



March 2010

Volume 41

Edition 3

SLO Coaster

San Luis Obispo Bicycle Club Newsletter

Promoting safe and legal bicycle riding for recreation and transportation

Presidents Message

by Robert Fuller Davis

Rain Cancels



On March 2, 1900, Max Hirschberg left Dawson City on his bicycle to ride to Nome where miners were panning gold from sand on the beaches in front of town. He rode on snow and ice for two and half months, following a two inch wide "hard trail" that dog sled runners had packed in the snow.

During the trip, he suffered from snow blindness, exhaustion and exposure – and celebrated his 20th birthday on March 25th in Fort Yukon, one mile north of the Arctic Circle.

Crossing the Shaktoolik River, he lost his watch and \$1,500 in gold dust and nearly drowned, but he saved his bicycle. His chain broke on Norton Sound so he rigged a sail with his coat and skidded the rest of the way into Nome, arriving on May 19th.

He later wrote a story about his trip that was published in ALASKA® magazine in 1978. I have excerpted some passages from that story for my column this month, to put into perspective our club ride disclaimer that "Rain Cancels."

"The day I left Dawson, March 2, 1900 was clear and crisp, 30° below zero. I was dressed in a flannel shirt, heavy fleece-lined overalls, a heavy mackinaw coat, a drill parka, two pairs of heavy woolen socks and felt high-top shoes, a fur cap that I pulled down over my ears, a fur nosepiece, plus fur gauntlet gloves.

On the handlebars of the bicycle I strapped a large fur robe. Fastened to the springs, back of the seat, was a canvas sack containing a heavy shirt, socks, underwear, a diary in waterproof covering, pencils and several blocks of sulfur matches. In my pockets I carried a penknife and a watch. My poke held gold dust worth \$1,500 and my purse contained silver and gold coins. Next to my skin around my waist I carried a belt with \$20 gold pieces that had been stitched into it by my aunt in Youngstown, Ohio, before I had left to go to the Klondike.

Whenever I approached a dog team, the driver would accommodatingly pull off the trail and restrain his howling, snapping dogs from nipping me.

About five miles out of Tanana I skidded on the glare ice. When I picked myself up, I found I had broken a pedal. I returned to Tanana, and, with the help of the storekeeper, cut out wooden pedals and drilled a hole through the center of each. I also bought bolts, nuts and washers. The pedals wore out about every 75 miles.

As I neared the Bering Sea, I saw what appeared to be glare ice off the shore. I headed for this and before I could stop, I found I was in calm, open water. I succeeded in wading back to shore and, although wet, continued on toward Nome.

Near Norton Bay was a roadhouse, where I dried off and had lunch before continuing. The boys at the roadhouse warned me that the ice would shift in Norton Sound but I started across it anyway. Just as I was nearing the opposite shore, the ice shifted, leaving about 8 to 10 feet of open water between the ice and the shore. I took a chance and leaped to the shore, where I picked up a piece of driftwood, jumped back on the ice floe and poled myself and my bicycle back to the shore, and went on my way.

Just east of Nome, I skidded on glare ice. When I picked up my bicycle, I discovered the chain had snapped and broken. There was a fair wind blowing toward Nome, so I picked up a stick, put it on my back inside my mackinaw coat, and began sailing for Nome. At times the wind was so strong that I was forced to drive into some soft snow to stop my wild flight. Without my chain I could not control the speed of my bicycle. However, I finally arrived at Nome, May 19, 1900, without further incident. I had had my 20th birthday on the trip."



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, March 2 (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, March 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.

April-September: 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	595.7686
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

Meet Ron & Kathy Starkey



Ron and Kathy Starkey are recent transplants to San Luis Obispo and immediately became members of the SLOBC. They are frequently seen on club rides and Ron started the SLO Velo group that rides each Saturday. I had heard Ron talk about the work he had been doing in and around their house but never realized the extent of the improvements they were undertaking. When Ron showed me their remodeled home, it was obvious they had spent a tremendous amount of time on the project.

Both Ron and Kathy are very driven people and seem to find time for numerous activities. Ron grew up in Long Beach and Kathy was born in Omaha, NE but grew up in Menlo Park, CA. Ron worked in the computer industry in the Bay Area and managed Field Service departments. He was always training or being trained on the latest machines and coolest options that his customers purchased. Ron has always excelled at his work and co-founded the Golden Gate chapter of the Association of Field Service Managers International as a method to help others keep abreast of the best practices in the industry. Kathy works for a Microsoft partner company as a consultant but is looking forward to retiring in the not too distant future. They helped found the Breast Cancer Fund Ride, Bike Against the Odds, in Oakland and wore many hats for that event. They both have rid-

den and volunteered for the AIDS LifeCycle ride in recent years. Ron is currently on the planning committee for the SLO Grand Fondo which is a fund raiser for Alpha Pregnancy Counseling & Support in SLO. Both played a major role in the growth of the Oakland Yellowjackets Bicycle Club and are still doing work for that club.

Ron has a brother and two sisters; interestingly he met them late in his life. I heard a short synopsis of the events leading up to this meeting and it sounds interesting. Kathy has three brothers and one sister all but one of which live in the bay area. Ron and Kathy don't have any children but are very attached to their two dogs. Ron has been cycling for 30 years and Kathy for 15 years. Ron likes the ride from San Francisco to Los Angeles so much that he has done it four times, each time solo. Their favorite rides together are the Loire Valley in France and Vermont in the fall; both are beautiful and bike friendly. Their most exciting rides were the AIDS LifeCycle rides from San Francisco to L.A. and the annual Oakland Yellowjackets Bicycle Club ride from Pacifica to Pacific Grove down hwy 1, a single day, 120 mile event. Ron is a strong rider and Kathy is right behind. They have been avid cyclists since they began cycling and have sought out interesting and challenging rides. Their favorite vacation spots are France and Italy, with or without bikes.

Ron's goals are to motorcycle across the U.S. and raft the rapids through the Grand Canyon. Kathy has her sights set on retirement, and then she will focus on longer term goals. When I asked each of them about their greatest accomplishments, Kathy laughed and said her first bike ride was up Mt. Diablo in the Bay Area. She admitted she didn't make it all the way to the top on the first attempt but has since successfully made the ascent several times. Ron said his most unusual accomplishment was scuba diving for the first time with only ten minutes training. The dive took place in Mexico and in the 10 years since, it is still his only attempt at scuba. When asked about their greatest quality they had a tough time deciding. Ron felt his sense of humor might be his greatest quality and Kathy, being pressed, said putting up with Ron was her greatest

quality. I didn't press Kathy further and while I am sure that is an admirable quality I doubt it is her greatest.

They surprised me with their travel plans. They are traveling to Tanzania, Africa to visit Kathy's nephew who is a missionary there. After that they will make plans to visit both Australia and New Zealand. Ron's hobbies are Kayaking, Motorcycling, and photography. His interests in photography are a bit unusual in that he leans toward close-up and infra red. He had intended to develop all of his work in a dark-room but that idea was dashed with the advent of digital photography prior to his retirement. So it's back to the drawing board until he finds time for new digital photography classes. Kathy likes motorcycling and cooking. Ron enjoys her cooking prowess and the motorcycling hobby was no surprise as I had to walk around the two Harleys parked in the garage.

When asked why they moved to SLO, Ron said he lived in Santa Barbara and traveled through SLO on numerous occasions. He decided then that this would be a fine place to live. When he and Kathy were planning to move for retirement SLO was high on his list. When Kathy came to visit she was impressed and upon moving hasn't looked back.

Ron is a Vietnam veteran and I sensed there is another story behind his experiences. Ron and Kathy are interesting, complicated, and highly focused.

General Meeting Minutes

By Gail Davis, Secretary

February 4, 2010: San Luis Obispo City/County Library

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

Club members introduced themselves and clipboards were passed for various signups.

Mr Davis thanked Larry and Judy Rutter for serving as greeters and Kathy Cohon for setting up the refreshment table.

Kathy Cohon thanked Joan Petersen, John Long, Sandy Pitt, Jim Twentyman, Janie and Stu Goldenberg and Verena Florence for bringing refreshments.

Correspondence

Mr Davis read the following correspondence.

Cal Poly announced the recipients of Cal Poly Wheelmen Scholarships for 2009-10 academic year for \$1,000 each, contributed by the bike club: Blake Anton, Sean Gasiorek, Sally Hermansen, and Marcel Stieber.

Superintendent Rodney Wallace of Shandon Joint Unified School District offered to help in any way that we may need for the Wildflower.

Shandon High School graduate Megan Toler thanked the club for its generous scholarship.

Reports

Treasurer Chris Broome reported that current club assets are \$189,111.28.

Safety Director Ken Price led a discussion about yelling "Clear" when crossing intersections or making turning movements. Club members agreed that no one should shout "Clear" for other riders. Each rider must take responsibility for making safe movements. He also discussed pace line riding and stressed that everyone must discuss guidelines beforehand, especially if you do not know the other riders.

Ride Coordinator Dave Abrecht reported that Kathy Cohon's Poker Ride will take place March 27th, place to be determined. The Richard Fox Memorial bike rack in front of Boo Boo Records is scheduled for dedication February 24th but that date is not firm. Anyone wanting to schedule special rides should send the information to Dave. He will coordinate with the newsletter editor and webmaster.

Wildflower Co-chair Tim Long reported that arrangements are on schedule. Volunteer Coordinator Mark Lyon said he has 30 vacant positions available: Shell Creek, Traffic Control and Communications.

Jim Twentyman presented three Lighthouse jersey designs for members to vote on. Members selected Alyce Broome's design.



Advocate Dale Sutliff reported that SLOCOG has distributed unmet bike needs to responsible agencies that are required to respond no later than April 7. Mr. Sutliff encouraged members to call agencies directly to resolve highway, road and street maintenance problems. He said that the county has a road sweeping schedule posted on line.

Historian Janie Goldenberg displayed photos of the ride leaders' brunch. SLO Journal Plus features stories this month on club members Kevin and Kathi Main and Jeanne Kinney. This month's Mystery Slob was Martin Howell.

Executive Director Dan Rivoire thanked the club for its generous donation and announced that the Bike Coalition has hired an Americorps volunteer, Leslie Blume, and will move shortly to a new office at the corner of Pacific and Morro sharing space with the Bike Kitchen.

Bike Kitchen Director Brian Kurotschi reported that the Kitchen's mission is to assist people to fix their bikes by providing advice, tools and donated parts. He can accept tubes for recycling except for 700c tubes less than 35mm in width. He promised that he will attend every bike club meeting to collect donated parts and tools.

Mr Davis reported that Chevron has volunteered to lead club members on a tour of the tank farm in San Luis Obispo and asked for names of those interested. Sandy Heller, Gary Havas, Martin Howell, Jaleah Brynn, Jeanne Kinney, Kathy Cohon, Mark Lyon and Warren Hockenbary responded.

Program

Vice President Sharon Sutliff introduced Dave Williams who presented a video presentation of a self-led tour of Italy last September by nine club members. Sandy Pitt read a poem introducing the production entitled "Pedaling on Pizza, or They Told Me It Was All Downhill."

There being no further business, and upon motion by Frank Mullin, seconded by Stu Goldenberg, President Davis adjourned the meeting at 8:30 pm.

Re-cycle Your Parts

Remember that a representative from the Bike Kitchen will have a tub at club meetings to collect your old bike parts and other cycling gear.

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. For more information or questions, visit their website at www.slobikekitchen.org or email the kitchen at information@slobikekitchen.org

Wildflower Report Continued

Volunteer Brunch

Sunday, April 25, 10:30 AM at the Fairways Restaurant at Dairy Creek Golf course, 2990 Dairy Creek Road, San Luis Obispo (805) 782-8070

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

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

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

Ride Coordinator's Report

By Dave Abrecht, Ride Coordinator

Richard Fox Bicycle Rack

With a little luck, you'll read this March edition of the SLO Coaster before February 24th. On that date, we are planning to dedicate a bicycle rack in downtown San Luis Obispo in memory of club member Richard Fox. Richard passed away very suddenly last year and generously left the club \$5,000. The board of directors decided to use some of the money to fund a bike rack for eight bikes on Monterey St. We are planning to dedicate the rack on Wednesday, February 24th at 10 AM. The dedication will be held in conjunction with Frequent Feeder and SLO Pokes rides. The rack's location is in front of Boo-Boo Records at 978 Monterey St.

The dedication date and time is tentative and contingent upon city staff completing certain tasks. Please check the club website, www.slobc.org, for updated information.

Wildflower Report

By Dave Abrecht and Tim Long, Ride Co-chairs

The April 24th 2010 Wildflower ride is just two months away. Keep up with current Wildflower information at our web site www.slobc.org.

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. See the new routes on our web site.

Volunteers Needed!

- Cleanup needs one person;
- Course Marking needs one person;
- Communications (Ham Radio Operator) needs 12 radio operators;
- Rest Stops: Shell Creek needs four volunteers;
- SAG needs four volunteers, and
- Traffic Control needs five volunteers

SAG and Traffic Control are both very important jobs for the safety of riders and motorists alike.

Volunteer Captain: Mark at (805) 929-5998 or lyonm@charter.net. The volunteer form is on the club website under the Volunteer tab.

Volunteer Meeting

Thursday, April 22, 7:00 PM at the SLO - County Library

(continued on facing page)

Club Rides

Dave Abrecht, Ride Coordinator

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.

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 means that the most current ride information along with more detailed ride descriptions 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.

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
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

March 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 email groups 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.

Wednesday Fixed

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

Depart: Atascadero Zoo
Leader: Bent Daugaarrd-Hansen (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 email groups at www.slobc.org.]

Wednesday Variable

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

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

- 3 French Park (SLO). Leader: Bill Goodger (782-9197).
- 10 Bandstand (AG). Leader: Larry Bradford (474-8764).
- 17 Laguna Lake Park (SLO). Leader: Russ Robinson (781-0903).
- 24 Santa Margarita Park. Leader: Glenn Vanderlinde (466-4221).
- 31 State Park Marina (MB). Leader: Russ Robinson (781-0903).

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.

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

Dinosaur Caves Park (SB)

101 to Spyglass Drive exit to light
Left on Shell Beach Rd. for 1.4 miles
Right on Cliff Avenue for 0.1 miles
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

Islay Park (SLO)

101 to Los Osos Valley Road
East to end of Los Osos Valley Road
Left on Higuera for 0.4 miles
Right on Tank Farm for 2.8 miles to park (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.

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.

- 3 French Park (SLO). Leader: Dale Sutliff (544-4034).
- 10 Islay Park (SLO). Leader: Harvey Cohon (594-1249).
- 17 French Park (SLO). Leader: Dave Williams (704-7160).
- 24 Bandstand (AG). Leader: Mark Lyon (929-5998).
- 31 Beach Ramp (GB). Celebrate Frank's birthday after the ride - lunch will be served. Leader: Frank Mullin (518-9003).

Rain Cancels Rides. Ride Updates at 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 Dairy Creek Golf Course. Help Bruce celebrate his birthday on a ride to Morro Bay. Leader: Bruce Collier (543-9514).
- 10 Shamel Park (Cambria). Leaders: George & Kay Birk (595-7124).
- 17 Bob Jones Trail Head. Leader: Jennifer Leland (929-3631).
- 24 Bandstand (AG). Leader: Jeanne Kinney (594-1670).
- 31 Throop Park (SLO). Ride to Morro Bay (about 26 miles) with coffee at the Morro Bay Coffee Co. Leader: Bob Lindquist (595-7686).

Start Locations Cont.

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

San Miguel Park

101 north to San Miguel
Take 10th Street exit in San Miguel
Right to intersection
Left on K street for 0.3 miles to park
on left (between 12th and 13th)

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

Shamel Park (Cambria)

101 to Highway 1 west
Hwy. 1 to north end of Cambria
Left on Windsor Rd. for 0.3 miles to the park

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.

SLO Grind

101 to Los Osos Valley Road
West on LOVR for 0.7 miles
Left on Froom Ranch Way and coffee shop on right

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 Vineyard for 0.2 miles
Left on Old Country for 0.4 miles
Park on right at 6th St.

Throop Park (SLO)

101 to Highway 1 exit
West on Hwy. 1 for 0.8 miles
Left on Foothill Blvd for 0.3 miles
Right on Ferrini Rd for 0.1 miles
Left on Cerro Romauldo for 0.1 miles
Park on right

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 email groups 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.

- 5 Dinosaur Caves Park (SB). Ride south. Leader: Julie Jarvis (773-1567).
- 12 Lila Keiser Park (MB). To Cayucos - perhaps a little bit more. Leader: Becky Robertson (438-3874).
- 19 Laguna Lake Park (SLO). To Cuesta College and back. Bring a lock! Leaders: Marti & Tom Roberts (925-783-8365).
- 26 Bob Jones Trail Head. Tour of the surrounding valley. Leaders: Heulan & Eva Brown (595-2167).

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

- 6 French Park (SLO). Ride to Huasna - about 44 miles with 2400 feet of climbing.
- 20 Santa Margarita Park. Do the Pozo favorite ride. About 43 miles with 3000 feet of climbing.

Special Rides

Dave Abrecht, Ride Coordinator

A Bridge Too Far Saturday, March 6 (8:00 AM) (C-3)

Join your president on a 58 mile ride including Hog Canyon, Indian Valley Road and Hare Canyon. No pacelines, no regroupings, no wimps, no whiners. SAG and a food stop provided by Gail Davis and Sylvia Leap. Lunch afterward at Mission Market and Deli in San Miguel.

Start Location: San Miguel Park

Contact: Red & Gail Davis (772-0874)

RSVP: roselay93442@yahoo.com (needed for refreshment planning)

San Diego Kickoff Saturday, March 20 (10:00 AM) (B-2)

Join Marina and Clem Michel, Gary Havas, Kathleen McHugh and Ernest Cole on the Santa Maria leg of their trip to San Diego and beyond. You can turn around in Pismo Beach, Grover, Nipomo, or wherever. Be warned! We'll be fully loaded and moving pretty slowly!

Start Location: SLO Grind. Contact: Ernest Cole & Kathleen McHugh (528-6686)

Poker Ride Saturday, March 27 (9:00 AM)

Poker, Prizes, Pizza! Lunch will be held inside, and the prize structure has been revamped. Please check the club web site for more information.

Contact: Harvey & Kathy Cohon (594-1249)

Bicycle Scavenger Hunt Saturday April 10 (9:00 AM)

Each participant will receive a list of things that are available from various locations ranging from Cayucos to Los Osos. All items will fit into jersey pockets. Some may require a small purchase, such as post cards or a donut or so, so bring pin money. Return to the park at noon with your treasures. There is no bonus for finishing early so take your time and ride safely. Two-person teams are encouraged. Prizes awarded to individuals and to teams with the most items collected. Pizza and sodas provided by the club for lunch afterward.

Start Location: Lila Keiser Park in Morro Bay
Contacts: Red & Gail Davis, 772-0874, slobike@yahoo.com.

Board Meeting Minutes

By Gail Davis, Secretary

February 2, 2010: Air Pollution Control District Auditorium

Members Present: Robert Fuller Davis, Sharon Sutliff, Gail Davis, Chris Broome, Frank Mullin, Dave Abrecht, Dale Sutliff, Janie Goldenberg, Will Benedict, Ken Price, Sandy Pitt

Guest: Bruce Collier

Bylaws Committee Charter

A quorum being present, President Davis called the meeting to order at 5:00 pm, introducing guest Past President Bruce Collier. At the direction of Mr Davis, Mr Collier has formed a committee of himself, Joan Petersen and Stu Goldenberg to develop a procedure to amend our bylaws that is consistent with club bylaws and non-profit organization regulations. The committee will establish a time line to allow for review of proposed bylaws, develop pro/con details for such proposals and publish those in the SLO Coaster well in advance of the annual election. They propose to establish an ongoing committee to provide for the above on an as-needed basis. Mr Collier proposed reporting back to the board in April.

Minutes

Minutes of January 5, 2010, meeting were approved (msc: Frank Mullin/Dave Abrecht).

Treasurer's Report

Chris Broome reported that current club assets are \$189,111.28.

Business

1. Mr Davis stated that it is his intention that full minutes of every meeting over which he presides - board, general or special - shall be published in full, as reported by the Secretary, in the SLO Coaster. Mrs Davis stated that minutes that she prepares are legal documents and constitute a history of club proceedings. If they are edited or modified in any way without her permission, they cease to become minutes of the proceedings and her name should be removed as the author. After general discussion, Mr Benedict stated that he will edit all submissions to the *SLO Coaster* as he sees fit.

2. Mr Davis announced that Mr Norm Pilsbury needs to start setting up for the March general meeting one hour before start time so

we need to ask for access beginning at 6:15 pm, which Mr Davis has already done.

3. Mr Lindquist asked that the board consider changing the time of its meetings to either 5 pm or 7 pm. The board agreed to meet at 5 pm if the APCD room is available (msc: Mr Mullin/Mr Sutliff). Mr Abrecht will check room availability and report back.

4. Do we want to continue Bob Garing Safety Day on the 3rd Saturday of January? The board agreed by consensus to substitute a ride that promotes safety during National Bike Month in May. Mr Sutliff and Mr Price will consult with SLO County Rideshare to put this on its calendar of activities.

5. Do we want to require that riders in our events wear mirrors so that they can pull over when cars line up behind them? The board agreed by consensus that mirrors are only a tool. Our goal is to require that riders pull over for cars using whatever means they have.

6. The board adopted a new mileage reimbursement policy: (msc: Mr Broome/Mr Sutliff)

Fiscal Policy:

Member expense reimbursement claims for mileage will be reimbursed at the IRS rate current at the time the expense was incurred.

7. Do we want to tour Chevron's site on Tank Farm? Several board members said they do (Sutliffs, Goldenbergs, Ken Price, and Chris Broome). Mr Davis will extend the invitation to the club membership Thursday.

8. Do we want to participate in California Trails Conference? No.

9. Do we want to invite Multiple Sclerosis Society to publicize their events at our events? The statement was made that our current policy does not allow this. Dave Abrecht stated that he wishes to revisit this policy at a future board meeting.

10. What is the proper use of our general email listserv? Frank Mullin asked for guidance and cited specific concerns with recent emails. He will follow up with users.

(continued on last page)

Pedaling Through The Past

By Janie Goldenberg, Historian

The Wildflower Ride began in April 1972. Larry Souza, the founder of the SLOB, wrote about starting the Wildflower Ride in the July-August 1989 issue of the SLO Coaster. Below is Part 2. The final installment, Part 3, will be in the April issue.

Founder's Column

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

So, with the route laid out (with minor differences from the present one) I made up brochures, advertised in the L.A.W. Bulletin, ordered patches. Eventually, the \$3.00 fees started to dribble in. Later, as time neared for the ride, a few of us did the pre-ride carrying cans of spray-paint to make arrows and then I purchased quality food such as oranges, bananas and (get a load of this!) Twinkies and Ding Dongs!

The big day arrived and found us (Marelene, Larry Jr. and I) in front of the good old Long-branch awaiting our participants. About thirty arrived. One guy flew from Colorado specifically for this ride. I could hardly believe it! The three of us handled registration and at the magic moment, I made a short speech and we had a mass start. (The speech and mass start is one thing I really feel sad about no longer having.) Then Larry and I would say "See you later" to Marelene and join the ride. Marelene drove on to Syncline Hill to await the riders in our Ford van.

Sitting out there at the Bitterwater Valley Road turnoff all by herself, Marelene was always impressed by the silence of the Carissa Plains and thrilled by the unique sound of a group of approaching cyclists. You know, the whir of spokes, the hum of tires on pavement, the sound of the chain and freewheel, the shifting of gears, and occasional sounds of talking and laughter. Special sounds we all know so well!

We used to have a rest stop at the Choice Valley School on Bitterwater Valley Road. We'd get water there, use their bathrooms and wander around in the one-room school. We now have too many riders to stop there anymore. That's kind of sad.

The Aerodynamic Helmet

By Stu Goldenberg

The other day, prior to a ride, I started putting together the things we needed to bring. This included my famous tool bag, some munchie bars, and water bottles. I made the mistake of looking inside of Janie's bottle. NEVER LOOK INSIDE A WATER BOTTLE. The outside of the bottle was a nice, clean white color with some writing on it. Inside was another story. No, there was no writing, not even a word, inside the bottle. But there was an entire village in there. Little black things would have soon been enjoying a nice swim in some fresh San Luis Obispo tap water. But I looked inside. A mistake. Well, a similar visitation of little black critters happened to us once before when we were on tour in New Zealand. We debated between buying a new water bottle or a special bottle cleaning brush. We opted for the brush, and dragged it home from New Zealand, along with our bicycles, camping gear, and other stuff we had accumulated while there. I once again put the brush to use. After brushing the little hairs on those little black critters, I decided they would look better as blondes, so I added a little bleach to the mix and shook the bottle.

After several rinsing, I deemed the bottle clean enough to use and filled it up, slipped it into Janie's water bottle cage, and off we went.

Mystery SLOB Identified

By Stu Goldenberg

We were surprised that more people did not correctly identify our mystery person since he rides with a number of groups. On ride day, he heads out from his home and will end up riding with the first group of cyclists from our club that he encounters. This could be the Tortoises, SLO Pokes, Frequent Feeders, or Yellow Jack-ets. He is strong enough to keep up and also flexible enough to enjoy any of the groups.

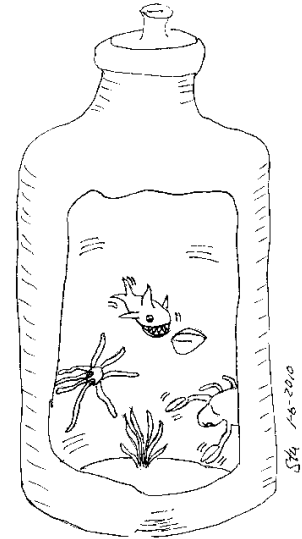
Dave Williams was the only club member that recognized "old timer" Martin Howell. Martin joined the SLOB in the seventies, and has participated in some of the legendary rides to the Grand Canyon and other places. Martin is the cyclist on the back of the bike, or at least he thinks so.

Our collection of pictures to share and challenge your wit is very limited. We only post pictures of people that are actually at the meeting, and do have a couple in reserve, waiting for longer days because of Nyctophobia. If you would like to have a moment of fame and glory, slip Janie a picture of you in your youth, and we will share it with the club members at a meeting.

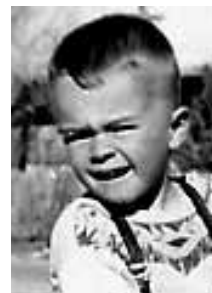
Submitted pictures can be hard copy (always returned) or digital (never returned).

The Aerodynamic Helmet

by Stu Goldenberg © 2010



Water bottle undergoing a complete body scan!



Advocate's Report

By Dale Sutliff

Great Solutions Are In Place for Walking and Cycling

Many great solutions are out there in the world for bicyclist and pedestrian accommodation, but not many in SLO County. Here are some sources to peak your interest, and a selected example: a traffic education garden for children. Wouldn't it be cool to have a few of these in our county? In parks or school yards, or elsewhere, etc.?

If you visit the websites listed here you'll enjoy a sampling of what's going on in bicycle planning these days. Some may feel it is never enough, but a great deal of planning and change has been taking place throughout the United States, and the world, in support of walking and bicycling. I have selected a federal project that looks at international approaches to pedestrian and bicyclist safety, and the ability to move about freely where people live and work.

In the summer of 2009 a group of experts traveled to Europe to investigate solutions that might be transferable to the United States. The results are included in the draft report: International Scan Summary Report on Pedestrian and Bicyclist Safety and Mobility. (The final report will be available soon from NACTO, National Association of City Transportation Officials.) For the current report go to <http://www.nacto.org/citiesforcycling.html>, click on "Design Resources for Urban Bicycle Transportation," then scroll to: International Scan Summary Report on Pedestrian and Bicyclist Safety and Mobility. This will give you a complete listing and discussion of all of the findings, which are extensive.



An item that really caught my attention was the "Children's Traffic Garden" built in Winterthur, Switzerland. This facility is a landscaped, reduced-scale, closed course, that includes traffic signals, roundabouts, bike lanes at intersections, sidewalks, work zones, public benches, and other common traffic situations to teach

elementary-age children to ride safely in traffic.

For more on unique solutions visit <http://www.tfhr.gov/pubrds/10janfeb/04.htm> which discusses and illustrates Handy Lessons from Overseas on Walking and Cycling, in "Public Roads", U.S. Federal Highway Administration, Jan/Feb 2010.

Much is going on out there, with many good and useful examples. As we look to the future of SLO County perhaps our kids, and their kids, might enjoy increasing benefits of a walking and bicycling infrastructure similar to those that now exist, to a much higher extent, in other places.

Safety Report

By Kenneth Price

Standing Safely

The following is from a www.RoadBikeRider.com article. Go to the site and enter "Standing Safely" in the site's search box to find the article.

What's the Matter?

You're tucked behind another rider at the beginning of a hill, riding about a foot behind his rear wheel. As the grade steepens, he stands abruptly and your wheels nearly collide. It's as if his bike stopped momentarily and the gap evaporated.

This is a common scenario on hills. It's also scary and dangerous. It happens if a rider lurches forward as he stands. Pedaling action is interrupted and, because of the grade, the bike slows abruptly. Some riders make matters worse by pulling back on the handlebar to lever themselves out of the saddle.

Here's Help

Anticipate a rider standing up. Riders stand on short hills to maintain momentum and avoid shifting gears. On longer climbs, it's common to stay in the saddle on the lower slope but stand part way up or when the grade steepens. In both cases, be ready for bikes to come back at you.

To improve safety, increase the distance between you and the rider ahead when starting a hill. It's smart, too, to move several inches to one side. Keep your eyes up the road because the riders in front of him may cause a problem he has to react to.

Don't panic if your front wheel is bumped. A knock on the front wheel doesn't mean an automatic trip to the pavement. Steer into the offending wheel, not away from it, to keep your balance. That's counterintuitive, so it's effective to practice bumping wheels at slow speed on a grass field. Develop the reflexes to save your skin when your front wheel is hit.

It's important to keep your upper-body relaxed. That's not easy during the strain of climbing, but you're much more likely to fall if you're tense. A front-wheel bump is transmitted to your handlebar, where rigid arms send it right back down, upsetting your balance. Relaxed, flexed elbows absorb the shock. You'll waver but you won't lose control.

Stand smoothly. What if a rider is behind you? Make sure you don't ruin her day. The key is to push your bike forward when you stand. The opposite - pulling it back when you make the transitional pedal stroke - is just like hitting the brakes.

Instead, have your hands on the brake lever hoods and extend your arms as you rise. This isn't natural, which is why so many riders do it wrong. It takes a conscious effort that's helped by practice. Best results come when standing coincides with a pedal passing over the top. This prevents a short, weak stroke that slows the bike.

Tip: Extend your arms again as you sit to gain several "free" inches of roadway.

Sound a warning. Some riders say "Standing!" just before they get out of the saddle. This can save the day for daydreaming riders behind. But it isn't a substitute for standing correctly.

Membership Report

By Bob Lindquist

Renew Your Membership by March 1, 2010!

2009 Memberships 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.

Annual Directory

The Directory is prepared in March and available mid- to late March.

Renewals

Special thanks to all those who renewed for more than one year. Record renewal so far is 10 years! Multi-year memberships do not have to be processed every year by the membership director, and membership cards do not need to be reprinted and distributed. Also saves time, effort and money in the printing of forms, mailings, check writing, handling the finances (Treasurer) etc.

March Program

Sharon Sutliff, Vice President

Highway of Death

We can just put something like "Cal Poly Emeritus Professor Norm Pillsbury will talk about his extreme bicycling adventure along Bolivia's "Highway of Death."

Join me on a musical adventure

Bicycling The World's Most Dangerous Road

March 4, 2010
by Norman Pillsbury
Professor emeritus, Cal Poly

Borad Meeting Minutes Continued

11. Mr. Price asked for guidance concerning a discussion at the general meeting of pace line riding in a safe manner. He was encouraged to lead such a discussion.

12. Mr Abrecht announced that city of San Luis Obispo plans to dedicate the Richard Fox memorial bike rack in front of Boo Boo Records on February 24th. When plans are solid, he will publicize them.

There being no further business, and upon proper motion, Mr Davis adjourned the meeting at 6:13 pm (msc: Mr Sutliff/Mr Abrecht).

Bike Month 2010

San Luis Obispo Regional Rideshare is gearing up for another year of Bicycle celebrations and planning for Bike Month 2010 is well under way. This year's theme "Life in the Bike Lane" speaks to the hopes of a new decade where people spend less time in their cars and more time living life on 2 wheels.

Rideshare is currently looking for "Pod People" to help with this year's festivities. Pods are groups of volunteers that plan events during Bike Month. Pods can be as simple as a bike breakfast or as complex as a Bike Art Gallery. Last year Bike Month hosted over 50 free community events including SLOBBC led rides such as Pedaling the Past Through San Luis Obispo and The Octagon Barn Bike Ride.

Pods are the foundation of Bike Month. Join forces with other bike enthusiasts to help make a positive impact on the San Luis Obispo County Community. You can start your own Pod, join an already existing one, or take an already brainstormed event and take off. To get involved, email Kelsie at kgreer@rideshare.org.