.5 miles to Higuera  
Left on Higuera for 0.3 mile  
Starbucks on your right (next to Trader Joe's)

#### State Park Marina (MB)

101 to Highway 1 exit  
West on Hwy. 1 for 12 miles  
Take Los Osos/Baywood Park exit  
Left on South Bay Blvd. for 0.3 miles  
Right on State Park Rd. for 1.7 miles  
Marina parking area on the left

#### 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.

### Friday Variable

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

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

- 5 Beach Ramp (GB). Tour of Grover Beach and Arroyo Grande. Julie Jarvis assisting. Leader: Gini Stedman (473-8287).
- 12 Hostel Obispo (SLO). Have heart shaped pancakes for breakfast, followed by a (pre) Valentines Day Ride. Leader: Elaine Simer (544-4678). **Starts at 8:30 AM.**
- 19 Meadow Park (SLO). Visit parts of San Luis Obispo. Leader: Bob Zilkey (542-0638).
- 26 Lila Keiser Park (MB). Ride to Cayucos. Leader: Patricia Bengs-Boerst (543-9660).

# Wildflower Ride Report

By Dave Abrecht and Tim Long, Ride Co-chairs

Planning for the 2010 Wildflower Ride is underway. The ride is on Saturday April 24 and begins in Creston. The ride is full; registration closed in six hours, a strong statement about the quality of our rides.

Please check the club website for up-to-date Wildflower Ride information

## New Routes

We'll have new routes and a new rest stop location this year! All routes will leave town on O'Donovan Road and the 100 mile route will travel on Las Pilitas Road. The rest stops in Pozo and on Park Hill Road will be combined into a new rest stop at the CDF Fire Station on Park Hill Road, one mile south of Hwy 58. For a look at the new routes, you can view them on our website.

## Volunteers Needed!

Wildflower volunteers are still needed. We are critically short of volunteers for Cleanup, Course Marking, Clothing Sales (Sat), Communications (Ham Radio Operator), SAG, Shell Creek and other Rest Stops and Traffic Control. Please help your club put on another great event. You will have a wonderful day working with the best people. All volunteers get a shirt and are able to attend an excellent Sunday Brunch following the ride.

If you can help out on the day of the ride, go to the Volunteer page of our web site ([www.slobc.org](http://www.slobc.org)) and click on "Volunteer Team Members" to see the open positions (< None > [ Open ]).

Email the position you want to Mark Lyon at [lyonm@charter.net](mailto:lyonm@charter.net) or click on "Volunteer Form," fill it out on-line, print it and mail it in.

## Volunteer Meeting

The volunteer meeting will be on Thursday, April 22 at 7 PM at the SLO - County Library.

## Volunteer Brunch

You are not automatically included as a volunteer. You must RSVP in order to attend. The brunch will be held Sunday, April 25, 10:30 a.m. at the Dairy Creek Golf Course's Fairways Restaurant located at 2990 Dairy Creek Road, San Luis Obispo, CA.

All volunteers and guests must respond by April 11th.

Guests will pay \$32

It is very important to cancel no later than April 11th or the club will be charged \$32. A reservation MADE is a reservation PAID

RVSP to Sue Lyon: [lyonm@charter.net](mailto:lyonm@charter.net) (805) 929-5998

You may check a list of attendees that have responded. It will be available to view on our web page.

# Turri Road Challenge

By Stu Goldenberg

Over the years there has been much said about the terrible turn on Turri Road. In truth, mostly we hear that there is a really bad turn at the bottom of a long downhill, and slow down, and be careful. But why is this particular turn so dangerous? The following is my opinion.

After climbing up the long grade to the top, we feel we have earned a nice long downhill ride even though we have been warned of the dangers of that particular turn. Clearly this puts us in the wrong mental state.



Now for the physical issues. You will note in the photos, that the road actually turns right before it turns left. This isn't noticeable until you are fairly close to the turn so you might be unprepared for the right turn. The road is actually crowned, which is good for the right turn. It gives you the correct banking for the right turn, so you find yourself

leaning toward the right (as required on a bicycle to make a turn) only to find that almost immediate leaning to the left and turning left is required. The road is slightly banked, but not enough to carry a cyclist through the turn safely at high speed. It is not a velodrome track. So there you are leaning to the right and trying to turn left.

If you are lucky, you end up with a little road rash. A lot worse has happened.

Reminding you, once again, that this is my opinion, and along with my opinion is my opinion: SLOW DOWN - A LOT for that turn.

# Pedaling Through The Past

By Janie Goldenberg, Historian

*The Wildflower Ride began in April 1972. Larry Souza, the founder of the SLOBC, wrote about starting the Wildflower Ride in the July-August 1989 issue of the SLO Coaster. I think you will find it interesting. It will appear in the next 3 months issues. Below is Part 1.*

## Founder's Column

by Larry "Daddy Stronglegs" Souza Sr.  
A.K.A. The Founder"

The now famous Wildflower Ride has its origins in the far distant past, even before I got my first ten-speed.

One of our family's favorite activities was to go for rides in SLO County in our '52 Ford station-wagon. Marelene and I would herd our seven children (four girls, three boys) into the car, and, with map alongside, I'd search out roads never traveled. I chose those less traveled and that made all the difference. (Robert Frost) We'd often end up on some scary, narrow, steep, bumpy, slippery, dusty things that go by the name of bad roads. Marelene would not hesitate to inform me that I must have been of low intelligence to have transported the Souza nine upon such poor public thoroughfares. I would smile weakly, say something like, "Yes, Dear," grit my teeth and tell the kids to stop fighting.

In 1971 after forming the SLOBC, and presenting the first Lighthouse Century, I got to reflecting about that century and thought that it was fun and easy. "We could put on two centuries a year," I thought. "It should be different for variety's sake" I reasoned. The criteria I set up were: 1) not too easy and not too hard 2) low traffic volume 3) open vistas with distant horizons if possible (the wide open spaces!) 4) wildflowers.

I thought back on our family adventures while looking at a map of the county. My eyes were attracted to the eastern parts - Hwy 58, Carissa Plains, Bitterwater Valley, Shandon, Shell Creek Road, Creston. So I told Marelene of my quest, then off we went in our blue '68 Ford van without the wild bunch, to search out a one hundred mile route to make it possible for cyclists to punish themselves while having a good time.

# Nominations Sought

## SLOBC Bob Garing Service Award Nominations



SLOBC Bob Garing

The first *SLOB Bob Garing Service Award* was given in 2001 to Bob Garing "in recognition of many years of unselfish service to the San Luis Obispo Bicycle Club."

Each year club members are invited to nominate people they feel deserve to receive this award. Names may be submitted to past recipients: Stu and Janie Goldenberg, Pat and John Rogers, Bruce Collier, Joan Petersen, Robert and Gail Davis, and Tim and Shelley

Long. This committee of past recipients will evaluate nominations and make a recommendation to the board.

**Nominations are due by the last day of February.**

### Nominee Characteristics

When deciding to nominate a club member, consider the following characteristics that Bob Garing demonstrated over the years:

- Continuing service over a long period of time (Core requirement — very important)
- Service to the club as an officer, volunteer, leader or other ways (Core requirement)
- Advocacy of bicycle transportation, facilities and safe riding
- Service to the bicycling community and community at large
- Significant leadership on club rides
- Working for improved bicycle conditions
- Mentoring through advice, education and leadership
- Role model for using the bicycle as a mode of transportation

# Advocate's Report

By Dale Sutliff

## Little Improvements Can Go A Long Way: Bike Boxes and Painted Bike Lanes

### Improvement One

The Cities of San Francisco and Long Beach recently installed their first Bike Boxes. No, these are not three-dimensional boxes to put your bike into. Rather, are painted areas on the street that are located at intersections in order to signify that only bikes belong there. Placed between the pedestrian crosswalk and the autos as an indicators to motorists, and cyclists, that it is for bicycle safety and that motorists are not to intrude into this zone. The painted bike box allows cyclists to visibly and safely position themselves at the front of motorists at intersections. These are, to my knowledge, the first bike boxes to be used in California, and they could start a trend in denser areas where bicyclists and motorists must share road space. This little improvement could create big results toward better shared-road conditions. For more information visit [www.sfbike.org](http://www.sfbike.org) and [www.bikelongbeach.org](http://www.bikelongbeach.org).

### Improvement Two

It appears that San Luis Obispo County will soon install a painted bike lane in a section of Cayucos to test its utility. If successful we could expect to see more painted bike lanes in the future. It has been my experience and observation that, particularly in urbanized areas, painted bike lanes work well. They add greater visibility to the bike lane. When visibility and clarity are added bicyclist safety increases. Of course there are still naysayers on both sides of the argument who feel that either bicyclists should remain strictly inside painted lanes (whether safe, or not) or that fully painted lanes make bicyclists too secure, giving a false sense of safety while riding in them. For more discussion you can visit [www.bikexpert.com](http://www.bikexpert.com), and [www.bikeportland.org](http://www.bikeportland.org), for starters.

Many cities have been trying out painted bike lanes and the use of *sharrows* (those bike symbol/arrow stencils) in high trafficked areas. The City of Long Beach is in the forefront of many bike improvements. The city has recently installed painted bike lanes and sharrows, in combination, to help demarcate bike rights of way and shared lane requirements as part of their ongoing effort to make Long Beach a significant bicycle friendly city. For more information go to [www.bikelongbeach.org](http://www.bikelongbeach.org),



#### Benefits of Bike Boxes:

- Increase visibility when drivers are making right turns by allowing cyclists to move in front.
- Increase awareness by reminding motorists to be alert for cyclists.



#### Wrapped in a box

One of the biggest dangers to urban cyclists is the "right hook," an accident that occurs when drivers make right turns without checking their passenger side mirrors for bicycles. Officials in Portland, Oregon, searched for a solution to this problem after two cyclists died in right hooks within the month of October 2007. They turned to bike boxes, which are common in Victoria, British Columbia, and in New York City, where they've been around since 2003. Dedicated to cyclists, the box, which is painted on the pavement, extends to occupy the full width of the traffic lane at stop signs and traffic lights, forcing drivers to stop behind it. "The box gives drivers that visual cue to take a look over their shoulder," says Roger Geller of the Portland Office of Transportation, "and it lets cyclists know this is an area for potential conflict." Jonathan Maus, the founder and editor of [BikePortland.org](http://BikePortland.org), points out that "door-zone lanes are an old way of thinking about bike planning. We don't do that anymore. Everyone is moving beyond bike lanes to bike boxes and bike boulevards."

# Re-cycle Your Parts

By Dave Abrecht

## SLO Bike Kitchen

We have all accumulated a certain amount of bike parts and cycling gear that gathers dust in our garages. Now you can put that gear to good use! Beginning with the February general meeting (February 4th) a representative from the SLO Bike Kitchen will provide a box to collect old and usable bike parts. The Kitchen will accept parts that are either working or broken.

The SLO Bike Kitchen was formed to provide a place for the community to come together for the purpose of bicycle education, camaraderie, parts recycling and do-it-yourself work which teaches you to be confident in knowing your bike. For more information or questions, visit their website at [www.slobikekitchen.org](http://www.slobikekitchen.org) or you can e-mail the kitchen at [information@slobikekitchen.org](mailto:information@slobikekitchen.org)

# The Aerodynamic Helmet

By Stu Goldenberg

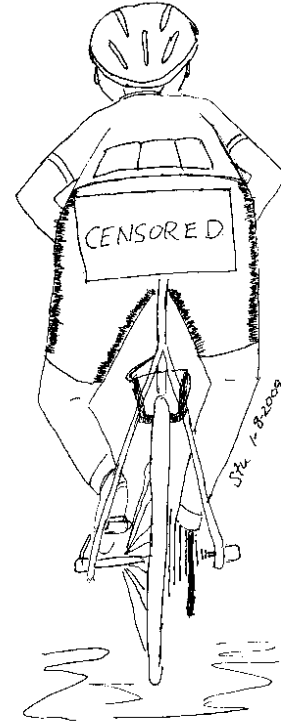
I was pedaling up Johnson Avenue, not in any particular hurry. I had an appointment with my investment counselor just a little ways across town and was going to be early. I noticed a cyclist approaching in my mirror, so I made certain that there would be room enough for both of us in case a car would pass as the cyclist zoomed by me. As this happened, I noticed he was dressed as "a real cyclist" with clothing indicating he was sponsored by one of the local bicycle shops. It was very sharp looking, in shades of yellow and orange, and certainly made of some super deluxe, light weight fabric to reduce the total weight of his cycling package.

Although most of us don't think much about the UPF ratings of our bicycle clothing, the fabrics typically used are inherently high in providing us with protection from the Sun's dangerous rays. Lightweight synthetics such as polyester, nylon, Lycra and polypropylene do an excellent job.

Needless to say, because of the thin fabric and the amount it was stretched, this young man could likely have ended up with a sunburned bottom. Also I personally would be uncomfortable knowing all the world could see my tokus crack!

## The Aerodynamic Helmet

by Stu Goldenberg © 2010



The price of ultra light clothing

# President's Ride

## A Bridge Too Far

Saturday March 6, 2010 (C-3) (8:00 a.m.)



Join your president as we celebrate the birthday of another president, James Madison. We will ride from San Miguel through beautiful Hog Canyon and its equally beautiful extension, then return via Indian Valley Road, Hare Canyon and a near collision with Bradley. We will enjoy 58 miles of peaceful, calm and serene back country roads - no pacelines, no coffee, no regroup, no wimps, no whiners. Start at the Community Park on K Street between 12th and 13th. SAG and a food stop provided by Gail Davis and Sylvia Leap.

Please RSVP to [roselady93442@yahoo.com](mailto:roselady93442@yahoo.com) so that we will have the proper amount of refreshments.

Lunch afterward at Mission Market and Deli in San Miguel.  
Red Davis 772-0874

# February Program

Sharon Sutliff, Vice President

## Touring Italy



The program for February is a video presentation of the "SLO Cycle Trekkers" bicycle tour of Italy.

# Membership Report

By Bob Lindquist

## Renew Your Membership by March 1, 2010!

Memberships from 2009 will be kept on the books until March 1, 2010. After that date you will not be on the list to receive the SLO Coaster, and will not be included in the 2010 Annual Directory.

Consider renewing for more than one year at a time. Since there are over 400 memberships (includes singles and families), renewing these each year requires considerable paper (forms, mailing, new membership cards etc). You can always update your membership information at any time during the year by just sending me an email ([rlind@sfsu.edu](mailto:rlind@sfsu.edu)) with the desired changes, and these will be entered in the master membership list and appear in the next SLO Coaster.

Also consider the email versions of the SLO Coaster, and/or the Annual Directory. This also saves the club money on printing and distribution of the paper copies. If you are currently receiving the printed copy of the SLO Coaster and would like to try the email version, send me an email indicating that you would like to change.

Note: I will be out of town January 6th until January 19th. You can still contact me by email, but I will not be able to process applications or send out notices, cards etc. until I return.