



September 2010

Volume 42

Edition 9

# SLO Coaster

San Luis Obispo Bicycle Club Newsletter

Promoting safe and legal bicycle riding for recreation and transportation

## Presidents Message

by Robert Fuller Davis

### Adventures in Canada... Thursday 24 September 2009



*The Creston 6th grade class selling coffee and muffins at our Wildflower event to raise money for Science Camp.*

One of the challenges that we face as a club is that not everyone is happy to see our rides come to town. The Wildflower and the Lighthouse events put a lot of bicyclists on local roads and that can be disruptive to people's lives.

One of the things I want to do during my time as club president is to improve our relationship with the communities that we affect.

I think we're doing a good job with the Wildflower. We have contributed substantial sums of money over the years to Creston School, the PTA, Shandon High School scholarships and the Shandon Pool Fund. We make a measurable difference to the operations of both of those towns. They recognize that and I think our willingness to share the monetary benefits of our events has gone a long way toward building acceptance of our events. We've even reached a point where members of the

community join the spirit of celebration and participate with us.

We have not built the same sort of relationship with our partners on the coast. We do work with the Morro Bay Police Department to provide volunteers to help us ride past the on and off ramps and, in turn, we contribute to their organization to help with uniforms and training.

I have talked to a couple of people to find out how we can help make a difference in Cayucos and Cambria. Jim Rogers, a bike club member, chairs an annual event in Cambria, the Gene Cerise Memorial Country Coast Classic Bike Ride, that raises money to support the Cambria Teen Center and that seems to be a worthy project.

Another organization I'm talking to is the Cayucos Lions and Lioness Clubs, who raise funds for scholarships that they award to graduating seniors from Coast Union High School and Lef-

fingwell Continuation High School.

This year we have acquired a new partner in the Lighthouse event. Friends of the Piedras Blancas Lighthouse conduct tours on Saturday mornings and they gather at the old Cappuccino Cove parking lot. They have graciously agreed to share the parking lot with us for our event and I propose to contribute \$200 to their organization as a token of our appreciation.

A question you should ask is whether the club can afford to increase the amount of money that it contributes to others.

Our approved budget for this year is \$252,400. Of that, we have earmarked \$41,700 for contributions. We have established a policy that we will maintain a reserve fund and we have set aside \$30,430 this year for that purpose.

At this point in the year, our income is somewhat higher than we expected and our expenses are somewhat less. Our net income from the Wildflower was \$13,000 more than we expected.

Last year we carried over \$32,930 excess income that we did not spend and we project this year that we will carry over \$39,417. We appear to have a growing surplus, which is okay, but I would rather contribute some of that money to support our partners than to have it accumulate in a bank account.

So, those are my thoughts and what I propose to do. We will discuss this at the board and at the budget meeting that we have in October and see what we can all agree on.

If you have an opinion that you would like to share, please let me know or talk to any board member. We are a club and we want to all work together.



## 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 Guidelines

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

## SLOBC Information

### SLOBC Monthly Meetings

#### Tuesday, August 31 (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, September 2 (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 7:15 p.m.

#### Thursday, September 16 (6:00 PM): Farmer's Market Booth

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

### SLOBC Board of Directors

<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	441-7063
<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	602.2058

### 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

## Bill Martin



Bill Martin, a cyclist for 29 years, divides his time between Los Osos and Monterey. He received Bachelors and Masters Degrees from Long Beach State and a PhD from Ohio State. Bill's career began teaching high school, and serving as graduate research associate. He was a training director, a human resources director, and a professor at both Cal Poly Pomona and Cal State Monterey Bay.

I was surprised when Bill said he write six books, including the Bible. Seeing the look on my face he added, "Yes, I am the author of the Bible" — "The Restaurant Manager's Bible." Each of his books is related to customer service or customer service management.

Bill has a sister living in Colorado. He has been married but currently isn't and has four grown children.

Bill is an experienced and well traveled cyclist. His favorite ride is within the former Fort Ord property. It is crisscrossed with lots of roads, several hills, and no cars! His favorite club ride is the Yellow Jackets weekly Friday ride to Avila Beach. Bill recently returned from an Adventure Cycling Tour of Washington, riding with four other club members. His most exciting ride was on Trail Ridge Road in Colorado, a 12,200 ft elevation road, the highest continuous road in

the US. He says it was slow going due to the altitude but he completed the ride. His favorite vacation spot is camping on a river in Northern California.

Bill has plenty of hobbies: collecting old western movies, swimming, hiking, boogie boarding, and working on his Baywood house. He also enjoys one of my favorite hobbies, wine and beer tasting. Bill has volunteered for the Lighthouse Century at the lunch stop and Hwy 46.

When I asked him if the world was open to you, where he would travel? He said he wanted to spend Christmas in London and New Years in Edinburgh, Scotland. He is planning the trip for this year; wow, what is next? Apparently, he would like to follow in Will Benedict's footsteps and buy a truck and Airstream trailer for traveling the US.

Bill was involved with an innovative learning program called 'learner controlled instruction,' while employed by Cask n Cleaver Restaurants. The program is self paced and designed to prepare employees for higher management level positions, and is facilitated by a training outline complete with a guideline and a list of resources. As each training section was completed, the student would demonstrate the learned objective within the work environment. The General Manager would verify the successful completion of the section. This helped students gain skills directly related to achieving their goals and the restaurant gained valuable employees with targeted skills. Each of four training programs targeted a different level of management. Students entering the program were selected by upper level managers. Additionally, all non-managers were cross trained in all aspects of day to day operations. It is Bill's strong belief that In-N-Out Burger's success is directly tied to the strong training program.

When I asked Bill what is your most unusual accomplishment I wasn't prepared for his response. He said, "Learning to cook a Double-Double at In-N-Out Burger. You might ask Bill what special skills are required to create a Double-Double.

As you might expect, Bill was heavily involved in all aspects of hotel hospitality. Most undergraduate students in hospitality are currently working part-time in a hotel or restaurant. They aspire to get into a management position upon graduation. The most important skills to master are people skills, dealing with staff and customers in a constructive and respectful way. The next is communication skills both written and verbal. Over the past ten years, the hospitality industry has come to rely on technology, use of the internet, and teleconferencing capabilities. The hospitality industry changes focus between countries. Vietnam, for example, has a very strong French influence. Hotel rooms have single beds or two single beds. They do not appreciate that American tourists prefer double or queen size beds in rooms with their own bath.

Bill was quite active in the Monterey chapter of Knights of the Vine, KOV. The group's informal charter is to promote and drink local wines, this sounds like a great organization in pursuit of a very worthy cause. Their motto, WATER SEPARATES THE PEOPLE OF THE WORLD; WINE UNITES THEM.

The Brotherhood of the Knights of the Vine traces its existence to the ancient days in France when knighthood flourished, rules of honor prevailed, and chivalry was the order of the day. Until the 13th Century, poisoning was almost an occupational hazard of royalty and their guests. At this time, the first wine knight-hoods were established by royal decree and were known as the "Conseil des Eshansons," a council of Master Cup-Bearers. These first wine knights grew the vines, made the wines, and tasted the wines, guaranteeing their purity for royalty. Out of this beginning evolved the etiquette of the table, the marriage of wine with food, and even to this day, the tasting of wine at the table before serving guests.

# General Meeting Minutes

By Craig Armstrong for Gail Davis, Secretary

## August 5, 2010: San Luis Obispo City/County Library

Vice President Sutliff called the meeting to order at 7:15 PM.

Following new club member introductions, a clipboard for coffee service volunteers for upcoming months was distributed.

F. Mullin announced that tickets for the SLO Symphony concert in Avila were available at discounted rates for those biking to the event. If you are concerned about Frank's musical abilities, please note that he will not be playing with the orchestra.

Gil Pitt noted that the Ride 2 Recovery would be stopping in SLO on October 6 and introduced Jim Dececco to provide further information regarding the event. The riders are disabled veterans from the Iraq and Afghanistan wars, and club members are invited to meet and greet the riders and to ride along with the veterans as a show of support. Reliable sources have stated that a light lunch will be available for SLOBC participants. Further information on this event and Ride 2 Recovery is available from Gil and Sandy Pitt.

Will Benedict advised that design suggestions for the 2011 Wildflower Century jersey will be voted on at the September meeting. Individuals wishing to submit a design should contact Will for assistance in submitting the design in the required format.

Minutes of the July 1, 2010 meeting were approved. (msc:F Mullin/S Pitt).

Ken Price demonstrated the proper way to situate a bicycle helmet on your head. Given that checking whether the fit is correct involves the unorthodox use of your fingers, you may want to check your helmet fit in private to avoid possibly offending your neighbors. Ken also reviewed a letter to the editor in the Tribune regarding some unknown riders not demonstrating appropriate cycling courtesy. In regard to recent discussions regarding pace lines, Ken stated that the club neither encourages nor discourages pacelines on club rides and that riders choosing to ride in pacelines do so at their own risk.

Larry Rutter, after questioning whether there was an element of payback for his being made Chair for the Lighthouse Century, reported on

this year's event. Frank Mullin reported that the 1300 slots for the ride were filled in the record time of one hour (probably because Frank finally replaced the Commodore 64 that had been used in previous years). Mark Lyon noted that there were still a number of volunteer positions to be filled. If you haven't done so, the sooner you volunteer the better the selection of open positions to choose from. For example, if you like to tell people where to go, there is a spot for you on Harvey Cohon's Traffic Control team. Volunteers planning to attend the post-ride brunch should send an email to Sue Lyon to confirm that they will be attending.

Dale Sutliff gave an overview of the Bike Coalition and noted that the Coalition has been successful in obtaining funding for many cycling related projects that have benefited all riders. Dale urged SLOBC members to become members of the coalition since a larger membership base would give the Coalition greater political clout.

Janie Goldberg indicated that a small number of lost and found items from club rides had not been claimed and were available to club members. Unfortunately, by the time she made the announcement, all of the good stuff had been snapped up.

Stu Goldenberg provided information on a September 5th ride from the United Blood Services facility in SLO to Pismo. The facility will be open on that date for those choosing to donate blood. There is a rumor that food will be available.

Sandy Pitts presented prizes to several of the winners from the June potluck. "Best costume" winner Larry Rutter got to take home a deluxe school lunch box decorated with a cowboy motif. The lunch box will provide Larry a perfect place to store mementos from his Chairmanship of the Lighthouse Century.

The program for the evening was a presentation on the pros and cons of trikes and factors to consider if you are contemplating purchasing a trike. Frank Mullin reviewed safety concerns (assume cars can't see you), trike benefits (no more falling over, easier on your body, speed isn't an issue when climbing), and

trike disadvantages (harder to avoid obstacles, heavier weight). Frank, Will Benedict, Dan Healy, and Swede Larson had their trikes on display, and each of them showed the features of their trikes and discussed the various options that the different brands offer. See the News section on the SLOBC web site for photos and the complete presentation.

The meeting was adjourned at 9:07.

## Jersey Vote

Make plans to attend the September club meeting and vote for 2011 Wildflower jersey design.

## Lighthouse: Volunteer Brunch

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

**RSVP by Sept. 12th to**  
Sue Lyon: lyonm@charter.net or  
(805) 929-5998.

Guest Cost: \$32.00

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

# Board Meeting Minutes

By Craig Armstrong for Gail Davis, Secretary

Members present: S. Sutliff, C. Broome, F. Mullin, D. Sutliff, J. Goldenberg, W. Benedict, K. Price, and S. Pitt.

A quorum being present and in the absence of President Davis, Vice President Sutliff convened the meeting at 5:03 PM.

## Minutes

Minutes of the June 1, 2010 meeting were approved (msc: J. Goldenberg/F. Mullin)

## Reports

C. Broome reported that club assets as of August 1 totaled \$199,614. He advised that there were no unexpected transactions. D. Sutliff noted that the scholarships distributed at Shandon High School included funds from unclaimed prior year scholarships and raised a question as to whether the rollover of unused prior year monies was appropriate. After discussion, the consensus was that the Shandon High School administration was doing a good job allocating the funds given to the school and that they should continue to handle the distribution of the funds.

K. Price reported that there had been no communication from the individual handling the CCTC event regarding SLOBC involvement in that event, and the board concluded that no further action by SLOBC was necessary.

S. Pitts reported that due to lack of interest, the August picnic will not happen. There was an extensive discussion regarding whether to continue the picnic in the same or different format. The board decided to defer discussion regarding the continuation and/or reformatting of the picnic until next year.

## Business

F. Mullin reported that there was now one candidate for every board position.

C. Broome distributed a spreadsheet summarizing New Member Survey responses from 5 members. He noted that the survey is sent out 3 months after an individual joins SLOBC and that some of the responses indicated that the member did not have sufficient experience with the club to provide meaningful feedback to the questions asked. After discussion, the board approved (1) extending the survey date to 6 months after joining in order to yield more complete survey responses and (2) aggregating information as to the total number of surveys sent out so that the number of non-responses could also be identified (msc: W. Benedict/C. Broome).

S. Pitts reported that the Ride for Recovery would be coming through SLO in early October and suggested that the club participate in the event to show our support for the disabled veterans participating in the ride. She also asked the board to consider donating \$300 to support the ride.

(Continued on Page 10)

# Ride Coordinator's Report

By Dave Abrecht, Ride Coordinator

## Ride Washington!



*An old railroad trestle across the Dungeness River near Sequim, WA is now a part of the Olympic Discovery Trail.*

Debbie and I have been somewhat AWOL this summer and just returned from a motorhome trip to the Olympic Peninsula in Washington state. If you are looking for cycling opportunities in Washington, ride the Olympic Discovery Trail. The trail follows abandoned railroad lines and is a work in progress; with plans to have this waterfront trail cover 100 miles, crossing the entire peninsula. A completed section offers a beautiful 30 mile ride from downtown Port Angeles through the town of Sequim to Sequim Bay State Park. A second recently completed section of the trail travels along Crescent Lake, west of Port Angeles. For more information about the trail, visit [www.olympicdiscoverytrail.com](http://www.olympicdiscoverytrail.com). For more information about cycling in the Olympic Peninsula, visit the Port Townsend Bicycle Association's website at [www.ptbikes.org](http://www.ptbikes.org).

## Indulgence Ride, Saturday October 16, 2010

As of August 13th, 38 members have signed up for this year's Indulgence Ride, which leaves 18 open spots.

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

The Indulgence Ride is limited to club members.

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

Because of the bus ride, the bike ride is limited to 56 participants. The cost is \$35 per person (lunch and dinner not included). You may sign up for the ride by sending Dave a check, payable to SLOBC. You will be added to the list when your check is received.

Please include your e-mail address with your check.

Questions or need more info??? Feel free to call or e-mail.

# Monthly Ride Calendar

## Sunday Fixed

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

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

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

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

## Monday Fixed

### Atascadero Ramblers (B-3) Atascadero Scramblers (B-2) (8:00 AM)

Depart: Atascadero Zoo  
Leader: Mike Duffy (meahal@sbcglobal.net)  
Ramblers: About 40 miles  
Biking roads around Atascadero including some tough hills.  
Scramblers: About 35 miles  
Biking roads around Atascadero including some moderate hills at a more leisurely pace.  
Route sheets/maps distributed by email only prior to each ride. Mid-ride coffee stop. Visitors welcome. [Join email group at [www.slobc.org](http://www.slobc.org).]

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

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

### Race Training Rides (8:00 AM)

Depart: Santa Margarita Park.  
Leader: Glenn Vanderlinde (466-4221)  
Wanna ride faster? Join these training rides and learn how. Wind sprints, Time Trials, Hill sprints and Intervals. No mass starts. All Individual efforts. I will teach you how, if needed.

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

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

## Tuesday Fixed

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

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

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

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

## Wednesday Fixed

### Templeton Ramblers (B-3) Templeton Scramblers (B-2) (8:00 AM)

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

## Wednesday Variable

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

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

- 1 State Park Marina (MB). Led by Russ Robinson (781-0903).
- 8 Bandstand (AG). Led by Larry Bradford (474-8764).
- 15 French Park (SLO). Led by Bill Goodger (782-9197).
- 22 Santa Margarita Park. Led by Glenn Vanderlinde (466-4221).
- 29 Bob Jones Trail Head. Led by Russ Robinson (781-0903).

### 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.

- 1 Laguna Lake Park (SLO). Led by Frank Mullin (518-9003).
- 8 Starbucks near Tank Farm. Led by Judie Prock (541-6299).
- 15 Throop Park (SLO). Led by Dave Williams (704-7160).
- 22 Bandstand (AG). Led by Mark Lyon (929-5998).
- 29 French Park (SLO). Led by Jim Hanto (489-1520).

## Ride Details

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

### Current Ride Information

Information on all club rides including more detailed ride descriptions and any updates to the Ride Calendar can be found on the club web site [www.slobc.org](http://www.slobc.org) under Ride Calendar

### Submitting Ride Information

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

Submit any ride changes to Frank Mullin. This will ensure that the most current ride information can always be found under Ride Calendar at [www.slobc.org](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 SLOBBC Club Ride Best Practices under Safety at [www.slobc.org](http://www.slobc.org).

## Rain Cancels Rides!

### Wednesday Variable Cont.

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

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

- 1 Dinosaur Caves Park (SB). Cool ride on the coast. Led by Bruce Collier (543-9514).
- 8 Bob Jones Trail Head. Five Cities ride. Led by Fred Cummings (627-1412).
- 15 Laguna Lake Park (SLO). French Bakery and back. Led by Marti and Tom Roberts (925-787-4414).
- 22 Throop Park (SLO). Ride to Avila and back – about 25 miles. Coffee at Woodstone Deli. Led by Bob Lindquist (595-7686).
- 29 Islay Park (SLO). Ride to Arroyo Grande for coffee and back. Led by Val Barboza (772-7168).

### 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.

#### Race Training Rides (8:00 AM)

Depart: Santa Margarita Park.  
Leader: Glenn Vanderlinde (466-4221)  
Wanna ride faster? Join these training rides and learn how. Wind sprints, Time Trials, Hill sprints and Intervals. No mass starts. All Individual efforts. I will teach you how, if needed.

### Friday Fixed

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

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

#### Paso Robles Ramblers (B-3) Paso Robles Scramblers (B-2) (8:00 AM)

Depart: Marriot Courtyard Hotel (PR)  
Leader: Mike Duffy (meahal@sbcglobal.net).  
Ramblers: About 45 miles on the roads around Paso including its hills.  
Scramblers: About 35 miles on the roads around Paso including its hills at a more leisurely pace.  
Route sheets/maps distributed via email only prior to each ride. Mid-ride coffee stop (occasional routes preclude this - be prepared). Route sheets always note the break location. Visitors welcome. [Join 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.

### 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.

- 3 Hardie Park (Cayucos). Canyon Ride – details TBD depending on highway work in that area. Led by Hans-Henning & Patricia Bengs-Boerst (543-9660).
- 10 Throop Park (SLO). Ride to Cal Poly and vicinity. Led by Stu & Janie Goldenberg (544-4720).
- 17 Bandstand (AG). Tour of Arroyo Grande and Grover Beach. Led by Stu & Janie Goldenberg (544-4720).
- 24 Dinosaur Caves Park (SB). Five Cities Tour. Led by Julie Jarvis (773-1567).

### 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) (8:30 AM)

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

### Saturday Variable

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

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

- 4 French Park (SLO). Do Hi Mountain favorite ride – about 44 miles and 2200 feet of climbing.
- 18 Hardy Park, Cayucos. Join the Lighthouse preriade for those that are volunteers. Ride to Cappuccino Cove and back.

### Pace & Terrain

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

Pace		Terrain
<b>AA</b> <b>Very Slow</b>	Less than 10 MPH, Regroups often Waits for slowest riders	<b>1</b> Generally Flat
<b>A</b> <b>Slow</b>	9 to 12 MPH average, Regroups occasionally (SLO Pokes)	<b>2</b> Easy Grades Some Hills
<b>B</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</b> <b>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</b> <b>Fast</b>	Averages over 16 MPH Requires experienced riders and pace line riding (Tuesday Night Rides)	<b>5</b> Very challenging hills

# Ride 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

## **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.

## **Cuesta College**

101 to Highway 1 exit (SLO)  
West on Hwy. 1 for 5.5 miles  
Left into Cuesta College on Hollister  
for 0.4 miles  
Right on Chorro Valley Rd for 0.1  
miles to parking lot on the right

## **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

## **Gazebo (AG)**

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

## **Hardie Park (Cayucos)**

101 to Highway 1 exit (SLO)  
West on Hwy. 1 for 19 miles  
Exit at then turn left on Cayucos Drive  
for 0.2 miles  
Right on Birch for 0.2 miles to park

## **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.

## **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

## **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

## **Starbucks/Trader Joe's (SLO)**

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

## **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.

## **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

# Pedaling Through The Past

By Janie Goldenberg, Historian

The following article was the cover story in the September-October 1982 issue of the SLOBC newsletter. You will notice the date is the same as it is this year- September 25.

Lighthouse Century and Half-Century Slated for September 25

A recent TT article twisted a press release to read:

The San Luis Obispo Bicycle Club has the races built for you. The club will be sponsoring The Lighthouse Century and Half-Century races on Sept. 25. The events, which feature a 100 mile and 50 mile ride north on Highway 1 to the Piedras Blancas Lighthouse, are open to all bicycle enthusiasts in the area. The races begin at Mission Plaza in SLO at approximately 7 a.m.

Race officials are urging potential participants to begin training immediately for the grueling affair. The \$6 entry fee includes food and water stops, a lunch stop, and a patch for those who complete the ride.

Entry blanks for the ride and a concluding barbecue are available at bicycle shops throughout the county.

But you know the Lighthouse Century is not a race and "grueling affair" as far as century rides go. Our club sponsors one of the most pleasant 100 mile rides around and attendance of over 400 riders last year testifies to its popularity. We are blessed with a beautiful route, but that's not what makes a ride great - it's our volunteers. Every event we put on has a chairman, like Wayne Williams for the Lighthouse, with help from others (Joan Ponza and Bob Garing, for example). The brochure is developed and distributed, food is bought and prepared, the route checked and marked, and folks like yourselves gas up your vehicle sag wagons for the BIG DAY. This year a half-century is added to let more riders in on the action. If it works well, maybe a half-century will be part of the Wildflower Century (April 9).

So volunteer to help where you can. The pre-ride for the century is the Sunday before in order for the workers to earn their patches and this is a friendly affair led by Kent Brahams.

# Cycle for Life Blood Drive

Sunday, Sept. 5 at 4119 Broad Street, San Luis Obispo (Blood Bank facilities)

- 8:30 - 9:30 Welcome and Refreshments
- 9:30 -10:30 Bicycle ride (8 mile community ride or do your own thing)
- 10:30 - 1:00 More refreshments, raffle, tours of the Blood Center.

Meet Larry Frederick, recipient of 110 units of blood, the result of being struck by an automobile, currently an advocate for donating blood through his bicycling (see [www.LifeAcrossAmerica.com](http://www.LifeAcrossAmerica.com))

There is no charge for participating in this event although a donation (of blood) would be nice - but certainly not required.

The SLOBC is one of many "business partners" that have provided either donations or support of this community event.

# The Aerodynamic Helmet

By Stu Goldenberg

Clothing has been a topic of my comics, from being too bright to smelling bad. Another aspect of clothing is whether to wear it or not.

The first comic was drawn while we were on vacation, participating in a Bike and Barge experience in The Netherlands. The weather was not the best for cycling, with it being cold and often rainy. We found we were stopping often to readjust our layers. Our patient tour guides were sensitive to our needs. In fact, we often felt that they were under-dressed and should have felt very cold. Sometimes we would stop and the guide would make a suggestion about the removal of clothing to the entire group with the hope that we would not need to stop again in ten or fifteen minutes because someone else was too hot.



The second comic was the result of a recent event. I always have panniers on my bicycle and usually have room in them for "stuff", whether it be mine or not. This comic actually represents what happened regarding the clothing transfer. Even her words accurately represent what the young lady said. The gentleman's thoughts are strictly his - and make the comic work!



## Board Meeting Minutes

(Continued from page 5)

There was a general discussion as to whether the club should support such rides (many of which are fundraising vehicles for charities), what the criteria were for determining which rides to support, and whether it would be appropriate to support some rides and not others. The board decided to table the donation request for the Ride to Recovery pending receipt of further information regarding the nature of the ride and whether it would be possible to contribute in a manner whereby the funds would be used exclusively to defray direct expenses of the ride. F Mullin agreed to work with Sandy on following up on this item.

F. Mullin reported that the use of the club logo and/or name on various club apparel was inconsistent. W. Benedict noted that there was a similar issue regarding the use of club marks on associated member web sites. There was an extensive discussion as to whether certain marks should be included on all jerseys, whether the current logo should be updated, and whether there should be a requirement that all usage of the club marks be subject to prior approval by the board. C. Broome noted that the club was a corporation and that the marks belonged to the club. Following the discussion the board approved the following policy (msc: K. Price/C. Broome):

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As the San Luis Obispo Bicycle Club (SLOBC) name and logo (collectively the marks) are the property of the San Luis Obispo Bicycle Club, Incorporated, any and all usage of such marks whether on apparel, printed material, or web sites is subject to review and approval by the Board of Directors of SLOBC or its appointed designee.

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There was a general discussion regarding safety on club rides including pacelines and a recent letter in the Tribune from a motorist regarding unsafe bicycle riding practices. It was noted that ride leaders are not consistently going through a pre-ride safety orientation, and K. Price will remind all leaders and riders to emphasize and conform to the Safe Cycling Practices promoted by SLOBC. Regarding pacelines, the board's position is that the club neither encourages nor discourages pacelines and that it is up to each individual rider to decide whether they wish to participate in pacelines. Riders should be aware that that if they choose to participate in a paceline, they do so at their own risk.

## Announcements

The next board meeting will be on August 31, 2010 at the APCD meeting room.

The meeting adjourned at 6:25 PM.

## Advocate's Report

By Dale Sutliff

### Good News is Good Anytime

In case you missed it, the Pismo Beach City Council adopted the Bicycle and Pedestrian Master Plan for the city last June 15. To view the complete plan visit: [www.bikewalkpismo.org](http://www.bikewalkpismo.org). (A letter of support from SLOBC is included in the Appendix of the plan.) Now most incorporated cities in San Luis Obispo County have adopted bicycle plans, or they are in the making.

A few months have passed but this good news is worth sharing. As I have reported previously, plans are important. They set the stage and tone for accomplishing good things in our communities. While Pismo Beach has been building bicycle and pedestrian improvements all along, the Bicycle and Pedestrian Plan now gives the city a comprehensive guide and procedures for addressing the needs of bicyclists and pedestrians, and forms an official document that must be responded to in all manner of planning and development in the future. The plan also gives Pismo Beach the capability to apply, and possibly obtain, outside funding from various sources that could not be pursued previously without an approved plan.

Of note for SLOBC members is that the highest ranked project in the plan is the Pismo Creek/Price Canyon Multi-Use Trail. (The complete project list can be seen on page 5-3, Table 2, of the plan.) This path will extend from its existing segment accessed from Bello Street to the city's northern limits along the Union Pacific railroad corridor, where it will join with SLO County's planned extension towards San Luis Obispo in the future.

If our sluggish economy turns around perhaps we'll see more good bicycling facility news. I have to think we will since there are many projects in the "pipeline" throughout SLO County.



# 2010 Ballot Preview

## Board Candidates

The club's nominations committee is continuing its search for members who are willing to make a commitment to help lead our club in 2011. You can toss your hat in the ring for any position. Descriptions of the duties of these positions can be found in the Volunteer area at our website or feel free to contact the "incumbents" and talk with them about their job. Please contact Frank Mullin, frankmullin@charter.net, 602-2058, if you're interested.

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

## By-Law Changes

- Article V.C. Each board position shall have one-vote on the Board. Two club members may share duties and responsibilities of a board position provided that they are duly elected to that position. **In that the event both wish to attend board meetings or participate in board votes,** each person shall count as one-half person for purposes of a quorum and each person shall be entitled to cast one-half vote.

# September Program

Sharon Sutliff

## "Film Night"

The film *Return of the Scorcher* (28 min.), explores the culture of the bicycle with a diverse community of cycling visionaries who see the bicycle as a life affirming vehicle for change.

## Mystery SLOB Identified

By Stu and Janie Goldenberg



This is likely our final episode of identifying a fellow mystery SLOB. We have run out of pictures to share. Certainly the uniform, especially the hat, made it more difficult to identify her. Both Dave Williams and Eva Brown seemed to not have any difficulties. They correctly identified Becky Robertson. Congratulations to them for their great detective work. Thank you to everyone that participated one way or another over the years that we played this game.